

# PATIENT INFORMATION LEAFLET

## SCHEDULING STATUS

To be assigned

## PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Activ-FOLATE 500 µg Tablets

## Read all of this leaflet carefully before you start taking Activ-FOLATE

Activ-FOLATE is available without a doctor's prescription, for you to treat a mild condition. Nevertheless you still need to use Activ-FOLATE carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Activ-FOLATE with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

## WHAT Activ-FOLATE CONTAINS

### Each Peach Tablet contains:

Folate as (6S)-5-Methyltetrahydrofolate	500 µg
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The other ingredients are calcium carbonate, Flexicoat® peach, magnesium stearate (vegetable), microcrystalline cellulose, shellac, silicon dioxide

## WHAT Activ-FOLATE IS USED FOR

For nutritional support where deficiency is at highest risk for example, prior to conception, during pregnancy or where the medication you are taking interferes with folate metabolism or absorption.

## BEFORE YOU TAKE Activ-FOLATE

### Do not take Activ-FOLATE if:

- Hypersensitive (allergic) to any of the ingredients of Activ-FOLATE.

### Take special care with Activ-FOLATE:

Take Activ-FOLATE 2 hours before or after taking any medication.

### Taking Activ-FOLATE with food and drink:

Activ-FOLATE should be taken with food.

### Pregnancy and breastfeeding:

Activ-FOLATE should be safe to use during pregnancy and breastfeeding, but always tell your doctor that you are using the product.

### Taking other medicines with Activ-FOLATE:

Always tell your healthcare professional if you are taking any other medicine.

This includes complementary or traditional medicines.

Always check with your Doctor or Pharmacist before taking any medicines if you are pregnant or breastfeeding.

Folic acid may reduce the absorption of zinc.

## HOW TO TAKE Activ-FOLATE

Do not share medicines with any other person.

You should check with your doctor or pharmacist if you are unsure on how to use Activ-FOLATE.

The usual dose is one Peach Tablet daily, or as recommended by your Healthcare Professional.

Take 2 hours before or after taking other medications.

### If you take more Activ-FOLATE than you should:

In the event of an overdosage, consult your doctor or pharmacist.

If neither is available, contact the nearest hospital or poison control centre.

### If you missed a dose of Activ-FOLATE:

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

## POSSIBLE SIDE EFFECTS

Activ-FOLATE can have side effects.

Not all side effects reported for Activ-FOLATE are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

You may (in exceptional circumstances) experience nausea, diarrhoea, constipation, indigestion, bloating and flatulence while taking Activ-FOLATE.

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

## STORING AND DISPOSING OF Activ-FOLATE

Store all medicines out of reach of children.

Store at or below 25 °C.

Protect from light and moisture.

Keep the blister strips in the outer carton.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

## PRESENTATION OF Activ-FOLATE

A cardboard carton containing blister strips of 30 or 120 Peach Tablets.

## IDENTIFICATION OF Activ-FOLATE

Peach Round Film-coated Tablet.

## REGISTRATION NUMBER

To be assigned

## NAME AND ADDRESS OF REGISTRATION HOLDER

AnaStellar Brands (Pty) Ltd

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This medicine has not been evaluated by the Medicines Control Council.

This medicine is not intended to diagnose, treat, cure or prevent any disease.