

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRIPURE MEN'S VITALITY gummies

Shilajit extract, Zinc and Vitamin B6 gummies

Contains sugar: Glucose syrup (1,10 g); Sucrose (0,93 g)

Complementary Medicine - Discipline-specific

D 33.7 Combination Products

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. Health Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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

NUTRIPURE MEN'S VITALITY is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use NUTRIPURE MEN'S VITALITY carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRIPURE MEN'S VITALITY with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

1. What NUTRIPURE MEN'S VITALITY is and what it is used for
2. What you need to know before you take NUTRIPURE MEN'S VITALITY
3. How to take NUTRIPURE MEN'S VITALITY
4. Possible side effects
5. How to store NUTRIPURE MEN'S VITALITY
6. Contents of the pack and other information

1. What NUTRIPURE MEN'S VITALITY is and what it is used for

NUTRIPURE MEN'S VITALITY:

- helps to support men's health and vitality.
- helps the body to metabolise carbohydrates, fats and proteins,
- helps maintain immune function, and
- contributes to the maintenance of good health.

2. What you need to know before you take NUTRIPURE MEN'S VITALITY

Do not take NUTRIPURE MEN'S VITALITY:

- if you are hypersensitive (allergic) to any of the ingredients of NUTRIPURE MEN'S VITALITY (listed in section 6).
- if you are pregnant or breastfeeding (see **Pregnancy and breastfeeding**).
- if you have rare hereditary problems of:

- fructose intolerance,
- glucose-galactose malabsorption, or
- sucrase-isomaltase insufficiency.

Warnings and precautions

Take special care with NUTRIPURE MEN'S VITALITY:

- Take this medicine with a meal. Do not take it on an empty stomach.
- Do not exceed the recommended dose unless advised by a health care provider.

Talk to your doctor, pharmacist or other health care provider before taking

NUTRIPURE MEN'S VITALITY:

- if you have diabetes or are taking medicines to lower blood sugar. Shilajit may lower blood glucose levels.
- if you are planning to have surgery. Stop taking this medicine at least two weeks before elective surgery, as it may affect blood glucose control.

High intakes of zinc over a long period may cause side effects such as stomach irritation, copper deficiency and anaemia. The tolerable upper intake level for zinc in adults is 40 mg per day.

This medicine contains sugar and should be used with caution if you have diabetes.

Other medicines and NUTRIPURE MEN'S VITALITY

Always tell your healthcare professional if you are taking any other medicines. (This includes complementary or traditional medicines.)

NUTRIPURE MEN'S VITALITY may interact with certain medicines.

Tell your health care provider if you are taking:

- Medicines for diabetes. Shilajit may enhance the blood sugar-lowering effect of these medicines and may increase the risk of low blood sugar (hypoglycaemia). Your blood glucose levels may need to be monitored.
- Quinolone antibiotics. Take these medicines at least 2 hours before or 4–6 hours after taking NUTRIPURE MEN'S VITALITY.
- Penicillamine. Take penicillamine at least 2 hours apart from NUTRIPURE MEN'S VITALITY.
- Cephalexin. Zinc may reduce the amount of cephalexin absorbed. Take NUTRIPURE MEN'S VITALITY about 3 hours after cephalexin.
- Integrase inhibitors (medicines used to treat HIV). Zinc may reduce the absorption and effectiveness of these medicines.
- Cisplatin (a medicine used to treat cancer). Zinc may interfere with the effect of cisplatin.
- Ritonavir. Zinc may slightly reduce the levels of ritonavir in the body.

Certain medicines may reduce the activity of vitamin B6 or increase its loss from the body. Examples include medicines such as:

- isoniazid (used to treat tuberculosis),

- hydralazine (used to treat high blood pressure),
- penicillamine (used to treat certain autoimmune diseases and Wilson's disease),
and
- theophylline (used to treat asthma and other breathing conditions).

Long-term use of these medicines may increase the risk of vitamin B6 deficiency, which can cause symptoms such as numbness or tingling in the hands or feet (peripheral neuropathy). Your health care provider may monitor for these symptoms.

Pregnancy and breastfeeding

NUTRIPURE MEN'S VITALITY is not recommended during pregnancy or breastfeeding because there is insufficient safety information available.

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 taking this medicine.

Driving and using machines

NUTRIPURE MEN'S VITALITY is not expected to affect your ability to drive or use machines. It is not always possible to predict to what extent NUTRIPURE MEN'S VITALITY 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 MEN'S VITALITY affects them.

3. How to take NUTRIPURE MEN'S VITALITY

Always take NUTRIPURE MEN'S VITALITY exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Adults: Take 1 gummy a day, with meals.

Do not exceed the recommended dose without consulting a relevant health care provider.

Do not take NUTRIPURE MEN'S VITALITY on an empty stomach.

If you take more NUTRIPURE MEN'S VITALITY than you should

There is limited information available about overdose with NUTRIPURE MEN'S VITALITY. Side effects can be precipitated and/or be of increased severity.

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

If you forget to take NUTRIPURE MEN'S VITALITY

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

4. Possible side effects

NUTRIPURE MEN'S VITALITY can have side effects.

Not all side effects reported for NUTRIPURE MEN'S VITALITY are included in this leaflet. Should your general health worsen or if you experience any untoward effects

while taking NUTRIPURE MEN'S VITALITY, please consult your doctor, pharmacist or other health care provider for advice.

If any of the following happens, stop taking NUTRIPURE MEN'S VITALITY and tell your doctor immediately or go to the casualty department at your nearest hospital:

- signs of an allergic reaction such as rash, itching, swelling of the face, lips, tongue or throat, or difficulty breathing.

These are all very serious side effects. If you have them, you may have had a serious reaction to NUTRIPURE MEN'S VITALITY. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- headache,
- nausea (feeling sick),
- vomiting,
- stomach discomfort or abdominal pain,
- diarrhoea,
- metallic taste in the mouth.

With prolonged intake of high doses of vitamin B6, nerve problems may occur, such as:

- numbness or tingling in the hands or feet (sensory neuropathy).

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 or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of NUTRIPURE MEN'S VITALITY.

5. How to store NUTRIPURE MEN'S VITALITY

Store all medicines out of reach of children.

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

Keep bottle tightly closed.

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 MEN'S VITALITY contains

Each gummy contains:

Shilajit extract	50 mg
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[≥ 50 % Fulvic acid ratio 30:1]

Zinc citrate	21,51 mg
providing Zinc (elemental)	5 mg
Pyridoxine hydrochloride (Vitamin B6)	1,1807 mg
equivalent to vitamin B6 (as pyridoxine)	0,7 mg

Other ingredients: Glucose Syrup, Sucrose, Water, Fruit Juice Concentrate, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Sodium Citrates), Colour (Anthocyanins), Flavouring, Coconut Oil, Glazing Agent (Carnauba Wax).

What NUTRIPURE MEN'S VITALITY looks like and contents of the pack

NUTRIPURE MEN'S VITALITY is a red coloured gummy with a berries flavour.

NUTRIPURE MEN'S VITALITY is supplied in a 300 ml white, shiny PET bottle with red CRC cap.

Holder of Certificate of Registration

MDI Healthcare cc
P.O. Box 35259, Menlo Park
Pretoria
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This leaflet was last revised in

May 2026.

Registration number

To be allocated.

Access to the corresponding Professional Information

For more information: scan QR code.