
	Alpha Pharm - Alpha Calmag 60's_Insert Redesign Artwork Version: 017/13-06-2019		
	Colours: 	Dimensions Insert: (H x Wmm) 238 x 188 mm	
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	Spelling:		
	Grammar:		
	Legislation & Claims:		
	Packaging Size:		

ALPHA PHARM ALPHA CALMAG

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
ALPHA PHARM ALPHA CALMAG, Tablets

COMPOSITION	* % NRV	
Each tablet contains:	(4 years and older)	
Calcium	600 mg	46
Vitamin D3	202 iu	34
Magnesium	40 mg	11
Zinc	7 mg	70
Manganese	1.8 mg	78.3
Copper	1 mg	111
Boron	0.25 mg	17

*NRV (Nutrient Reference Values)

PHARMACOLOGICAL CLASSIFICATION
Complementary Medicine
Category D

Discipline: Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PHARMACOLOGICAL ACTION AND INDICATIONS
A Supplement that provides minerals and vitamins that is essential for maintaining healthy bones, muscles and teeth.

CONTRAINDICATIONS
Contraindicated in patients with an allergic hypersensitivity to any of these ingredients. It is a supplement and not intended for a specific vitamin deficiency.

WARNINGS AND SPECIAL PRECAUTIONS
Keep out of reach of children.
Contraindicated in patients with an allergic hypersensitivity to any of these ingredients.
Unless otherwise prescribed, do not exceed the stated dose. Vitamin supplements should not replace a balanced diet.

INTERACTIONS
None known at recommended dosage.

PREGNANCY AND LACTATION
Consult a Doctor or Pharmacist before taking any supplements. Safety in pregnancy has not been established.

DOSAGE AND DIRECTIONS FOR USE
Adults: Take 2 tablets at night after a meal.
Do not exceed the recommended daily dosage.

SIDE EFFECTS AND SPECIAL PRECAUTIONS
Allergic reactions have been reported with vitamin and mineral use and include rash and pruritus.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment is supportive and symptomatic. Should accidental overdose occurs, discontinue use and consult a Doctor or Pharmacist.

IDENTIFICATIONS
Pink oblong shape tablets

PRESENTATION
60 tablets in a white container with seal.

STORAGE INSTRUCTIONS
Keep in a dry, cool place below 25 °C.
KEEP OUT OF REACH OF CHILDREN.

MANUFACTURED FOR
Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel.: +27 12 643 5840
Manufactured in South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT
February 2015

CATEGORY D
Discipline of the medicine: Health Supplement
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ALPHA PHARM ALPHA CALMAG

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA CALMAG, Tablette

SAMESTELLING	* % NRV	
Elke tablet bevat:	(4 jaar en ouer)	
Kalsium	600 mg	46
Vitamiën D3	202 iu	34
Magnesium	40 mg	11
Sink	7 mg	70
Manganees	1.8 mg	78.3
Koper	1 mg	111
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*NRV (Nutrient Reference Values)

PHARMAKOLOGIESE KLASSIFIKASIE
Komplementêre Medisyne
Kategorie D

Dissipline: Gesondheids Aanvulling
Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genes of te voorkom nie.

PHARMAKOLOGIESE AKSIE EN INDIKASIE
'n Aanvulling van minerale en vitamiene wat noodsaaklik is vir die handhawing van gesonde bene, spiere en tande.

KONTRA-INDIKASIE
Bekende hipersensitieweit teenoor enige van die bestandele. Hierdie is 'n vitamien aanvulling en die intensie is nie om dit vir 'n spesifieke vitamien tekort te gebruik nie.

WAARSKUWING EN SPESIALE VOORSORGMATREELS
Hou buite bereik van kinders. Tensy anders voorgeskryf, moenie die aanbevole dosis oorskry nie. Moenie neem indien bekende hipersensitieweit teenoor enige van die bestandele. Vitamiën en mineraal-aanvullings moet nie 'n gebalanseerde dieet vervang nie.

INTERAKSIES
Geen bekend teen aanbevole dosis.

SWANGERSKAP EN LAKTASIE
Raadpleeg 'n geneesheer voordat enige aanvullings tydens swangerskap of laktasie gebruik word. Veiligheid in swangerskap is nie vasgestel nie.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes: Neem 2 tablette saans na 'n maaltyd. Moenie die voorgeskrewe dosis oorskry nie.

NEWE EFFEKTE EN SPESIALE VOORSORGMATREELS
Allergiese reaksies is aangemeld met vitamien gebruik en sluit in uitslag en jeuk.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN
Behandeling is ondersteunend en simptomaties. Indien per ongeluk oordoseer, staak die gebruik en raadpleeg 'n geneesheer of kry mediese advies.

IDENTIFIKASIE
Pienk langwerpige tablet

AANBIEDING
60 tablette in 'n wit houër met seel.

BERGINGSAAANWYSINGS
Bewaar op 'n koel, droë plek benede 25 °C.
HOU BUITE BEREIK VAN KINDERS.

VERVAARDIG VIR
Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
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Tel.: +27 12 643 5840
Manufactured in South Africa

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET
Februarie 2015

KATEGORIE D
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PATIENT INFORMATION LEAFLET

ALPHA PHARM ALPHA CALMAG

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
ALPHA PHARM ALPHA CALMAG, Tablets

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*NRV (Nutrient Reference Values)

GENERAL INFORMATION
If you have any questions about this product, please talk with your Doctor or Pharmacist.
It is to be used only by the patient for whom it is prescribed. Do not share it with other people.

If your symptoms do not improve or if they become worse, check with your Doctor. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about the product. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this product. This information is not specific medical advice and does not replace information you receive from your Doctor or Pharmacist. You must talk with your Doctor or Pharmacist for complete information about the risks and benefits of using the product.

INDICATION AND USE
A Supplement that provides minerals and vitamins that is essential for maintaining healthy bones, muscles and teeth.

INSTRUCTIONS BEFORE TAKING THE MEDICINE
Some medical conditions may interact with the product. Tell your Doctor or Pharmacist if you have any medical conditions, especially if any of the following apply to you:
- if you are pregnant, planning to become pregnant, or are breast-feeding
- if you are taking any prescription or nonprescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have liver problems or metabolism problems

CONTRAINDICATIONS
Do not use this product if you are allergic to any of the ingredients.
Contact your Doctor or Pharmacist right away if this applies to you.
WARNINGS AND SPECIAL PRECAUTIONS
Keep out of reach of children.
Contraindicated in patients with an allergic hypersensitivity to any of these ingredients.
Unless otherwise prescribed, do not exceed the stated dose.
Vitamin supplements should not replace a balanced diet.

INTERACTIONS
None known at recommended dosage. This is not a complete list of all interactions that may occur. Ask your Doctor or Pharmacist if this product may interact with other medicines that you take. Check with your Doctor or Pharmacist before you start, stop, or change the dose of any medicine.
PREGNANCY AND LACTATION
Consult a Doctor or Pharmacist before taking any supplements. Safety in pregnancy has not been established.

INSTRUCTIONS ON HOW TO TAKE THE MEDICINE
Do not share medicines prescribed for you with any other person. In the event of over dosage, consult your Doctor or Pharmacist. If neither is available, contact the nearest hospital or poison control centre.

DOSAGE AND DIRECTIONS FOR USE
Adults: Take 2 tablets at night after a meal.
Do not exceed the stated daily dosage.

Use as directed by your doctor or pharmacist. Check the label on the medicine for exact dosing instructions.
Take by mouth with food.
If you miss a dose for 1 or more days, there is no cause for concern. If your Doctor or Pharmacist recommends that you take it, try to remember your dose every day.
Ask your Doctor or Pharmacist any questions you may have about how to use the product.

SIDE EFFECTS
Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen while taking this medicine, please consult your Doctor or Pharmacist for advice.
Allergic reactions have been reported with vitamin and mineral use and include rash and pruritus.
All medicines may cause side effects, but many people have no, or minor, side effects. No common side effects have been reported with this product. Seek medical attention right away if the following side effects occur: Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue).
This is not a complete list of all side effects that may occur. If you have questions about side effects, contact your Doctor or Pharmacist.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment is supportive and symptomatic. Should accidental overdose occurs, discontinue use and consult a Doctor or Pharmacist.

STORAGE AND DISPOSAL
Keep in a dry, cool place below 25 °C. **STORE ALL MEDICINE OUT OF REACH OF CHILDREN.**
Check with your pharmacist about how to dispose safely of unused medicine.

PRESENTATION
60 tablets in a white container with seal.

IDENTIFICATIONS
Pink oblong shape tablets

MANUFACTURED FOR
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Manufactured in South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT
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DISCIPLINE
CATEGORY D
Discipline: Health Supplement
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PASIENT INFORMASIE BROSJURE

ALPHA PHARM ALPHA CALMAG

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA CALMAG, Tablette

SAMESTELLING	* % NRV	
Elke tablet bevat:	(4 jaar en ouer)	
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Magnesium	40 mg	11
Sink	7 mg	70
Manganees	1.8 mg	78.3
Koper	1 mg	111
Boron	0.25 mg	17

*NRV (Nutrient Reference Values)

ALGEMENE INFORMASIE
As jy enige vrae oor hierdie produk het, praat met jou dokter, apteker of ander gesondheidsorg verskaffer. Dit moet slegs gebruik word deur die pasiënt vir wie dit voorgeskryf is en jy moenie dit met ander mense deel nie.
As jou simptome nie verbeter nie, of as hulle erger raak, gaan praat met jou dokter, apteker of ander gesondheidsorg verskaffer. Hierdie inligting onderskryf nie enige medisyne as veilig, doeltreffend of goedgekeur vir enige pasiënt of gesondheid toestand behandeling nie. Dit is net 'n kort opsomming van algemene inligting oor die produk en word nie onderskryf om te diagnoseer, behandel, genes of om enige siekte toestand te verhoed nie. Dit sluit nie al die inligting in, oor die moontlike gebruike, aanwysings, waarskuwings, voorsorgmaatreels, interaksies, nuwe-effekte, of risiko's wat van toepassing is op hierdie produk nie. Hierdie inligting is nie spesifieke mediese advies nie, en vervang nie inligting wat jy van jou dokter, apteker of gesondheidsorg diensverskaffer ontvang nie. Vra jou dokter, apteker of gesondheidsorg diensverskaffer vir volledige inligting oor die risiko's en voordele van die gebruik van die produk.

INDIKASIE EN GEBRUIK
'n Aanvulling van minerale en vitamiene wat noodsaaklik is vir die handhawing van gesonde bene, spiere en tande.

INSTRUKSIES VOOR DIE MEDISYNE GENEEM MOET WORD
Vertel altyd u gesondheids praktisyner indien u enige ander medikasie neem. Indien u swanger is of u baba borsvoed, konsulteer asseblief eers met u dokter, apteker of ander mediese gesondheids praktisyner voordat u die medikasie neem.

Sommige mediese toestande kan 'n interaksie met hierdie produk he. Raadpleeg altyd jou dokter of apteker indien u enige van die volgende mediese toestande op u van toepassing is:
- As jy swanger is, beplan om swanger te raak, of borsvoed
- Indien u enige voorskrif of nie voorgeskrewe medisyne, kruie of ander aanvullings neem.
- As jy allergies tot medisyne, kos of enige ander stowwe het.
- As jy lewer probleme, of metabolisme probleme het.

KONTRA-INDIKASIE
Bekende hipersensitieweit teenoor enige van die bestandele. Hierdie is 'n vitamien aanvulling en die intensie is nie om dit vir 'n spesifieke vitamien tekort te gebruik nie.
WAARSKUWING EN SPESIALE VOORSORGMATREELS
Hou buite bereik van kinders. Tensy anders voorgeskryf, moenie die aanbevole dosis oorskry nie. Moenie neem indien bekende hipersensitieweit teenoor enige van die bestandele. Vitamiën en mineraal-aanvullings moet nie 'n gebalanseerde dieet vervang nie.
INTERAKSIES
Geen bekend teen aanbevole dosis.
SWANGERSKAP EN LAKTASIE
Raadpleeg 'n geneesheer voordat enige aanvullings tydens swangerskap of laktasie gebruik word. Veiligheid in swangerskap is nie vasgestel nie.

INSTRUKSIES OOR HOE OM DIE MEDIKASIE TE GEBRUIK
Moet nooit jou medisyne wat vir jou voorgeskryf is met n ander persoon deel nie. In die geval van oordosering raadpleeg u dokter of apteker. Indien geen een beskikbaar is nie kontak die naaste hospitaal of gif behandeling sentrum.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes: Neem 2 tablette saans na 'n maaltyd. Moenie die voorgeskrewe dosis oorskry nie.
Gebruik soos voorgeskryf. Gaan die etiket op die medisyne na vir die presiese dosering instruksies. Neem deur die mond met kos. As jy 'n dosis vir 1 of meer dae mis, is daar geen rede tot kommer nie, maar probeer onthou om jou dosis elke dag te neem soos voorgeskryf. Vra jou dokter, apteker of gesondheidsorg diensverskaffer enige vrae wat jy mag he oor hoe om die produk te gebruik.

NEWE EFFEKTE
Nie alle nuwe effekte soos gerapporteer is in die voubiljet ingesluit nie. Indien u algemene gesondheid agteruitgang ervaar u die medikasie neem, raadpleeg asseblief u dokter, apteker of ander mediese gesondheids versorger.
Alle medisyne kan nuwe-effekte veroorsaak, maar baie mense het geen, of min, nuwe-effekte. Geen algemene nuwe-effekte is aangemeld, met gebruik van hierdie produk nie.
Kry mediese hulp dadelik as enige van hierdie ernstige nuwe-effekte voorkom: Erge allergiese reaksies (veluitslag, korwe, jeuk, moeilike asemhaling; benoudheid in die bors; swelsel van die mond, gesig, lippe of tong).
Dit is nie 'n volledige lys van al die nuwe-effekte wat mag voorkom nie. As jy vrae het oor die nuwe-effekte, kontak jou dokter, apteker of gesondheidsorg diensverskaffer.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN
Behandeling is ondersteunend en simptomaties. Indien per ongeluk oordoseer, staak die gebruik en raadpleeg 'n geneesheer of kry mediese advies.

BERGINGSAAANWYSINGS EN VERNIETIGING VAN MEDISYNE
Bewaar op 'n koel, droë plek benede 25 °C. **STOOR ALLE MEDISYNE BUITE BEREIK VAN KINDERS.**
Gaan praat met jou apteker oor hoe om ontslae te raak van ongebruikte medisyne.

AANBIEDING
60 tablette in 'n wit plastiek bottel met seel.

IDENTIFIKASIE
Pienk langwerpige tablet

VERVAARDIG VIR
Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel.: +27 12 643 5840
Manufactured in South Africa

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET
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KATEGORIE D
Dissipline: Gesondheids Aanvulling
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