
	Alpha Pharm - Alpha Ginseng Formula 30's. Insert Redesign Artwork Version: 017/13-06-2019		
	Colours: 	Dimensions Insert: (H x Wmm) 296 x 188 mm	
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	Spelling:		
	Grammar:		
	Legislation & Claims:		
	Packaging Size:		



ALPHA PHARM ALPHA GINSENG FORMULA

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
ALPHA PHARM ALPHA GINSENG FORMULA, capsules.

COMPOSITION		* % NRV's
Each capsule contains:		
Vitamin A	1500.00 iu	56
Betacarotene	6.00 mg	**
Vitamin D	150.00 iu	25
Vitamin E	29.00 iu	97
Vitamin C	100.00 mg	100
Vitamin B1 (Thiamine)	15.00 mg	1250
Vitamin B2 (Riboflavine)	18.00 mg	1385
Nicotinamide	25.00 mg	156
Vitamin B5 (Pantothenic acid)	10.00 mg	200
Vitamin B6 (Pyridoxine)	20.00 mg	1177
Folic acid	0.4000 mg	80
Vitamin B12	0.0150 mg	625
Biotin	0.30 mg	1000
Calcium	20.00 mg	1.5
Iron	4.50 mg	35
Magnesium	10.00 mg	3
Zinc	3.75 mg	38
Iodine	0.0375 mg	25
Manganese	2.50 mg	109
Copper	0.50 mg	56
Selenium	0.03 mg	55
Chromium	0.027 mg	77
Inositol	10.00 mg	**
Choline	10.00 mg	1.8
Siberian Ginseng (Eleutherococcus senticosus)	250 mg	**

PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine
Category D
Discipline: Combination Product

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 multivitamin and mineral supplement which has the pharmacological action of each individual constituent in the formulation.

CONTRAINDICATIONS

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

WARNINGS AND SPECIAL PRECAUTIONS

Do not exceed recommended dosage unless otherwise prescribed by your doctor or pharmacist. Keep out of reach of children. In any case of accidental overdose, consult a Doctor or Pharmacist immediately. Pregnant woman should avoid taking daily supplements containing more than 5 000 IU Vitamin A, unless advised by a Doctor or Pharmacist. The safe dosage of Vitamin A may be exceeded if a high Vitamin A dietary intake is combined with other medicines or health products containing Vitamin A. Vitamin supplements should not replace a balanced diet.

INTERACTIONS

Pyridoxine can reduce the effect of levodopa, but this effect will not occur if a dopa decarboxylase inhibitor is given in conjunction. Penicillamine may alter the metabolism of pyridoxine. Cholestramine, liquid paraffin and neomycin may reduce the absorption of Vitamin A in the GIT (gastro-intestinal tract). Absorption of Vitamin A can also be impaired by cholestatic jaundice and related fat malabsorption conditions. Aminoglycosides, aminosalicylic acid, anticonvulsants, methyldopa, biguanides and chloramphenicol may reduce absorption of Vitamin B12 (cyanocobalamin). These interactions are not likely to be of any clinical significance, but should be regarded if assays for blood concentrations are performed.

PREGNANCY AND LACTATION

Safety in pregnancy has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults and children over 10 years old: Take 1 capsule in the morning after breakfast.
Do not exceed the recommended daily dosage.

SIDE EFFECTS AND SPECIAL PRECAUTIONS

Components of these ingredients may be associated with gastro-intestinal effects like heartburn, anorexia, abdominal pain and cramps, diarrhoea, vomiting, nausea and constipation. Allergic reactions have been reported with vitamin use and include rash and pruritus. Administration of high doses of Vitamin A can cause hypervitaminosis A, characterized by fatigue, headache, vertigo, changes in skin and mucous membranes, yellow-orange discoloration of skin, decreased tolerance to sunlight, dry and brittle nails and hair, cracking and bleeding lips, low grade fever, tenderness and pains in joints and bones, hypercalcaemia, hyperglycaemia, intracranial hypertension, visual disturbances, increase in serum cholesterol and serum triglycerides concentrations, irritability and oedema. Long term use of Vitamin A in high doses (20 000IU) may cause hepatic injury and cirrhosis. Symptoms usually clear with withdrawal of Vitamin A.

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

Dark brown capsule.

PRESENTATION

30 capsules in a white container with tamper 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: Combination Product

A.3.2.2 Other
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0047/2019/TR

ALPHA PHARM ALPHA GINSENG FORMULA

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA GINSENG FORMULA, kapsules.

SAMESTELLING		* % NRV's
Elke kapsule bevat:		
Vitamiën A	1500.00 iu	56
Betakaroteen	6.00 mg	**
Vitamiën D	150.00 iu	25
Vitamiën E	29.00 iu	97
Vitamiën C	100.00 mg	100
Vitamiën B1 (Thiamine)	15.00 mg	1250
Vitamiën B2 (Riboflavine)	18.00 mg	1385
Nicotinamide	25.00 mg	156
Vitamiën B5 (Pantoteensuur)	10.00 mg	200
Vitamiën B6 (Pyridoxine)	20.00 mg	1177
Folien suur	0.4000 mg	80
Vitamiën B12	0.0150 mg	625
Biotin	0.30 mg	1000
Kalsium	20.00 mg	1.5
Yster	4.50 mg	35
Magnesium	10.00 mg	3
Sink	3.75 mg	38
Jodium	0.0375 mg	25
Manganees	2.50 mg	109
Koper	0.50 mg	56
Selenium	0.03 mg	55
Chroom	0.027 mg	77
Inositol	10.00 mg	**
Cholien	10.00 mg	1.8
Siberian Ginseng (Eleutherococcus senticosus)	250 mg	**

PHARMAKOLOGIESE KLASSIFIKASIE

Komplementêre Medisyne
Kategorie D
Dissipline: Kombinasie Produk

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, genees of te voorkom nie.

PHARMAKOLOGIESE AKSIE EN INDIKASIE

'n Multivitamin en mineraal aanvuller met die farmakologiese aksie van elke individuele komponent van die formule.

KONTRA-INDIKASIE

Bekende hipersensitiwiteit 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

Tensy anders voorgeskryf, moenie die aanbeveelde dosis oorskryf nie. Hou buite bereik van kinders. In geval van oordosering kontak n dokter of soek onmiddellik mediese advies. Swanger vroue moet aanvullers vermy wat meer as 5000 IU Vitamiene A bevat, tensy deur n dokter voorgeskryf. Die veilige dosis van vitamien A kan oorskryf word indien 'n kombinasie van Vitamiene A aanvullers of medisyne geneem word. Vitamien en mineraal-aanvullings moet nie 'n gebalanseerde dieet vervang nie.

INTERAKSIE

Pridokseen kan die effek van levodopa verminder, maar hierdie effek sal nie plaasvind as 'n dopa dekarboxilase inhibitor saam gegee word nie. Penisillamien kan die metabolisme van pridokseen verander. Cholestramine, vloeibare paraffien en neomisien kan die opname van vitamien A verminder in die Spysverteringskanaal. (maagdermkanal). Opname van vitamien A kan ook benadeel word deur cholestatiese geelstug en verwante vet wanabsorpsie toestande. Aminoglikosiede, aminosalisieluur, antikoagulante, metyldopa, biguaniede en chloramfenikol kan opname van vitamien B12 (sianokobalamin) verminder. Hierdie interaksies is nie geneig om van waarde te wees van 'n kliniese betekenis nie, maar moet beskou word as toetse vir bloed konsentrasies uitgevoer word.

SWANGERSKAP EN LAKTASIE

Veiligheid in swangerskap is nie vasgestel nie.

DOSIS EN GEBRUIKSAAWYSINGS

Volwassenes en kinders ouer as 10jaar: Neem 1 kapsule in die oggend na ontbyt.
Moenie die daaglikse dosis oorskryf nie.

NEWE EFFEKTE EN SPESIALE VOORSORGMATREELS

Komponente van hierdie bestandele kan geassosieer word met gastro-intestinale effekte soos soolbrand, anoreknie, abdominale pyn en krampe, diarhoea, braking, naarheid en hardfywigheid. Allergiese reaksies is aangemeld met vitamien gebruik en sluit in uitslag en jeuk. Administrasie van 'n hoë dosisse vitamien A kan hipervitaminoese A veroorsaak, wat gekenmerk word deur moegheid, hoofpyn, vertigo, veranderinge in die vel en slymvliese, geel-oranje verkleuring van die vel, ligensitiwiteit, droë brose naels en hare, krake en bloeiende lippe, lae graad koors, sagtheid en pyn in die gewrigte en bene, hiperkalsemie, hiperkalsemie, intrakraniale hipertensie, visuele versteurings, toename in serum cholesterol en trigliseriede serum konsentrasies, geïrriteerdheid en eedem. Lang termyn gebruik van vitamien A in hoë dosisse (20 000IU) kan lewer besering en sirose veroorsaak. Simptome klar gewoonlik op met die onttrekking van vitamien A.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Behandeling is ondersteunend en simptomaties. Indien per ongeluk oordosier, staak die gebruik en raadpleeg 'n genesheer of kry mediese advies.

IDENTIFIKASIE

Donker bruin kapsules.

AANBIEDING

30 kapsules in n wit plastiek houer met seel.

BERGINGSAAWYSINGS

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

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

Februarie 2015.

KATEGORIE D

Dissipline: Kombinasie Produk

A.3.2.2 Ander
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, genees of te voorkom nie.



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PATIENT INFORMATION LEAFLET

ALPHA PHARM ALPHA GINSENG FORMULA

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
ALPHA PHARM ALPHA GINSENG FORMULA, capsules.

COMPOSITION		* % NRV's
Each capsule contains:		
Vitamin A	1500.00 iu	56
Betacarotene	6.00 mg	**
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Vitamin C	100.00 mg	100
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Biotin	0.30 mg	1000
Calcium	20.00 mg	1.5
Iron	4.50 mg	35
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Zinc	3.75 mg	38
Iodine	0.0375 mg	25
Manganese	2.50 mg	109
Copper	0.50 mg	56
Selenium	0.03 mg	55
Chromium	0.027 mg	77
Inositol	10.00 mg	**
Choline	10.00 mg	1.8
Siberian Ginseng (Eleutherococcus senticosus)	250 mg	**

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.

INDICATIONS AND USE

A multivitamin and mineral supplement. It works by providing extra vitamins and minerals to the body when you do not get enough from your diet.

INSTRUCTIONS BEFORE TAKING THE MEDICINE

Always tell your Doctor or Pharmacist if you are taking any other medication. If you are pregnant or breast feeding your baby please consult your Doctor or Pharmacist for advice before taking this 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 other prescription or nonprescription medicine, herbal preparation, or dietary supplement
- If you have allergies to medicines, foods, or other substances
- If you have anaemia, liver problems, or metabolism problems

CONTRA-INDICATIONS

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

Do not exceed recommended dosage unless otherwise prescribed by your Doctor or Pharmacist. Keep out of reach of children. In any case of accidental overdose, consult a Doctor or Pharmacist immediately. Pregnant woman should avoid taking daily supplements containing high doses of Vitamin A. The safe dosage of Vitamin A may be exceeded if a high Vitamin A dietary intake is combined with medicines or health products containing Vitamin A.

INTERACTIONS

Tell your Doctor or Pharmacist if you are taking any other medicines, especially any of the following:

- Levodopa or penicillamine because their effectiveness may be decreased

This may not be 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

High doses of Vitamin A should be avoided in pregnancy. See warnings. Consult a Doctor or Pharmacist before taking any supplementation during pregnancy or lactation. 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 and children older than 10 years: Take 1 capsule in the morning after breakfast. Do not exceed the recommended 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, 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.

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 (Itchy red and white welts on the skin); 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

30 capsules in a white container with seal inside a carton.

IDENTIFICATIONS

Dark brown capsule.

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

DISCIPLINE

Category D

Discipline: Combination Product
A.3.2.2 Other
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0047/2019/TR

PASIENT INFORMASIE BROJSURE

ALPHA PHARM ALPHA GINSENG FORMULA

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA GINSENG FORMULA, kapsules.

SAMESTELLING		* % NRV's
Elke kapsule bevat:		
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Betakaroteen	6.00 mg	**
Vitamiën D	150.00 iu	25
Vitamiën E	29.00 iu	97
Vitamiën C		