



COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

This unregistered medicine has not been evaluated by the South African Health Product Regulatory Authority for its safety, quality or intended use.

SCHEDULING STATUS: S0

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:

Catalyst Vitamin C with OptiZinc capsule

Read all of this leaflet carefully because it contains important information for you:

- Keep this leaflet as you may need to read it again.
- Do not share your **Catalyst Vitamin C with OptiZinc** with any other person.
- Ask your pharmacist if you need more information or advice.

1. WHAT CATALYST VITAMIN C WITH OPTIZINC CONTAINS:

<u>The active ingredients are:</u>	<u>Per capsule</u>	<u>Per dose</u>
L-Ascorbic acid (Vitamin C)	500 mg	1000 mg
OptiZinc (providing elemental zinc)	10 mg	20 mg
Cholecalciferol (Vitamin D3)	12,5 µg	25 µg

The other ingredients are microcrystalline cellulose MCC.

Sugar free.

2. WHAT CATALYST VITAMIN C WITH OPTIZINC IS USED FOR:

Catalyst Vitamin C with OptiZinc assists in providing support by boosting the body's immune system to fight infections such as cold and flu. **Catalyst Vitamin C with OptiZinc** is an antioxidant and promotes physical well-being.

3. BEFORE YOU TAKE CATALYST VITAMIN C WITH OPTIZINC

Do not take **Catalyst Vitamin C with OptiZinc**

- If you are hypersensitive (allergic) to vitamin C, zinc or vitamin D or to any of the other ingredients (see what **Catalyst Vitamin C with OptiZinc** contains).
- If you have kidney stones or kidney problems.
- If you have stomach ulcers.
- If you have tuberculosis (TB).
- If you have multiple sclerosis.
- If you have inherited blood disorders.
- If you have heart disease.

Take special care with Catalyst Vitamin C with OptiZinc:

If your general health worsens while taking **Catalyst Vitamin C with OptiZinc**, please consult your healthcare practitioner.

Pregnancy and breastfeeding

The safety of **Catalyst Vitamin C with OptiZinc** has not been established in pregnancy and breastfeeding.

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare practitioner for advice before taking **Catalyst Vitamin C with OptiZinc**.

Driving and the using machinery

Catalyst Vitamin C with OptiZinc is not expected to interfere with your ability to drive or use machines, however, you should exercise caution before performing any tasks until you know how **Catalyst Vitamin C with OptiZinc** affects you.

Taking other medicines with Catalyst Vitamin C with OptiZinc

Always tell your healthcare practitioner if you are taking any other medicines (this includes complementary and/or traditional medicines).

Simultaneous use of **Catalyst Vitamin C with OptiZinc** may have an effect on the following medicines: phosphate infusions, cardiac glycosides and thiazide diuretics.

HOW TO TAKE CATALYST VITAMIN C WITH OPTIZINC

Do not share your medicine prescribed for you with any other person.

The usual dose is 2 (two) capsules daily or as directed by your healthcare practitioner. Do not exceed the recommended dose.

Catalyst Vitamin C with OptiZinc is for adults and children over the age of 12 years.

If you take more Catalyst Vitamin C with OptiZinc than you should:

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 a dose of Catalyst Vitamin C with OptiZinc:

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

4. POSSIBLE SIDE EFFECTS:

Catalyst Vitamin C with OptiZinc may have side effects. Not all side effects reported for **Catalyst Vitamin C with OptiZinc** are included in this leaflet. Should your general health worsen, or if you experience any untoward effects while taking **Catalyst Vitamin C with OptiZinc**, please contact your doctor, pharmacist or healthcare practitioner for advice.

If any of the following happens stop taking **Catalyst Vitamin C with OptiZinc** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.

These are all very serious side effects. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- Stomach problems such as nausea, vomiting, diarrhoea and stomach ache.
- Dizziness, drowsiness and headache.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

5. STORING AND DISPOSING OF CATALYST VITAMIN C WITH OPTIZINC

Store at or below 25 °C. Protect from light and moisture.

Store your capsules in the original container and keep tightly closed.

Do not use after the expiry date.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage system.

KEEP ALL MEDICINES OUT OF REACH OF CHILDREN.

6. PRESENTATION

Labelled, amber HDPE container and white flip top lid with 30 capsules.

7. IDENTIFICATION OF OPTIZINC

White veggie capsules.

8. REGISTRATION NUMBER

To be allocated upon registration.

9. THE NAME AND THE BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

LeBasi Pharmaceuticals (Pty) Ltd

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10. DATE OF THE PUBLICATION OF THIS LEAFLET: July 2020