
	Alpha Pharm - Alpha Zinc 120's Insert Redesign Artwork Version: 014/13-06-2019		
	Colours: 	Dimensions Insert: (H x Wmm) 296 x 188 mm	
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	Spelling:		
	Grammar:		
	Legislation & Claims:		
	Packaging Size:		


ALPHA PHARM ALPHA ZINC
SCHEDULING STATUS
 S0

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

COMPOSITION		* % NRV
Each tablet contains:		(4 years and older)
Vitamin A	2000 iu	75
Selenium	60 mcg	109
Zinc (Chelate)	15 mg	150

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

Zinc is present in many tissues cells in the body and is stored primarily in muscle. In men, the prostate gland stores significant amounts of Zinc. Zinc helps in connective tissue formation, helps to maintain healthy skin and helps to maintain immune function. It also plays a factor in the maintenance of good health.

CONTRAINDICATIONS

Contraindicated in patients with an allergic hypersensitivity to any of these ingredients.

WARNINGS AND SPECIAL PRECAUTIONS

Keep out of reach of children.
 Unless otherwise prescribed, do not exceed the stated dose. Discontinue usage if hypersensitive to the active ingredient. Not for prolonged use. Vitamin supplements should not replace a balanced diet. This product is not intended to diagnose, treat, prevent or cure any disease or ailment. Do not discontinue prescribed medicine, without consulting with your Doctor or Pharmacist. It is a supplement and not intended for a specific vitamin deficiency.

INTERACTIONS

Consult a Doctor or Pharmacist before using the product, if on any prescribed medication.

PREGNANCY AND LACTATION

Safety in pregnancy has not been established. Consult a Doctor or Pharmacist before taking any supplementation when pregnant or breastfeeding. Pregnant women should avoid taking daily supplements containing more than 5 000 IU Vitamin A, unless advised by a Doctor or Pharmacist. The safe dosage may accidentally be exceeded if this product is combined with other medicines or health products also containing Vitamin A.

DOSAGE AND DIRECTIONS FOR USE

 Adults: Take 1 tablet a day after a meal.
 Do not exceed the recommended daily dosage.

SIDE EFFECTS AND SPECIAL PRECAUTIONS

None known at the prescribed daily dosage. Allergic reactions have been reported with vitamin and mineral use and include rash and pruritus. Mild gastro – intestinal distress may be experienced in some people, especially when taken on an empty stomach.

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

White round tablets

PRESENTATION

120 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

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ALPHA PHARM ALPHA ZINC
SKEDULERINGS STATUS
 S0

EIENDOMSNAAM EN DOSEERVORM
 ALPHA PHARM ALPHA ZINC, Tablette

SAMESTELLING		* % NRV
Elke tablet bevat:		(4 jaar en ouer)
Vitamin A	2000 iu	75
Selenium	60 mcg	109
Sink (Chelaat)	15 mg	150

PHARMAKOLOGIESE KLASSIFIKASIE

 Komplementere Medisyne
 Kategorie D

Disipline: Gesondheids Aanvulling
 Hierdie ongeregisteerde 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

Sink is teenwoordig in baie weefsels selle in die liggaam en word hoofsaaklik gestoor in spiere. Die prostaat klier in mans stoer aansienlike hoeveelhede sink. Sink help met bindweefsel vorming, help om gesonde vel in stand te hou en help om die gesonde immuun funksie te handhaaf. Dit speel ook 'n faktor in die handhawing van goeie gesondheid.

KONTRA-INDIKASIE

Bekende hipersensitiewiteit teenoor enige van die bestandele.

WAARSKUWING EN SPESIALE VOORSORGMATREELS

Hou buite bereik van kinders. Tensy anders voorgeskryf, moenie die aanbevole dosis oorskry nie. Moenie neem indien bekende hipersensitiewiteit teenoor enige van die bestandele. Nie vir langdurige gebruik. Vitamien en mineraal-aanvullings moet nie 'n gebalanseerde dieet vervang nie. Hierdie produk se intensie is nie om te diagnoseer, te behandel, of die voorkoming of geneesing van enige siekte toestand of kwaal nie. Moenie voorgeskrywe medisyne staak, sonder om eers met u dokter te bespreek nie. Hierdie is n vitamien aanvulling en die intensie is nie om dit vir n spesifieke vitamien tekort te gebruik nie.

INTERAKSIES

Indien enige voorgeskrywe medikasie geneem word, raadpleeg u dokter voor gebruik.

SWANGERSKAP EN LAKTASIE

Veiligheid in swangerskap is nie vasgestel nie. Raadpleeg 'n geneesheer voordat enige aanvulling geneem word wanneer swanger is of borsvoed. Swanger vroue moet daaglikse aanvullings vermy wat meer as 5 000 IU Vitamien A bevat, tensy dit deur 'n mediese dokter voorgeskryf is. Die veilige dosis kan per ongeluk oorskry word indien hierdie produk gekombineer word met ander medisyne of mediese produkte wat ook Vitamien A bevat.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem 1 tablet daaglik na 'n maaltyd. Moenie die voorgeskrywe dosis oorskry nie.

NEWE EFFEKTE EN SPESIALE VOORSORGMATREELS

Geen bekend as die voorgeskrywe daaglikse dosis gebruik. Allergiese reaksies is aangemeld met vitamien en minerale gebruik en sluit vel uitslag en pruritus in. Ligte gastro - intestinale ongemak kan ervaar word in sommige mense, veral wanneer dit op 'n leë maag gebruik word.

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

Wit ronde tablet

AANBIEDING

120 tablette in 'n wit houër met seël.

BERGINGSAAANWYSINGS

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

VERVAARDIG VIR

 Alpha Pharm (Pty) Ltd
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 Manufactured in South Africa

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET

Februarie 2015

KATEGORIE D

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PATIENT INFORMATION LEAFLET
ALPHA PHARM ALPHA ZINC
SCHEDULING STATUS
 S0

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

COMPOSITION		* % NRV
Each tablet contains:		(4 years and older)
Vitamin A	2000 iu	75
Selenium	60 mcg	109
Zinc (Chelate)	15 mg	150

GENERAL INFORMATION

As 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

Zinc is present in many tissues cells in the body and is stored primarily in muscle. In men, the prostate gland stores significant amounts of Zinc. Zinc helps in connective tissue formation, helps to maintain healthy skin and helps to maintain immune function. It also plays a factor in the maintenance of good health.

INTERACTIONS 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.
 Unless otherwise prescribed, do not exceed the stated dose. Discontinue usage if hypersensitive to the active ingredient. Not for prolonged use. Vitamin supplements should not replace a balanced diet. This product is not intended to diagnose, treat, prevent or cure any disease or ailment. Do not discontinue prescribed medicine, without consulting with your Doctor or Pharmacist. It is a supplement and not intended for a specific vitamin deficiency.

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. Consult a Doctor or Pharmacist before using the product, if on any prescribed medication.

PREGNANCY AND LACTATION

Safety in pregnancy has not been established. Consult a Doctor or Pharmacist before taking any supplementation when pregnant or breastfeeding. Pregnant women should avoid taking daily supplements containing more than 5 000 IU Vitamin A, unless advised by a Doctor or Pharmacist. The safe dosage may accidentally be exceeded if this product is combined with other medicines or health products also containing Vitamin A.

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 tablet a day after a meal.
 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 or Pharmacist recommends that you take it, try to remember your dose every day.
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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.

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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.

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STORAGE AND DISPOSAL

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 Check with your pharmacist about how to dispose safely of unused medicine.

PRESENTATION

120 tablets in a white container with seal.

IDENTIFICATIONS

White round tablets

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DISCIPLINE
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PATIENT INFORMATION LEAFLET
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0028/2019/TR

PASIENT INFORMASIE BROSJURE
ALPHA PHARM ALPHA ZINC
SKEDULERINGS STATUS
 S0.

EIENDOMSNAAM EN DOSEERVORM
 ALPHA PHARM ALPHA ZINC, Tablette

SAMESTELLING		* % NRV
Elke tablet bevat:		(4 jaar en ouer)
Vitamin A	2000 iu	75
Selenium	60 mcg	109
Sink (Chelaat)	15 mg	150

ALGEMENE INFORMASIE

As jy enige vroe 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 gesond