

## PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

### NUTRIPURE ADULT MULTIVITAMIN gummies

Multiple substance, gummies

Contains sugar: Glucose syrup (1,07 g); Sucrose (0,90 g)

Complementary Medicine – Health Supplement

D 34.12 Multiple Substance Formulation

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

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

## **What is in this leaflet**

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

### **1. What NUTRIPURE ADULT MULTIVITAMIN is and what it is used for**

**NUTRIPURE ADULT MULTIVITAMIN** is a complementary medicine that helps maintain good health.

### **2. What you need to know before you take NUTRIPURE ADULT MULTIVITAMIN**

**Do not take NUTRIPURE ADULT MULTIVITAMIN:**

- if you are allergic to any of the ingredients of **NUTRIPURE ADULT MULTIVITAMIN** (listed in section 6).

**NUTRIPURE ADULT MULTIVITAMIN** is not recommended for use in children, as its safety and effectiveness in children have not been established.

## **Warnings and precautions**

**Take special care with NUTRIPURE ADULT MULTIVITAMIN:**

Take **NUTRIPURE ADULT MULTIVITAMIN** with a meal. Do not take it on an empty stomach. Do not exceed the recommended dose.

Talk to your health care provider before taking **NUTRIPURE ADULT**

**MULTIVITAMIN** if you:

- are pregnant or breastfeeding;
- are taking any other medicines, vitamins, minerals or health supplements;
- have thyroid disease or are being tested or treated for a thyroid disorder;
- have kidney or liver problems;
- have high calcium levels in your blood, have had kidney stones, or have a condition that increases your risk of high calcium levels;
- have a bleeding disorder or are taking medicines to prevent blood clots or reduce blood clotting; or
- are receiving treatment for cancer.

To avoid taking too much, consider the total amount of vitamin A, vitamin D, vitamin E, folic acid, iodine and zinc you are getting from your diet and other vitamin or mineral supplements.

**NUTRIPURE ADULT MULTIVITAMIN** contains approximately 1,07 g glucose syrup and 0,90 g sucrose per gummy. If you have diabetes or are following a sugar-controlled diet, speak to your health care provider before taking this product.

Health supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

### **Other medicines and NUTRIPURE ADULT MULTIVITAMIN**

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

Talk to your health care provider before taking **NUTRIPURE ADULT MULTIVITAMIN** if you are taking:

- medicines containing vitamin A (including retinoids such as isotretinoin or acitretin);
- medicines used to treat thyroid disorders, or amiodarone or lithium;
- tetracycline or quinolone antibiotics;
- penicillamine;
- medicines used to treat epilepsy (such as phenobarbital or phenytoin);
- levodopa (without carbidopa or benserazide);
- methotrexate or other medicines that affect folic acid (folate antagonist medicines);
- fluorouracil or capecitabine;
- medicines used to prevent blood clots or reduce blood clotting;
- thiazide diuretics ("water tablets") or cardiac glycosides (such as digoxin); or
- other multivitamins or products containing vitamin A, vitamin D, vitamin E, folic acid, iodine or zinc.

If you are taking tetracycline or quinolone antibiotics, or penicillamine, your health care provider may advise you to take **NUTRIPURE ADULT MULTIVITAMIN** at a different time from these medicines.

### **Pregnancy and breastfeeding**

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 ADULT MULTIVITAMIN** is not expected to affect your ability to drive or use machines. It is not always possible to predict to what extent **NUTRIPURE ADULT MULTIVITAMIN** 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 ADULT MULTIVITAMIN** affects them.

## **3. How to take NUTRIPURE ADULT MULTIVITAMIN**

Always take **NUTRIPURE ADULT MULTIVITAMIN** 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 ADULT MULTIVITAMIN** on an empty stomach.

**If you take more NUTRIPURE ADULT MULTIVITAMIN than you should**

If you have taken more **NUTRIPURE ADULT MULTIVITAMIN** than you should, stop taking it and contact your health care provider, pharmacist or the nearest hospital immediately.

Taking too much **NUTRIPURE ADULT MULTIVITAMIN** may cause nausea, vomiting, stomach pain, diarrhoea, headache or dizziness.

Taking excessive amounts over a prolonged period may lead to vitamin or mineral toxicity, including problems affecting the liver, kidneys, thyroid, nerves, bones or blood, or an increased risk of bleeding.

Take this leaflet with you if you need medical treatment.

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 ADULT MULTIVITAMIN**

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

**4. Possible side effects**

**NUTRIPURE ADULT MULTIVITAMIN** is generally well tolerated when taken as recommended.

**NUTRIPURE ADULT MULTIVITAMIN** can have side effects.

Not all side effects reported for **NUTRIPURE ADULT MULTIVITAMIN** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **NUTRIPURE ADULT MULTIVITAMIN**, please consult your doctor, pharmacist or other health care provider for advice.

If any of the following happens, stop taking **NUTRIPURE ADULT MULTIVITAMIN** 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 ADULT MULTIVITAMIN**. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- headache;
- stomach discomfort or cramps;
- nausea (feeling sick);
- vomiting;

- diarrhoea;
- heartburn or indigestion; and
- an unpleasant or metallic taste in the mouth.

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 ADULT MULTIVITAMIN**.

## **5. How to store NUTRIPURE ADULT MULTIVITAMIN**

Store all medicines out of reach of children.

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

Keep the 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 ADULT MULTIVITAMIN contains

Each gummy contains:

|                                           |          |
|-------------------------------------------|----------|
| L-Ascorbic Acid (Vitamin C)               | 40 mg    |
| Nicotinamide (Niacin)                     | 8 mg     |
| DL-alpha-tocopheryl acetate (Vitamin E)   | 6 mg     |
| Calcium D-Pantothenate (Pantothenic Acid) | 6 mg     |
| Zinc Citrate                              | 6,45 mg  |
| providing Zinc (elemental)                | 1,5 mg   |
| Pyridoxine Hydrochloride (Vitamin B6)     | 1,4 mg   |
| Retinyl Acetate (Vitamin A)               | 800 µg   |
| Pteroylmonoglutamic acid (Folic Acid)     | 100 µg   |
| D-Biotin (Biotin)                         | 50 µg    |
| Potassium Iodide                          | 3,53 mg  |
| providing Iodine (elemental)              | 22,50 µg |
| Ergocalciferol (Vitamin D)                | 5 µg     |
| Cyanocobalamin (Vitamin B12)              | 1,5 µg   |

Other ingredients: Water, Fruit juice concentrate, Gelling agent (Pectin), Acid (Citric acid), Acidity regulator (Sodium citrate), Flavouring, Colour (Anthocyanins), Coconut oil, Glazing agent (Carnauba wax).

### What NUTRIPURE ADULT MULTIVITAMIN looks like and contents of the pack

**NUTRIPURE ADULT MULTIVITAMIN** is a red, conoid-shaped gummy with a red berries flavour. **NUTRIPURE ADULT MULTIVITAMIN** is supplied in a white 400 ml PET bottle (120's) with light green CRC cap and silver induction liner.

**Holder of Certificate of Registration**

MDI Healthcare cc

P.O. Box 35259, Menlo Park

Pretoria

0102

**This leaflet was last revised in**

July 2026.

**Registration number**

To be allocated.

**Access to the corresponding Professional Information**

For more information: scan QR code.