biodelta NUTRACEUTICALS	Alpha Pharm - Alpha Hair & Nails 30's_Insert Redesign Artwork Version: 009/13-06-2019		
	Colours: Black	Dimensions Insert: (H x Wmm) 296 x 188 mm	

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Item	Date	Person Resp.
Spelling:		
Grammar:		
Legislation & Claims:		
Packaging Size:		

Alpha Pharm
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ALPHA PHARM ALPHA HAIR & NAILS

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
Alpha Pharm Alpha Hair & Nails, capsules.

COMPOSITION
Each Capsules contains:

Biotin	30 mcg
Folic Acid	400 mcg
Thiamine HCl (Vit B1)	4 mg
Vitamin B12	5 mcg
Riboflavine (Vit B2)	3 mg
Nicotinamide (Vit B3)	25 mg
Calcium D pantothenate (Vit B5)	6 mg
Pyridoxine (Vit B6)	2 mg
Copper Sulphate	200 mcg
PABA	20 mg
Ferrous gluconate (Iron)	18 mg
Manganese AAC	5 mg
Choline biturate	50 mg
Zinc gluconate	15 mg
Kelp	150 mcg
Inositol	100 mg

PHARMACOLOGICAL CLASSIFICATION
Complementary Medicine
Category D
Discipline: Combination Product
A.32.2 Other
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 to support growth of radiant, strong healthy hair, skin and nails.

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
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 medical practitioner or seek medical advice immediately. 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 decarboxilase inhibitor is given in conjunction. Penicillamine may alter the metabolism of pyridoxine.
Aminoglycosides, aminosalicylic acid, anticonvulsants, metyldopa, 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: 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, diarhoea, vomiting, nausea and constipation.
Allergic reactions have been reported with vitamin 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 medical practitioner or seek medical advice.

IDENTIFICATIONS
Brown and cream capsule.

PRESENTATION
30 Capsules in a white bottle 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
December 2015.

CATEGORY D
Discipline: Combination Product
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0021/2019/TR

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ALPHA PHARM ALPHA HAIR & NAILS

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
Alpha Pharm Alpha Hair & Nails, kapsules.

SAMESTELLLING
Elke kapsule bevat:

Biotin	30 mcg
Folic Acid	400 mcg
Thiamine HCl (Vit B1)	4 mg
Vitamin B12	5 mcg
Riboflavine (Vit B2)	3 mg
Nicotinamide (Vit B3)	25 mg
Calcium D pantothenate (Vit B5)	6 mg
Pyridoxine (Vit B6)	2 mg
Copper Sulphate	200 mcg
PABA	20 mg
Ferrous gluconate (Iron)	18 mg
Manganese AAC	5 mg
Choline biturate	50 mg
Zinc gluconate	15 mg
Kelp	150 mcg
Inositol	100 mg

FARMAKOLOGIESE KLASSIFIKASIE
Komplementere Medisyne
Kategorie D
Dissipline: Kombinasie Produk
A.32.2 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.

FARMAKOLOGIESE AKSIE EN INDIKASIE
'n Multivitamien en mineraal aanvuller om die groei van gesonde, sterk hare, die vel en naels te ondersteun.

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 VOORSORGMAATREËLS
Tensy anders voorgeskryf, moenie die aanbevele dosis oorskry nie.
Hou buite bereik van kinders. In geval van oordosering kontak n dokter of soek onmiddellik mediese advies. Vitamien en mineraal-aanvullings moet nie 'n gebalanseerde dieet vervang nie.

INTERAKSIES
Piridoksien kan die effek van levodopa verminder, maar hierdie effek sal nie plaasvind as 'n dopa dekarboxilase inhibitor saam gegee word nie. Aminoglikosiede, aminosalisielsuur, antikonvulsante, metyldopa, biguanides en chloorampenikol kan opname van vitamien B12 (sianokobalamien) 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 GEBRUIKSAANWYSINGS
Volwassenes: Neem 1 kapsule in die oggend na ontbyt. Moenie die daaglikse dosis oorskry nie.

NEWE EFFEKTE EN SPESIALE VOORSORGMAATREËLS:
Komponente van hierdie bestanddele kan geassosieer word met gastro-intestinale effekte soos sooibrand, anoreksie, abdominale pyn en krampe, diarhoea, braking, naarheid en hardlywigheid. 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
Bruin en roomkleurige kapsule.

AANBIEDING
30 Kapsules in 'n wit plastiek bottel met seël.

BERGINGSAANWYSINGS
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
Desember 2015.

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.

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PATIENT INFORMATION LEAFLET

ALPHA PHARM ALPHA HAIR & NAILS

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
Alpha Pharm Alpha Hair & Nails, capsules.

COMPOSITION
Each capsule contains:

Biotin	30 mcg
Folic Acid	400 mcg
Thiamine HCl (Vit B1)	4 mg
Vitamin B12	5 mcg
Riboflavine (Vit B2)	3 mg
Nicotinamide (Vit B3)	25 mg
Calcium D pantothenate (Vit B5)	6 mg
Pyridoxine (Vit B6)	2 mg
Copper Sulphate	200 mcg
PABA	20 mg
Ferrous gluconate (Iron)	18 mg
Manganese AAC	5 mg
Choline biturate	50 mg
Zinc gluconate	15 mg
Kelp	150 mcg
Inositol	100 mg

GENERAL INFORMATION
If you have any questions about this product, please talk with your doctor, pharmacist, or other health care provider.
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 health care provider. You must talk with your healthcare provider for complete information about the risks and benefits of using the product.

INDICATIONS AND USE
A multivitamin and mineral supplement to support the radiant growth of hair skin and nails. 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 healthcare professional if you are taking any other medication. If you are pregnant or breast feeding your baby please consult your doctor, pharmacist or other healthcare professional 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 prescription or nonprescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have anemia, liver problems, or metabolism problems

CONTRAINDICATIONS
Do not use this product if you are allergic to any of the ingredients
Contact your doctor or health care provider 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 medical practitioner or seek medical advice immediately.
INTERACTIONS
Tell your health care provider 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 health care provider if this product may interact with other medicines that you take. Check with your health care provider before you start, stop, or change the dose of any medicine.
PREGNANCY AND LACTATION
Safety in pregnancy and lactation 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 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 or healthcare professional recommends that you take it, try to remember your dose every day.
Ask your health care provider 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, pharmacist or other healthcare professional for advise.
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 any of these SEVERE 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 health care provider.
KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment is supportive and symptomatic Should accidental overdose occurs, discontinue use and consult a medical practitioner or seek medical advice.

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 bottle with seal.

IDENTIFICATIONS
Brown and cream 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
December 2015.

DISCIPLINE
CATEGORY D
Discipline: Combination Product
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PASIENT INFORMASIE BROSJURE

ALPHA PHARM ALPHA HAIR & NAILS

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
Alpha Pharm Alpha Hair & Nails, kapsules.

SAMESTELLLING
Elke kapsule bevat:

Biotin	30 mcg
Folic Acid	400 mcg
Thiamine HCl (Vit B1)	4 mg
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Pyridoxine (Vit B6)	2 mg
Copper Sulphate	200 mcg
PABA	20 mg
Ferrous gluconate (Iron)	18 mg
Manganese AAC	5 mg
Choline biturate	50 mg
Zinc gluconate	15 mg
Kelp	150 mcg
Inositol	100 mg

ALGEMENE INFORMASIE
As jy enige vrae oor hierdie produk het, raadpleeg jou dokter, apteker of ander gesondheidsorg verskaffer. Dit moet slegs gebruik word deur die pasiënt vir wie dit voorgeskryf is en moenie met ander mense gedeel word nie.
As jou simptome nie verbeter nie, of vererger, raadpleeg 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, genees of om enige siektetoestand te verhoed nie. Dit sluit nie al die inligting in, oor die moontlike gebruike, aanwysings, waarskuwings, voorsorgmaatreëls, interaksies, newe-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 Multivitamien en mineraal aanvuller om die groei van gesonde, sterk hare, die vel en naels te ondersteun Dit werk deur die verskaffing van ekstra vitamiene en minerale in die liggaam wanneer jy nie genoeg uit jou dieet te kry nie.

INSTRUKSIES VOOR DIE MEDISYNE GENEEM MOET WORD
Vertel altyd u gesondheids praktisyn 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 praktisyn voordat u die medikasie neem.

Sommige mediese toestande kan n interaksie met hierdie produk he. Raadpleeg 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 annvullings neem.
- As jy allergieë tot medisyne, kos of enige ander stowwe het.
- As jy anemie, lewer probleme, of metabolisme probleme het.

KONTRA-INDIKASIE
Moet nie hierdie produk gebruik as jy allergies is vir enige van die bestanddele Kontak jou dokter, apteker of gesondheid diensverskaffer dadelik as dit van toepassing is.
WAARSKUWING EN SPESIALE VOORSORGMAATREËLS
Tensy anders voorgeskryf, moenie die aanbevele dosis oorskry nie.
Hou buite bereik van kinders. In geval van oordosering kontak n dokter of soek onmiddellik mediese advies.
INTERAKSIES
Vertel jou dokter, apteker of gesondheidsorg diensverskaffer indien u enige ander medisyne, veral enige van die volgende gebruik:
- Levodopa of penisielamien omdat hul effektiwiteit mag verminder.

Dit is nie 'n volledige lys van alle interaksies wat mag voorkom nie. Raadpleeg jou dokter, apteker of gesondheidsorg diensverskaffer indien interaksie met ander medisyne mag voorkom. Raadpleeg hulle voordat jy begin, stop, of die dosis van enige ander medisyne wat jy neem verander.
SWANGERSKAP EN LAKTASIE
Veiligheid in swangerskap en laktasie 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 1 kapsule in die oggend na ontbyt. Moenie die daaglikse 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 hê oor hoe om die produk te gebruik.

NEWE EFFEKTE
Nie alle newe effekte soos gerapporteer is in die voubiljet ingesluit nie. Indien u algemene gesondheid agteruitgang terwyl u die medikasie neem, raadpleeg asseblief u dokter, apteker of ander mediese gesondheids versorger.
Alle medisyne kan newe-effekte veroorsaak, maar baie mense het geen, of min, newe-effekte. Geen algemene newe-effekte is aangemeld, met gebruik van hierdie produk nie. Kry mediese hulp dadelik as enige van hierdie ernstige newe-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 newe-effekte wat mag voorkom nie. As jy vrae het oor die newe-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.

BERGINGSAANWYSINGS 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
30 Kapsules in 'n wit plastiek bottel met seël.

IDENTIFIKASIE
Bruin en roomkleurige kapsule.

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
Desember 2015.

DISSIPLINE
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.

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