

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS **S0**

NUTRIPURE KIDS MULTI-VIT + IRON GUMMIES

L-Ascorbic Acid (Vitamin C), Ferric pyrophosphate (Iron), Nicotinamide (Niacin), Calcium-D-Pantothenate (Pantothenic acid), DL-alpha-tocopheryl acetate (Vitamin E), Zinc citrate (Zinc), Pyridoxine hydrochloride (Vitamin B6), Retinyl Acetate (Vitamin A), Pteroylmonoglutamic acid (Folic Acid), D-Biotin (Biotin), Potassium Iodide (Iodine), Ergocalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)

Contains sugar: Glucose syrup (0,92 g); Sucrose (0,72 g)

Complementary Medicine

D 34.12 Multiple substance formulation

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you

NutriPure Kids Multi-Vit + Iron is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use NutriPure Kids Multi-Vit + Iron carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your health care provider or pharmacist if you need more information or advice.
- Do not share NutriPure Kids Multi-Vit + Iron with any other person.

What is in this leaflet

1. What NutriPure Kids Multi-Vit + Iron is and what it is used for
2. What you need to know before you take NutriPure Kids Multi-Vit + Iron
3. How to take NutriPure Kids Multi-Vit + Iron
4. Possible side effects
5. How to store NutriPure Kids Multi-Vit + Iron
6. Contents of the pack and other information

1. What NUTRIPURE KIDS MULTI-VIT + IRON is and what it is used for

NutriPure Kids Multi-Vit + Iron Gummies is a health supplement containing vitamins and minerals that:

- contribute to the normal functioning of the immune system,
- contributes to normal growth of children,
- contributes to normal energy-yielding metabolism.

2. What you need to know before you take NUTRIPURE KIDS MULTI-VIT + IRON

Do not take NutriPure Kids Multi-Vit + Iron

- if you are hypersensitive (allergic) to any of the ingredients of NutriPure Kids Multi-Vit + Iron (listed in section 6);
- do not give to children under 3 years old.

Warnings and precautions

Take special care with NutriPure Kids Multi-Vit + Iron:

- if you are pregnant or breastfeeding as safety has not been established for NutriPure Kids Multi-Vit + Iron;
- if you suffer from any serious health conditions or illnesses such as diabetes mellitus.

NutriPure Kids Multi-Vit + Iron contains glucose syrup and sucrose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking NutriPure Kids Multi-Vit + Iron.

Do not exceed the stated recommended daily dose.

If symptoms worsen, consult a relevant health care provider.

Other medicines and NUTRIPURE KIDS MULTI-VIT + IRON

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

WARFARIN: NutriPure Kids Multi-Vit + Iron Gummies may affect the levels of warfarin. High-dose vitamin C might reduce the levels and effectiveness of warfarin. Whilst, using vitamin E and high doses of Vitamin A with warfarin might increase the risk of bleeding.

ANTICOAGULANT OR ANTIPLATELET MEDICINES (BLOOD-THINNING MEDICINES): Niacin and Vitamin E may have additive effects when used with anticoagulant or antiplatelet medicines (blood-thinning medicines).

QUINOLONES AND TETRACYCLINE ANTIBIOTICS: Zinc can decrease the levels and clinical effects of quinolones and tetracycline antibiotics. Take these medicines at least 2 hours before, or 4 to 6 hours after, any zinc supplements.

PHENYTOIN AND PHENOBARBITAL (ANTIEPILEPTIC MEDICINE): High doses of vitamin B6 may reduce the levels and clinical effects of phenytoin and phenobarbital (antiepileptic medicine). If you are taking phenytoin or phenobarbital avoid high doses of vitamin B6.

NUTRIPURE KIDS MULTI-VIT + IRON with food and drink

NutriPure Kids Multi-Vit + Iron is not influenced by taking it with food and drink.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before using this medicine. Safety in pregnancy and when breastfeeding has not been established for NutriPure Kids Multi-Vit + Iron.

The effect of this medicine on fertility is not known.

Driving and using machines

It is not always possible to predict to what extent NutriPure Kids Multi-Vit + Iron may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which NutriPure Kids Multi-Vit + Iron affects them.

NutriPure Kids Multi-Vit + Iron contains:

Glucose syrup and sucrose.

3. How to take NUTRIPURE KIDS MULTI-VIT + IRON

Do not share medicines prescribed for you with any other person.

Always use NutriPure Kids Multi-Vit + Iron exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Age 3 years: Give one (1) gummy daily.

Age 4 years and older: Give one (1) to two (2) gummies daily.

Tell the child to chew each bear carefully and thoroughly before swallowing.

If you take more NUTRIPURE KIDS MULTI-VIT + IRON than you should

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

In overdose, the onset of side effects can be sudden and/or be more severe. If this happens, stop using NutriPure Kids Multi-Vit + Iron and tell your doctor immediately or go to the casualty department at your nearest hospital.

If you forget to take NUTRIPURE KIDS MULTI-VIT + IRON

Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

NutriPure Kids Multi-Vit + Iron can have side effects.

Not all side effects reported for NutriPure Kids Multi-Vit + Iron are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using NutriPure Kids Multi-Vit + Iron, please consult your health care provider for advice.

Tell your doctor if you notice any of the following:

- abdominal cramps,
- constipation,
- diarrhoea,
- gastrointestinal irritation,
- heartburn,
- headache,
- nausea,
- vomiting.

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

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8> .By reporting side effects, you can help provide more information on the safety of NutriPure Kids Multi-Vit + Iron.

5. How to store NutriPure Kids Multi-Vit + Iron

Store all medicines out of reach of children.

Store at or below 25 °C in a cool,dry place.

Do not use after the expiry date stated on the container.

Return all unused medicine to your pharmacist.

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

6. Contents of the pack and other information

What NUTRIPURE KIDS MULTI-VIT + IRON contains

The active substances are:

L-Ascorbic Acid (Vitamin C)	20 mg
Ferric pyrophosphate	13,34 mg
providing Iron (elemental)	4 mg
Nicotinamide (Niacin)	4 mg
Calcium-D-Pantothenate (Pantothenic acid)	3 mg
DL-alpha-tocopheryl acetate (Vitamin E)	3 mg
Zinc citrate	5,36 mg
providing Zinc (elemental)	1,5 mg
Pyridoxine hydrochloride (Vitamin B6)	0,7 mg

MDI Healthcare CC
NutriPure Kids Multi-Vit + Iron Gummies
Multiple substances

Retinyl Acetate (Vitamin A)	400 µg
Pteroylmonoglutamic acid (Folic Acid)	50 µg
D-Biotin (Biotin)	25 µg
Potassium Iodide	3,26 mg
providing Iodine (elemental)	25 µg
Ergocalciferol (Vitamin D)	2,5 µg
Cyanocobalamin (Vitamin B12)	0,75 µg

Other ingredients include: glucose syrup, sucrose, water, fruit juice concentrate, berry aroma, citrus pectin, citric acid, sodium citrate, carnauba wax and vegetable oil, E-163 anthocyanins.

What NutriPure Kids Multi-Vit + Iron looks like and contents of the pack

NutriPure Kids Multi-Vit + Iron is a bear-shaped, red gummy with a berry flavour filled into a white, shiny plastic bottle with a green cap and silver induction liner containing 60 gummies.

Holder of Certificate of Registration

MDI Healthcare CC
374 Anderson Street, Menlo Park
Pretoria
0081

Marketed by:

NutriPure Healthcare
P.O. Box 16645,
Vlaeberg,
8018,
Cape Town.

This leaflet was last revised in

August 2024.

Registration number

To be allocated.

Access to the corresponding Professional Information

For more information: www.nutripure.co.za

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.