

PATIENT INFORMATION LEAFLET

Sunlife Vitamin B12 Complex Effervescent Tablets



COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT
SCHEDULING STATUS
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- Health supplements are intended only to complement health or supplement diet.
- This unregistered medicine has not been evaluated by the SAHPRA. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

Sunlife Vitamin B12 Complex is available without a doctor's prescription, You still need to use Sunlife Vitamin B12 Complex carefully to get the best results. Keep this leaflet. You may need to read it again. Do not share Sunlife Vitamin B12 Complex with any other person.

Ask your Healthcare Professional if you need more information or advice.

You must see a doctor if your symptoms worsen or do not improve after 24hrs.

WHAT SUNLIFE VITAMIN B12 COMPLEX EFFERVESCENT TABLETS CONTAIN:

Each 4,5g Tablet contains *Active Ingredients*:

Vitamin C (Ascorbic acid)	500 mg
Magnesium (as Magnesium carbonate)	100 mg
Calcium (as Calcium carbonate)	100 mg
Vitamin B3 (Niacin)	35 mg
Zinc (as Zinc citrate)	10 mg
Vitamin B5 (Calcium-D-Pantothenate)	25 mg
Vitamin B2 (Riboflavin 5'-phosphate, sodium)	15 mg
Vitamin B1 (Thiamine HCL)	15 mg
Vitamin B6 (Pyridoxine HCL)	10 mg
Vitamin B12 (Cyanocobalamin)	10 ug
Folic Acid (Pteroylmonoglutamic acid)	400 ug
Biotin (D-Biotin)	150 ug

Inactive ingredients:

Citric acid, Sodium hydrogen carbonate, Inulin, Citrus flavour, Beet Root Powder, and Non-nutritive Sweeteners: Aspartame (20mg), Sodium saccharin (16mg). Sugar-free. Lactose-Free, Gluten-Free, Preservative-free. Alcohol-free

WHAT IS SUNLIFE VITAMIN B12 COMPLEX EFFERVESCENT USED FOR?

This medicine contains a complete oral Vitamin B complex supplement with Magnesium to help aid normal energy-yielding metabolism.

WHAT YOU NEED TO KNOW BEFORE YOU TAKE SUNLIFE VITAMIN B12 COMPLEX EFFERVESCENT.

Warnings and precautions. Do not take if:

You are allergic to any of the ingredients listed

Always tell your Healthcare Professional if you are taking any other medicine or if you have any illness or condition before taking Sunlife Vitamin B12 Complex Effervescent or:

- If you have liver problems
- If you have kidney problems, including producing little or no urine
- If you have severe and persistent diarrhea and sickness
- If you are unable to drink fluids, or are unable to keep fluids down
- If you have diabetes
- If you have heart disease

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant, or are planning to have a baby, ask your doctor, pharmacist or healthcare professional for advice before taking this medicine.

Driving and using machinery

Sunlife Vitamin B12 Complex Effervescent does not affect your ability to drive or the ability to use or operate machinery.

Taking other medicines with Sunlife Vitamin B12 Complex Effervescent

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of Sunlife Vitamin B12 Complex Effervescent with these medicines may cause undesirable interactions. Please consult with your doctor, pharmacist or your healthcare professional for advice.

HOW TO TAKE SUNLIFE VITAMIN B12 COMPLEX EFFERVESCENT

Always take Sunlife Vitamin B12 Complex Effervescent exactly as described in this leaflet, or as your healthcare professional has instructed you. You should check with your healthcare professional if you are not sure. Do not share your medicines with any other person.

Adults Only: Dissolve one (1) tablet in 250ml of water daily.

If you take more Sunlife Vitamin B12 Complex Effervescent than you should

In the event of overdosage, consult your doctor or pharmacist immediately. If neither is available contact the nearest hospital or poison control center.

If you forget to take a dose of Sunlife Vitamin B12 Complex Effervescent

Do not take a double dose to make up for forgotten doses but continue to take the usual dose at the usual time.

POSSIBLE SIDE EFFECTS

Sunlife Vitamin B12 Complex Effervescent can have side effects.

No side effects have been reported when taking the recommended or prescribed dose.

Not all side effects reported for Sunlife Vitamin B12 Complex Effervescent are included in this leaflet.

Should your general health worsen while taking this medicine, please consult your doctor, pharmacist, or healthcare professional for advice.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF SUNLIFE VITAMIN B12 COMPLEX EFFERVESCENT

Keep all medicines out of reach and out of sight of children. Store in a cool dry place at or below 25°C (room temperature). Store in the original container.

Keep the container tightly closed. Do not store in a bathroom.

Do not use after the expiry date stated on the label/carton and base of the tube.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF SUNLIFE VITAMIN B12 COMPLEX EFFERVESCENT

Sunlife Vitamin B12 Complex Effervescent Tablets are packed in tube containing 10 or 20 effervescent tablets.

IDENTIFICATION OF SUNLIFE VITAMIN B12 COMPLEX EFFERVESCENT

Sunlife Vitamin B12 Complex Effervescent tablets are round and light orange in colour.

MANUFACTURED BY

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