

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned

FEROVANCE™ Vegetarian Capsules Sucrose, Lactose, Gluten and Tartrazine free

Complementary Medicine – Health Supplement

Read this leaflet carefully because it contains important information for you.

FEROVANCE™ is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use FEROVANCE™ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share FEROVANCE™ with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What FEROVANCE™ is and what it is used for
2. What you need to know before you take FEROVANCE™
3. How to take FEROVANCE™
4. Possible side effects
5. How to store FEROVANCE™
6. Contents of the pack and other information

1. What FEROVANCE™ is and what it is used for

FEROVANCE™ is a health supplement intended to prevent iron deficiency anaemia, form red blood cells and helps in their proper function.

2. What you need to know before you take FEROVANCE™

Do not take FEROVANCE™ if you have:

Hypersensitivity (allergic reaction) to any of the ingredients of FEROVANCE™ (listed in section 6).

Other medicines and FEROVANCE™

Always tell your health care provider if you are taking any other medicines. This includes complementary or traditional medicines.

Take FEROVANCE™ 2 hours before or after taking other medications or natural health products.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or planning to have a baby, please consult your doctor, pharmacist, or other health care provider for advice before taking this medicine.

The ingredients in FEROVANCE™ as listed below in section 6 are commonly used in pregnancy supplements.

Driving and using machines

FEROVANCE™ does not have any effect on the ability to drive or the use of machinery.

3. How to take FEROVANCE™

Do not share medicines with any other person.

Always take FEROVANCE™ exactly as described in this leaflet or as your doctor, or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is one capsule daily. FEROVANCE™ should be taken with food. Taking FEROVANCE™ on an empty stomach could lead to nausea.

Take FEROVANCE™ 2 hours before or after taking other medications.

FEROVANCE™ should be taken daily for as long as your health care provider indicates you to use it.

FEROVANCE™ should not be given to children below the age of 14 years (due to the Folate content) unless under the direct supervision of a qualified health care professional.

If you take more FEROVANCE™ than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact your nearest hospital or poison centre.

If you forget to take FEROVANCE™

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

4. Possible side effects

FEROVANCE™ can have side effects in exceptional instances.

Not all side effects reported for FEROVANCE™ are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking FEROVANCE™, please consult your health care professional for advice.

Less Frequent side effects:

- nausea (feeling sick)
- diarrhoea
- constipation
- indigestion
- bloating
- flatulence

Reporting of adverse reactions:

Should you notice any side effects not mentioned in this leaflet, report it to AnaStellar Brands (Pty) Ltd via pharmacist@anastellar.co.za, (011) 792 4601 or <https://anastellar.co.za>

By reporting side effects, you can help provide more information on the safety of FEROVANCE™.

5. How to store FEROVANCE™

Store all medicines out of reach of children.

Store at or below 25 °C.

Protect from light and moisture.

Store in the original container.

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

6. Contents of the pack and other information

What FEROVANCE™ contains

Each Capsule contains		
Vitamin C derived from Ascorbic Acid 250 mg	250	mg
Vitamin B6 derived from Pyridoxal-5-phosphate Monohydrate 27 mg	25	mg
Iron derived from Ferrous Bisglycinate 120 mg	24	mg
Folate derived from (6S)-5-Methyltetrahydrofolate 452 µg	400	µg
Vitamin B12 derived from Methylcobalamin 25 µg	25	µg

All minerals are expressed in their elemental and non-elemental forms. The other ingredients are Maize Starch, Microcrystalline Cellulose, and Pirosil.

What FEROVANCE™ looks like and contents of the pack

Hard gel capsule with a white body and white cap filled with a light brown powder.

3 x blister strips of 10 capsules each are enclosed within a cardboard carton.

Holder of Certificate of Registration

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Registration Number

To be assigned

This leaflet was last revised in April 2022

The Professional Information leaflet is available on <https://anastellar.co.za>

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety, or intended use.

PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSSTATUS

Moet toegeken word

FEROVANCE™ Vegetariese Kapsules Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Medisyne – Gesondheidsaanvulling

Lees hierdie pamflet sorgvuldig want dit bevat belangrike inligting vir jou.

FEROVANCE™ is sonder 'n doktersvoorskrif aan jou beskikbaar om jou gesondheid in stand te hou. Nogtans moet jy bedagsaam wees wanneer jy FEROVANCE™ gebruik om die beste resultate daaruit te kry.

- Hou hierdie pamflet. Dit mag nodig wees om hom weer te lees.
- Moenie FEROVANCE™ met iemand anders deel nie.
- Vra jou gesondheidspraktisyn of apteker as jy meer inligting of advies nodig het.

Wat is in hierdie pamflet

1. Wat FEROVANCE™ is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy FEROVANCE™ gebruik
3. Hoe om FEROVANCE™ te neem
4. Moontlike nuwe-effekte
5. Hoe om FEROVANCE™ te bewaar
6. Die inhoud van die pakkie en ander inligting

1. Wat FEROVANCE™ is en waarvoor dit gebruik word

FEROVANCE™ is 'n gesondheidsaanvulling met die doel om ystertekort-bloedarmoede te voorkom, rooibloedselle te vorm en hulle te help om behoorlik te funksioneer.

2. Wat jy moet weet voordat jy FEROVANCE™ gebruik

Moenie FEROVANCE™ gebruik indien:

Jy 'n hipersensitiwiteit (allergiese reaksie) vir enige van die bestanddele van FEROVANCE™ toon nie (word in afdeling 6 aangegee).

Ander medisyne en FEROVANCE™

Sê altyd vir jou gesondheidsdeskundige as jy enige ander medisyne neem. Dit sluit aanvullende of tradisionele medisyne in.

Neem FEROVANCE™ 2 uur voor of na jy ander medikasies of natuurlike gesondheidsprodukte neem.

Swangerskap, borsvoeding en vrugbaarheid

As jy swanger is of borsvoed, dink dat jy swanger mag wees of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsdeskundige voordat jy hierdie medisyne neem.

Die bestanddele in FEROVANCE™ soos aangegee in afdeling 6, word algemeen in voorgeboorte-produkte gebruik.

Bestuur en die gebruik van masjinerie

FEROVANCE™ het nie 'n effek op die vermoë om te bestuur of masjinerie te gebruik nie.

3. Hoe om FEROVANCE™ te neem

Moenie medisyne met iemand anders deel nie. Neem FEROVANCE™ altyd presies soos in hierdie pamflet beskryf of soos jou dokter of apteker jou aanbeveel het. Vra jou dokter of apteker as jy nie seker is nie.

Die gewone dosis is een kapsule per dag. FEROVANCE™ moet saam met voedsel geneem word. Om FEROVANCE™ op 'n leë maag te neem kan tot naarheid lei.

Neem FEROVANCE™ 2 uur voor of na ander medikasies.

FEROVANCE™ moet daagliks geneem word vir so lank as wat jou gesondheidsdeskundige dit aanbeveel het.

FEROVANCE™ moet nie deur kinders jonger as 14 jaar (as gevolg van die Folaatinhoud) gebruik word sonder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige nie.

As jy meer FEROVANCE™ neem as wat jy moes

In die geval van 'n oordosis, raadpleeg jou dokter of apteker. As nie een van die twee beskikbaar is nie, kontak jou naaste hospitaal of gifbeheersentrum.

As jy vergeet om FEROVANCE™ te neem

Moenie 'n dubbele dosis neem om vir 'n individuele dosis wat jy vergeet het op te maak nie.

4. Moontlike nuwe-effekte

FEROVANCE™ kan in uitsonderlike gevalle nuwe-effekte hê.

Nie alle nuwe-effekte wat vir FEROVANCE™ vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid versleg of as jy enige ongewenste nuwe-effekte ondervind terwyl jy FEROVANCE™ neem, vra asseblief jou gesondheidsdeskundige vir advies.

Minder dikwelse nuwe effekte:

- naarheid (voel mislik)
- diarree
- hardlywigheid
- slegte spysvertering
- opgeblaas voel
- winderigheid

Aanmelding van nuwe-effekte

As jy enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, meld dit asseblief by AnaStellar Brands (Edms) Bpk aan by pharmacist@anastellar.co.za, (011) 792 4601 of <https://anastellar.co.za>

Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van FEROVANCE™ te verskaf.

5. Hoe om FEROVANCE™ te bewaar

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Beskerm teen lig en vogtigheid.

Bewaar in die oorspronklike verpakking.

Moenie ongebruikte medisyne in dreinerings- of rioolstelsels (bv. toilette) weggooi nie.

6. Die inhoud van die pakkie en ander inligting

Wat FEROVANCE™ bevat

Elke Kapsule bevat		
Vitamiën C afgelei van Askorbiensuur 250 mg	250	mg
Vitamiën B6 afgelei van Piridoksale-5-fosfaatmonohidraat 27 mg	25	mg
Yster afgelei van Ysterbisglisinaat 120 mg	24	mg
Folaat afgelei van (6S)-5-Metieltetrahydrofolaat 452 µg	400	µg
Vitamiën B12 afgelei van Metielkobalamien 25 µg	25	µg

Alle minerale word in hul elementele en nie-elementele vorms aangegee. Die ander bestanddele is Mielietysel, Mikrokrystalyn Sellulose en Pirozil.

Hoe FEROVANCE™ lyk en die inhoud van die pakkie

Harde jelpkapsule met 'n wit romp en wit doppie gevul met 'n ligte bruin poeier. 3 x stulpstrokke met 10 kapsules elk, binne 'n kartondosis.

Houer van die Registrasiesertifikaat

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REGISTRASIENOMMER

Moet toegeken word

Hierdie pamflet is laas in April 2022 hersien

Die Professionele Inligtingspamflet is beskikbaar by die webtuiste <https://anastellar.co.za>

Hierdie ongeregistreerde middel is nie deur die SAHPRA vir sy gehalte, veiligheid of beoogde gebruik geëvalueer nie.