

PATIENT INFORMATION LEAFLET

Sunlife Vitamin C 1000mg 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 C 1000mg is available without a doctor's prescription, You still need to use Sunlife Vitamin C 1000mg carefully to get the best results. Read all this leaflet and keep it, as you may need to read it again.

Do not share Sunlife Vitamin C 1000mg 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 C 1000mg EFFERVESCENT TABLETS CONTAIN:

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

Vitamin C (Ascorbic acid) 1000 mg

Inactive ingredients:

Citric acid, Sodium hydrogen carbonate, Inulin, Orange flavour, Beet root powder, beta carotene, Non-nutritive Sweetener: Sodium saccharin (9mg), Sugar-free. Lactose-Free, Gluten-Free, Preservative-free. Alcohol-free

WHAT IS SUNLIFE VITAMIN C 1000mg EFFERVESCENT USED FOR?

This medicine contains a Vitamin C supplement to help metabolise protein and fats and maintains the normal function of the immune system.

WHAT YOU NEED TO KNOW BEFORE YOU TAKE SUNLIFE VITAMIN C 1000mg 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 C 1000mg 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 C 1000mg Effervescent does not affect your ability to drive or the ability to use or operate machinery.

Taking other medicines with Sunlife Vitamin C 1000mg Effervescent

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of Sunlife Vitamin C 1000 mg 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 C 1000mg EFFERVESCENT

Always take Sunlife Vitamin C 1000 mg 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 and Children over the age of 9yrs: Dissolve one (1) tablet in 250ml of water daily.

If you take more Sunlife Vitamin C 1000mg 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 C 1000mg 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 C 1000mg 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 C 1000mg 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 C 1000 mg 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 C 1000 mg EFFERVESCENT

Sunlife Vitamin C 1000mg Effervescent Tablets are packed in tube containing 10 or 20 effervescent tablets.

IDENTIFICATION OF SUNLIFE VITAMIN C 1000 mg EFFERVESCENT

Sunlife Vitamin C 1000 mg Effervescent tablets are round and light orange in colour.

MANUFACTURED BY

SUNLIFE® Produktions GmbH

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Customer care: 0860 HEALTH (RSA) / SAHPRA Applicant: No. 1001

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