PACKAGE INSERT

SCHEDULING STATUS
To be assigned

PROPRIETARY NAME AND DOSAGE FORM
STELLAR-MAMA Capsules, Tablets and Softgel Capsules

COMPOSITION
STELLAR-MAMA is comprised of 3 Components:

Component 1:

Each White Multi-Vitamin Capsule contains:	
Vitamin A (derived from Vitamin A Acetate)	1 000 IU
Vitamin B1 (as Thiamine Hydrochloride)	5 mg
Vitamin B2 (as Riboflavin)	2 mg
Vitamin B3 (derived from Nicotinamide)	15 mg
Vitamin B5 (derived from Calcium-D-Pantothenate)	5 mg
Vitamin B6 (derived from Pyridoxine Hydrochloride)	5 mg
Vitamin B12 (derived from Cyanocobalamin)	5 µg
Vitamin C (as Ascorbic Acid)	100 mg
Vitamin E (as dl-α-Tocopherol)	10 IU
Biotin (as Biotin)	100 µg
Folate (as (6S)-5-Methyltetrahydrofolate and Folic Acid)	500 µg
Inositol (as Myo-Inositol)	100 mg
Iron (derived from Iron Amino Acid Chelate)	24 mg

Excipients: hard-gel vegetable capsule, magnesium stearate (vegetable), maize starch, silicon dioxide

Component 2:

Each White Calcium Tablet contains:	
Calcium (derived from Calcium Carbonate)	500 mg
Copper (derived from Copper Sulphate)	1 mg
Magnesium (derived from Magnesium Oxide)	150 mg
Manganese (derived from Manganese Sulphate Monohydrate)	3 mg
Potassium (derived from Potassium Phosphate Dibasic)	1 mg
Selenium (derived from Selenium Amino Acid Chelate)	15 µg
Vitamin D3 (as Cholecalciferol)	1000 IU
Zinc (derived from Zinc Oxide)	5 mg

Excipients: Flexicoat® white, magnesium stearate (vegetable), maize starch, povidone, shellac, silicon dioxide

Component 3:

Each Omega-3 Softgel Capsule contains:		
Omega-3 Fish Oil		800 mg
Providing,	DHA (Docosahexaenoic acid)	400 mg
	EPA (Eicosapentaenoic acid)	80 mg

Excipients: gelatine (fish), mixed natural tocopherols, refined fish oil, sunflower oil

PHARMACOLOGICAL CLASSIFICATION
D: 34.12 Multiple substance formulation

PHARMACOLOGICAL ACTION
Pharmacodynamics:

Biotin: Biotin functions as an integral part of the enzymes that transport carboxyl units and fix carbon dioxide. Biotin enzymes are important in carbohydrate and lipid metabolism, and are involved in gluconeogenesis, fatty acid synthesis, propionate metabolism and the catabolism of amino acids.

Calcium: Calcium plays a structural role in bones and teeth and is essential for cellular structure, blood clotting, muscle contraction, nerve transmission, enzyme activation and hormone function.

Copper: Copper functions as an essential component of several enzymes (e.g. superoxide dismutase) and other proteins. It plays a role in bone formation and mineralisation, and in the integrity of the connective tissue of the cardiovascular system. Copper has pro-oxidant effects in vitro but antioxidant effects in vivo; there is accumulating evidence that adequate copper is required to maintain antioxidant effects within the body.

Folic Acid: Folates are involved in a number of single carbon transfer reactions, especially in the synthesis of purines and pyrimidines (and hence the synthesis of deoxyribonucleic acid (DNA)), glycine and methionine. They are also involved in some amino acid conversions and the formation and utilisation of formate. Deficiency leads to impaired cell division (effects most noticeable in rapidly regenerating tissues).

Inositol: Plays an important role as the structural basis for a number of secondary messengers in eukaryotic cells, including inositol phosphates, phosphatidylinositol (PI) and phosphatidylinositol phosphate (PIP) lipids.

Iron: Iron is a component of haemoglobin, myoglobin and many enzymes that are involved in a variety of metabolic functions, including transport and storage of oxygen, the electron transport chain, DNA synthesis and catecholamine metabolism.

Magnesium: Magnesium is an essential cofactor for enzymes requiring adenosine triphosphate (ATP) (these are involved in glycolysis, fatty acid oxidation and amino acid metabolism). It is also required for the synthesis of ribonucleic acid (RNA) and replication of deoxyribonucleic acid (DNA); neuromuscular transmission; and calcium metabolism.

Manganese: Manganese activates several enzymes, including hydroxylases, kinases, decarboxylases and transferases. It is also a constituent of several metalloenzymes, such as arginase, pyruvate carboxylase, and also superoxide dismutase, which protects cells from free radical attack. It may have a role in the regulation of glucose homeostasis and in calcium mobilisation.

Omega-3: Fish oil appears to act by the modulation of pro-inflammatory and pro-thrombic eicosanoid (prostaglandin, thromboxane and leukotriene) production and the reduction of interleukin-1 and other cytokines.

Vitamin A: Vitamin A (in the form of retinal) is essential for normal function of the retina, particularly for visual adaption to darkness. Other forms (retinol, retinoic acid) are necessary to maintain the structural and functional integrity of epithelial tissue and immune system, cellular differentiation and proliferation and bone growth. Vitamin A may act as a cofactor in biochemical reactions.

Vitamin B1: Thiamine functions as a coenzyme in the oxidative decarboxylation of alpha ketoacids (involved in energy production) and in the transketolase reaction of the pentose phosphate pathway (involved in carbohydrate metabolism). Thiamine is also important in nerve transmission (independently of coenzyme function).

Vitamin B2: Riboflavin functions as a component of two flavin coenzymes – flavin mononucleotide (FMN) and flavin adenine dinucleotide (FAD). It participates in oxidation-reduction reactions in numerous metabolic pathways and in energy production. Examples include the oxidation of glucose, certain amino acids and fatty acids; reactions with several intermediaries of the Krebs cycle; conversion of pyridoxine to its active coenzyme; and conversion of tryptophan to niacin. Riboflavin has a role as an antioxidant. It may be involved in maintaining the integrity of erythrocytes.

Vitamin B3: As a vitamin, niacin functions as a component of two coenzymes, nicotinamide adenine dinucleotide (NAD) and nicotinamide adenine dinucleotide diphosphate (NADP). These coenzymes participate in many metabolic processes including glycolysis, tissue respiration, lipid, amino acid and purine metabolism.

Vitamin B5: Pantothenic acid functions mainly as a component of coenzyme A and acyl carrier protein. Coenzyme A has a central role as a cofactor for enzymes involved in the metabolism of lipids, carbohydrates and proteins; it is also required for the synthesis of cholesterol, steroid hormones, acetylcholine and porphyrins. As a component of acyl carrier protein, pantothenic acid is involved in various transfer reactions and in the assembly of acetate units into longer-chain fatty acids.

Vitamin B6: Vitamin B6 is converted in erythrocytes to pyridoxal phosphate and, to a lesser extent, pyridoxamine phosphate. It acts as a cofactor for enzymes that are involved in more than 100 reactions affecting protein, lipid and carbohydrate metabolism. Pyridoxal phosphate is also present in the synthesis of several neurotransmitters; the metabolism of several vitamins (e.g. the conversion of tryptophan to niacin); and haemoglobin and sphingosine formation.

Vitamin B12: Vitamin B12 is active in the recycling of folate coenzymes and the degradation of valine. It is also required for nerve myelination, cell replication, haematopoiesis and nucleoprotein synthesis.

Vitamin C: The functions of vitamin C are based mainly on its properties as a reducing agent. It is required for the formation of collagen and other organic constituents of the intercellular matrix in bone, teeth and capillaries; and the optimal activity of several enzymes. Vitamin C also acts as an antioxidant (reacting directly with aqueous free radicals), which is important in the protection of cellular function and to enhance the intestinal absorption of non-haem iron.

Vitamin D: Vitamin D is essential for promoting the absorption and utilisation of calcium and phosphorus and normal calcification of the skeleton. Along with parathyroid hormone (PTH) and calcitonin, it regulates serum calcium concentration by altering serum calcium and phosphate blood levels as needed, and mobilising calcium from bone. It maintains neuromuscular function and various other cellular processes, including the immune system and insulin production.

Vitamin E: Vitamin E is an antioxidant, protecting polyunsaturated fatty acids in membranes and other critical cellular structures from free radicals and products of oxidation. It works in conjunction with dietary selenium (a cofactor for glutathione peroxidase), and also with vitamin C and other enzymes, including superoxide dismutase and catalase.

INDICATIONS
For nutritional support prior to conception, during pregnancy and whilst breastfeeding.

CONTRAINDICATIONS
Hypersensitivity to any of the ingredients, including excipients.
STELLAR-MAMA should not be used by persons suffering from:
- conditions associated with hypercalcaemia and hypercalcuria, and in renal impairment (chronic);
- renal osteodystrophy with hyperphosphataemia (risk of metastatic calcification).

WARNINGS AND SPECIAL PRECAUTIONS
Take 2 hours before or after taking other medications.

INTERACTIONS
Always check with your Doctor or Pharmacist before taking any medicines if you are pregnant or breastfeeding.
Bisphosphonates: calcium may reduce absorption of etidronate.
4-Quinolones: calcium and magnesium may reduce absorption of 4-quinolones.
Tamoxifen: calcium supplements may increase the risk of hypercalcaemia (a rare side-effect of tamoxifen therapy).
Tetracyclines: calcium and magnesium may reduce absorption of tetracyclines.
Iron: calcium carbonate or calcium phosphate may reduce absorption of iron.
Zinc: calcium may reduce absorption of zinc.
Calcitonin: effect of calcitonin may be antagonised by vitamin D.
Digoxin: caution because hypercalcaemia caused by vitamin D may potentiate effects of digoxin, resulting in cardiac arrhythmias.
Thiazide diuretics: vitamin D may increase risk of hypercalcaemia.
Vitamin D analogues (alfacalcidol, calcitriol, dihydrotachysterol): increased risk of toxicity with vitamin D supplements.

PREGNANCY AND LACTATION
STELLAR-MAMA is safe for use during pregnancy and lactation.

DOSAGE AND DIRECTIONS FOR USE
For oral use.
Morning: Take one White Multi-Vitamin Capsule with Breakfast.
Evening: Take one White Calcium Tablet and one Omega-3 Softgel Capsule with Dinner.
Take 2 hours before or after taking other medications.

STELLAR-MAMA should be taken at least 3 months prior to falling pregnant, throughout pregnancy and for at least 12 months after giving birth.

SIDE EFFECTS
May cause mild gastrointestinal disturbances e.g. nausea, diarrhoea, constipation, indigestion, bloating and flatulence.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Vitamin D could (in exceptional circumstances) cause toxicity; the margin of safety is very narrow. There is a wide variation in tolerance to vitamin D.
Excessive intake leads to hypercalcaemia and its associated effects. These include apathy, anorexia, constipation, diarrhoea, dry mouth, fatigue, headache, nausea and vomiting, thirst and weakness. Later symptoms are often associated with calcification of soft tissues and include bone pain, cardiac arrhythmias, hypertension, renal damage (increased urinary frequency, decreased urinary concentrating ability; nocturia, proteinuria), psychosis (rare) and weight loss.
If an overdose is suspected, the medicine should be stopped immediately.

IDENTIFICATION
Component 1: White Capsule filled with a beige coloured powder.
Component 2: White Oval Film-coated Tablet.
Component 3: Clear Yellow Softgel Capsule filled with a clear yellow oil.

PRESENTATION
A cardboard carton containing blister strips of 30 White Multi-Vitamin Capsules, 30 White Calcium Tablets and 30 Omega-3 Softgel Capsules.

STORAGE INSTRUCTIONS
Store at or below 25 °C.
Protect from light and moisture.
Keep the blister strips in the outer carton.
KEEP OUT OF REACH OF CHILDREN

REGISTRATION NUMBER
To be assigned

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
AnaStellar Brands (Pty) Ltd
Boskruin Business Park,
Unit 15, North Wing, Ground Floor,
Bosbok Road, Randpark Ridge, 2169,
Gauteng, Republic of South Africa
+27 (0)11 792 4601

DATE OF PUBLICATION OF THE PACKAGE INSERT
July 2016

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

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
To be assigned

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM
STELLAR-MAMA Capsules, Tablets and Softgel Capsules

Read all of this leaflet carefully before you start taking STELLAR-MAMA

STELLAR-MAMA is available without a doctor's prescription, for you to treat a mild condition. Nevertheless you still need to use STELLAR-MAMA carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share STELLAR-MAMA 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 STELLAR-MAMA CONTAINS
STELLAR-MAMA is comprised of 3 Components:

Component 1:

Each White Multi-Vitamin Capsule contains:	
Vitamin A (derived from Vitamin A Acetate)	1 000 IU
Vitamin B1 (as Thiamine Hydrochloride)	5 mg
Vitamin B2 (as Riboflavin)	2 mg
Vitamin B3 (derived from Nicotinamide)	15 mg
Vitamin B5 (derived from Calcium-D-Pantothenate)	5 mg
Vitamin B6 (derived from Pyridoxine Hydrochloride)	5 mg
Vitamin B12 (derived from Cyanocobalamin)	5 µg
Vitamin C (as Ascorbic Acid)	100 mg
Vitamin E (as dl-α-Tocopherol)	10 IU
Biotin (as Biotin)	100 µg
Folate (as (6S)-5-Methyltetrahydrofolate and Folic Acid)	500 µg
Inositol (as Myo-Inositol)	100 mg
Iron (derived from Iron Amino Acid Chelate)	24 mg

The other ingredients are: hard-gel vegetable capsule, magnesium stearate (vegetable), maize starch and silicon dioxide.

Component 2:

Each White Calcium Tablet contains:	
Calcium (derived from Calcium Carbonate)	500 mg
Copper (derived from Copper Sulphate)	1 mg
Magnesium (derived from Magnesium Oxide)	150 mg
Manganese (derived from Manganese Sulphate Monohydrate)	3 mg
Potassium (derived from Potassium Phosphate Dibasic)	1 mg
Selenium (derived from Selenium Amino Acid Chelate)	15 µg
Vitamin D3 (as Cholecalciferol)	1000 IU
Zinc (derived from Zinc Oxide)	5 mg

The other ingredients are: Flexicoat® white, magnesium stearate (vegetable), maize starch, povidone, shellac and silicon dioxide.

Component 3:

Each Omega-3 Softgel Capsule contains:		
Omega-3 Fish Oil		800 mg
Providing,	DHA (Docosahexaenoic acid)	400 mg
	EPA (Eicosapentaenoic acid)	80 mg

The other ingredients are: gelatine (fish), mixed natural tocopherols, refined fish oil and sunflower oil.

WHAT STELLAR-MAMA IS USED FOR
For nutritional support prior to conception, during pregnancy and whilst breastfeeding.

BEFORE YOU TAKE STELLAR-MAMA
Do not take STELLAR-MAMA if:
- Hypersensitive (allergic) to any of the ingredients of STELLAR-MAMA.
- You suffer from chronic kidney disease or if you have high levels of calcium in either your blood or urine.
- You suffer from renal osteodystrophy with hyperphosphataemia (a bone disease caused by incorrect functioning of the kidneys).

Take special care with STELLAR-MAMA:
Take STELLAR-MAMA 2 hours before or after taking any other medication.

Taking STELLAR-MAMA with food and drink:
STELLAR-MAMA should be taken with food.

Pregnancy and breastfeeding:
STELLAR-MAMA should be safe to use during pregnancy and breastfeeding, but always tell your doctor that you are using the product.

Taking other medicines with STELLAR-MAMA:
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.

Bisphosphonates (used in the treatment of osteoporosis): calcium may reduce absorption of etidronate.

4-Quinolones (a group of antibiotics): calcium and magnesium may reduce absorption of 4-quinolones.

Tamoxifen (used in the prevention and treatment of breast cancer): calcium supplements may increase the risk of hypercalcaemia (high levels of calcium in the blood).

Tetracyclines (a type of antibiotic): calcium and magnesium may reduce absorption of tetracyclines.

Iron: calcium carbonate or calcium phosphate may reduce absorption of iron.

Zinc: calcium may reduce absorption of zinc.

Calcitonin (a hormone): vitamin D may work against the effect of calcitonin.

Digoxin (a medicine used to treat heart failure): high calcium levels in the blood caused by vitamin D may increase the effects of digoxin, resulting in cardiac arrhythmias (abnormal heart rhythm).

Thiazide diuretics (a medicine used to treat high blood pressure and water retention/swelling): vitamin D may increase the risk of hypercalcaemia (high levels of calcium in the blood).

Vitamin D analogues (alfacalcidol, calcitriol, dihydrotachysterol): increased risk of toxicity with vitamin D supplements.

HOW TO TAKE STELLAR-MAMA
Do not share medicines with any other person.
You should check with your doctor or pharmacist if you are unsure on how to use STELLAR-MAMA.
The usual dose is one white multi-vitamin capsule in the morning with breakfast and then one white calcium tablet and one omega-3 softgel capsule in the evening with dinner.
Take 2 hours before or after taking other medications.
STELLAR-MAMA should be taken at least 3 months prior to falling pregnant, throughout pregnancy and for at least 12 months after giving birth.

If you take more STELLAR-MAMA than you should:
In the event of an over dosage, consult your doctor or pharmacist.
If neither is available, contact the nearest hospital or poison control centre.

If you missed a dose of STELLAR-MAMA:
Do not take a double dose to make up for a forgotten individual dose.

POSSIBLE SIDE EFFECTS
STELLAR-MAMA can have side effects.
Not all side effects reported for STELLAR-MAMA 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 experience (in exceptional circumstances) nausea, diarrhoea, constipation, indigestion, bloating and flatulence while taking STELLAR-MAMA.
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF STELLAR-MAMA
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 STELLAR-MAMA
A cardboard carton containing blister strips of 30 White Multi-Vitamin Capsules, 30 White Calcium Tablets and 30 Omega-3 Softgel Capsules.

IDENTIFICATION OF STELLAR-MAMA
Component 1: White Capsule filled with a beige coloured powder.
Component 2: White Oval Film-coated Tablet.
Component 3: Clear Yellow Softgel Capsule filled with a clear yellow oil.

REGISTRATION NUMBER:
To be assigned

NAME AND ADDRESS OF REGISTRATION HOLDER
AnaStellar Brands (Pty) Ltd
Boskruin Business Park,
Unit 15, North Wing, Ground Floor,
Bosbok Road, Randpark Ridge, 2169,
Gauteng, Republic of South Africa
+27 (0)11 792 4601

DATE OF PUBLICATION
July 2016

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

VOUBILJET

SKEDULERINGSTATUS
Moet toegewys word

EIENDOMSNAAM EN DOSERINGSVORM
STELLAR-MAMA Kapsules, Tablette and Sagtejel Kapsules

SAMESTELLING
STELLAR-MAMA bestaan uit 3 Komponente:

Komponent 1:

Elke Wit Multivitamien Kapsule bevat:	
Vitamien A (verkry van Vitamien A Asetaat)	1 000 IE
Vitamien B1 (as Tiamienhidrochloried)	5 mg
Vitamien B2 (as Riboflavien)	2 mg
Vitamien B3 (verkry van Nikotienamied)	15 mg
Vitamien B5 (verkry van Kalsium-D-Pantotenaat)	5 mg
Vitamien B6 (verkry van Piridoksienhidrochloried)	5 mg
Vitamien B12 (verkry van Sianokobalamien)	5 µg
Vitamien C (as Askorbiensuur)	100 mg
Vitamien E (as dl-α-Tokoferol)	10 IE
Biotien (as Biotien)	100 µg
Folaat (as (6S)-5-Metieltetrahidrofolaat en Foliensuur)	500 µg
Inositol (as Mio-Inositol)	100 mg
Yster (verkry van Ysteraminosuurchelaat)	24 mg

Bindmiddels: harde-jel plant-kapsule, magnesiumstearaat (plant), mieliestysel, silikondioksied

Komponent 2:

Elke Wit Kalsiumtablet bevat:	
Kalsium (verkry van Kalsiumkarbonaat)	500 mg
Koper (verkry van Kopersulfaat)	1 mg
Magnesium (verkry van Magnesiumoksied)	150 mg
Mangaan (verkry van Mangaansulfaatmonohidraat)	3 mg
Kalium (verkry van Kaliumfosfaat Dibasies)	1 mg
Seleen (verkry van Seleenaminosuurchelaat)	15 µg
Vitamien D3 (as Cholekalsiferol)	1000 IE
Sink (verkry van Sinkoksied)	5 mg

Bindmiddels: Flexicoat*wit, magnesiumstearaat(plant), mieliestysel, povidoon, skellak,silikondioksied

Komponent 3:

Elke Omega-3 Sagtejel Kapsule bevat:		
Omega-3 Visolie		800 mg
Voorsien,	DHA (Dokosaheksaënoësuur)	400 mg
	EPA (Eikosapentaënoësuur)	80 mg

Bindmiddels: gelatien (vis), gemengde natuurlike tokoferols, geraffineerde visolie, sonneblomolie

FARMAKOLOGIESE KLASSIFIKASIE
D: 34.12 Multistof-formulering

FARMAKOLOGIESE WERKING
Farmakodinamika:

Biotien: Biotien funksioneer as 'n integrale deel van die ensieme wat karboksieleenhede vervoer en koolstofdioksied bind. Biotienensieme is belangrik in koolhidraat- en lipiedmetabolisme, en is betrokke by glukoneogenese, vetsuursintese, propionaatmetabolisme en die katabolisme van aminosure.

Kalsium: Kalsium speel 'n strukturele rol in bene en tande en is noodsaaklik vir sellulêre strukture, bloedstolling, spiersametrekking, senuwee-oordrag, ensiemaktivering en hormoonfunksie.

Koper: Koper funksioneer as 'n essensiële komponent van 'n aantal ensieme (bv. superoksieddismutase) en ander proteïene. Dit speel 'n rol in beenvorming en mineralisasie, en in die integriteit van die bindweefsel van die kardiovaskulêre stelsel. Koper het pro-oksidant effekte in vitro maar antioksidant-effekte in vivo; daar is toenemende bewys dat voldoende koper nodig is om antioksidant-effekte in die liggaam in stand te hou.

Foliensuur: Foliensuur is by 'n aantal enkelkoolstof-oordrareaksies betrokke, veral in die sintese van puriene en pirimidiene (en gevolglik die sintese van deoksiribonukleïensuur (DNA)), glisien en metionien. Dit is ook by sommige aminosuuromsettings en die vorming en benutting van formiaat betrokke. 'n Tekort lei tot belemmerde selverdeling (die uitwerkings is mees merkbaar by weefsel wat vinnig regenereer).

Inositol: Inositol speel 'n belangrike rol as die strukturele basis vir 'n aantal sekondêre boodskappers in eukariotiese selle, insluitend inositolfosfate, fosfatidielinositol (PI) en fosfatidielinositolfosfaat (PIP) lipiede.

Yster: Yster is 'n komponent van hemoglobien, mioglobien en talle ensieme wat by 'n verskeidenheid metaboliese funksies betrokke is, insluitend vervoer en berging van suurstof, die elektronvervoerketting, deoksiribonukleïensuur-(DNA)sintese en katesjolamienmetabolisme.

Magnesium: Magnesium is 'n essensiële kofaktor vir ensieme wat adenosientrifosfaat (ATP) nodig het (hulle is betrokke by glikolise, vetsuuroksidasie en aminosuurmetabolisme). Dit is ook nodig vir die sintese van ribonukleïensuur (RNA) en replikasie van deoksiribonukleïensuur (DNA); neuromuskulêre oordrag; en kalsiummetabolisme.

Mangaan: Mangaan aktiveer 'n aantal ensieme, insluitend hidroksilases, kinases, dekarboksilases en transferases. Dit is ook 'n bestanddeel van etlike metalloënsieme, soos arginase, piruvaatkarboksilase, en ook superoksieddismutase, wat selle teen vryradikaalaanval beskerm. Dit mag 'n rol in die regulering van glukosehomeostase en in kalsiummobilisasie hê.

Omega-3: Visolie werk blykbaar deur die modulering van pro-inflammatoriese en pro-trombiese eikosanoïed (prostaglandien-, tromboksaan- en leukotrieen-) produksie en die vermindering van interleukin-1 en ander sitokiene.

Vitamien A: Vitamien A (in die vorm van retinaal) is noodsaaklik vir normale funksie van die retina, veral vir visuele aanpassing by donkerte. Ander vorms (retinol, retinoësuur) is nodig om die strukturele en funksionele integriteit van epiteelweefsel en die immuunstelsel, sellulêre differensiasie en proliferasie en beengroei in stand te hou. Vitamien A mag as 'n kofaktor in biochemiese reaksies optree.

Vitamien B1: Tiamien funksioneer as 'n koënsiem in die oksidatiewe dekarboksilasie van alfa-ketosure (betrokke by energieproduksie) en in die transketolasereaksie van die pentosefosfaatroete (betrokke by koolhidraatmetabolisme). Tiamien is ook belangrik by senuweeoordrag (onafhanklik van koënsiemfunksie).

Vitamien B2: Riboflavien het 'n rol as 'n komponent van twee flavienkoënsieme – flavienmonokleotied (FMN) en flavienadeniendinukleotied (FAD). Dit neem deel aan oksidasie-reduksiereaksies in talle metaboliese roetes en in energieproduksie. Voorbeelde sluit in die oksidasie van glukose, sekere aminosure en vetsure; reaksies met etlike tussengangers van die Krebs-siklus; omsetting van piridoksien tot sy aktiewe koënsiem; en omsetting van triptofaan in niasien. Ribovlafien het 'n rol as 'n antioksidant. Dit mag betrokke wees by die instandhouding van die integriteit van eritrosiete.

Vitamien B3: As 'n vitamien funksioneer niasien as 'n komponent van twee koënsieme, nikotienamiedadeniendinukleotied (NAD) en nikotienamiedadeniendinukleotieddifosfaat (NADP). Hierdie koënsieme neem aan talle metaboliese prosesse deel, insluitend glikolise, weefselrespirasie, lipied-, aminosuur- en purienmetabolisme.

Vitamien B5: Pantoteensuur funksioneer hoofsaaklik as 'n komponent van koënsiem A en asieldraerproteïen. Koënsiem A het 'n sentrale rol as 'n kofaktor vir ensieme wat by die metabolisme van lipiede, koolhidrate en proteïene betrokke is; dit is ook nodig vir die sintese van cholesterol, steroïedhormone, asetielcholien en porfiriene. As 'n komponent van asieldraerproteïen is pantoteensuur by verskeie oordrareaksies en by die samestelling van asetaateenhede in langer-ketting vetsure betrokke.

Vitamien B6: Vitamien B6 word in eritrosiete tot piridoksaalfosfaat en, in 'n mindere mate, piridoksamienfosfaat omgesit. Dit tree as 'n kofaktor op vir ensieme wat by meer as 100 reaksies betrokke is wat proteïen, lipied- en koolhidraatmetabolisme beïnvloed. Paradoksaalfosfaat is ook teenwoordig in die sintese van etlike senuoordragstowwe; die metabolisme van 'n aantal vitamiene (bv. die omsetting van triptofaan in niasien); en hemoglobien- en sfingosienvorming.

Vitamien B12: Vitamien B12 is aktief in die herbenutting van folaatkoënsieme en die afbreking van valien. Dit is ook nodig vir senuweemiëlinering, selreplikasie, hematopoïese en nukleoproteïensintese.

Vitamien C: Die funksies van vitamien C is hoofsaaklik op sy eienskappe as 'n reduseermiddel gegrond. Dit is nodig vir die vorming van kollageen en ander organiese bestanddele van die interssellulêre matrys in been, tande en haarvate; en die optimale werking van etlike ensieme. Vitamien C werk ook as 'n antioksidant (reageer direk met waterige vry radikale), wat belangrik is in die beskerming van sellulêre funksie en om die intestinale opname van nieheemyster te bevorder.

Vitamien D: Vitamien D is noodsaaklik om die opname en benutting van kalsium en fosfor en normale kalsifisering van die skelet te bevorder. Saam met paratiroïedhormoon (PTH) en kalsitonien reguleer dit serumkalsiumkonsentrasie deur serumkalsium- en fosfaat-bloedvlakke te wysig soos nodig, en kalsium uit been te mobiliseer. Dit hou neuromuskulêre funksie en verskeie ander sellulêre prosesse in stand, insluitend die immuunstelsel en insulienproduksie.

Vitamien E: Vitamien E is 'n antioksidant wat poli-onversadigde vetsure in membrane en ander kritieke sellulêre strukture teen vry radikale en produkte van oksidasie beskerm. Dit werk tesame met dieetseleen ('n kofaktor vir glutatioonperoksidase) en ook met vitamien C en ander ensieme, insluitend superoksieddismutase en katalase.

INDIKASIES
Vir voedingsaanvulling voor swangerskap, tydens swangerskap en gedurende borsvoeding.

KONTRA-INDIKASIES
Hipersensitiwiteit vir enige van die bestanddele, insluitend bindmiddels.
STELLAR-MAMA moet nie gebruik word deur persone wat ly aan:
- enige aandoening geassosieer met hiperkalsemie en hiperkalsiurie, asook by nierontoereikendheid (chronies);
- nier-osteodistrofie met hiperfosfatemie (risiko van metastatiese kalsifisering).

WAARSKUWINGS EN SPESIALE VOORSORG
Neem 2 uur voor of na ander medikasies.

INTERAKSIES
As jy swanger is of borsvoed, raadpleeg altyd eers jou dokter of apteker voordat jy enige medisyne neem.
Bisfosfonate: kalsium mag die opname van etidronate verminder.
4-Kinolone: kalsium en magnesium mag die opname van 4-kinolone verminder.
Tamoksifeen: kalsiumaanvullings mag die risiko van hiperkalsemie ('n seldsame newe-effek van tamoksifeenbehandeling) verhoog.
Tetrasikliene: kalsium en magnesium mag die opname van tetrasikliene verminder.
Yster: kalsiumkarbonaat of kalsiumfosfaat mag die opname van yster verminder.
Sink: kalsium mag die opname van sink verminder.
Kalsitonien: die effek van kalsitonien mag deur vitamien D teengewerk word.
Digoksien: wees versigtig want hiperkalsemie wat deur vitamien D veroorsaak word, mag die uitwerkings van digoksien versterk, wat hartritmestoornis tot gevolg kan hê.
Tiasieddiuretika: vitamien D mag die risiko van hiperkalsemie verhoog.
Vitamien D analoë (alfakalsidol, kalsitriol, dihidrotagisterol): verhoogde risiko van toksisiteit met vitamien D aanvullings.

SWANGERSKAP EN LAKTASIE
STELLAR-MAMA is veilig vir gebruik tydens swangerskap en laktasie.

DOSERING EN GEBRUIKSAANWYSINGS
Vir mondelikse gebruik.
Soggens: Neem een Wit Multivitamien Kapsule met Ontbyt.
Saans: Neem een Wit Kalsiumtablet en een Omega-3 Sagtejel Kapsule met Aandete.
Neem 2 uur voor of na ander medikasies.

STELLAR-MAMA moet vir minstens 3 maande voor swangerskap, deurgaans tydens swangerskap en vir minstens 12 maande na die geboorte geneem word.

NEWE-EFFEKTE
Mag ligte gastroïntestinale versteurings, byvoorbeeld naarheid, diarree, hardlywigheid, slegte spysvertering, opgeblaasde maag en winderigheid veroorsaak.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE OOR DIE BEHANDELING DAARVAN
Vitamien D kan (in buitengewone omstandighede) toksisiteit veroorsaak; die veiligheidsgrens is baie gering. Daar bestaan 'n wye verskil in verdraagsaamheid vir vitamien D.
Oormatige inname lei tot hiperkalsemie en die gepaardgaande uitwerkings. Dit sluit lusteloosheid, anoreksie, hardlywigheid, diarree, droë mond, uitputting, hoofpyn, naarheid en braking, dors en swakheid in.
Latere simptome is dikwels met kalsifisering van sagteweefsels geassosieer en sluit in beenpyn, hartritmestoornis, hoë bloeddruk, nierskade (verhoogde urineringsfrekwensie, verminderde urienkonsentrasievermoë; nokturie, proteïenurie), psigose (seldsaam) en gewigsverlies.
As 'n oordosis vermoed word, moet die middel dadelik gestaak word.

IDENTIFIKASIE VAN STELLAR-MAMA
Komponent 1: Wit Kapsule gevul met 'n beigekleurige poeier.
Komponent 2: Wit Gemodifiseerde Ovaal Filmbedekte Tablet.
Komponent 3: Deurskynende Geel Sagtejel Kapsule gevul met 'n deurskynende geel olie.

AANBIEDING VAN STELLAR-MAMA
'n Kartonhouer wat stulpverpakkingstroke met 30 Wit Multivitamien Kapsules, 30 Wit Kalsiumtablette en 30 Omega-3 Sagtejel Kapsules bevat.

BERGINGSAANWYSINGS
Bewaar teen 25 °C of benede.
Beskerm teen lig en vog.
Hou die stulpverpakkingstroke in die buitenste karton.
HOU BUITE DIE BEREIK VAN KINDERS

REGISTRASIENOMMER
Moet toegeken word

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
AnaStellar Brands (Edms) Bpk
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DATUM VAN PUBLIKASIE VAN DIE VOUBILJET
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PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSTATUS
Moet toegewys word

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM
STELLAR-MAMA Kapsules, Tablette and Sagtejel Kapsules

Lees hierdie hele pamflet sorgvuldig voordat jy STELLAR-MAMA begin neem

STELLAR-MAMA is verkrygbaar sonder 'n doktersvoorskrif, sodat jy 'n ligte toestand kan behandel. Nogtans moet jy STELLAR-MAMA steeds versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie pamflet. Dit mag nodig wees om hom weer te lees.
- Moenie STELLAR-MAMA met 'n ander persoon deel nie.
- Vra jou apteker as jy meer inligting of advies nodig het.
- Raadpleeg 'n dokter as jou simptome erger word of nie verbeter nie.

WAT STELLAR-MAMA BEVAT
STELLAR-MAMA bestaan uit 3 Komponente:

Komponent 1:

Elke Wit Multivitamien Kapsule bevat:	
Vitamien A (verkry van Vitamien A Asetaat)	1 000 IE
Vitamien B1 (as Tiamienhidrochloried)	5 mg
Vitamien B2 (as Riboflavien)	2 mg
Vitamien B3 (verkry van Nikotienamied)	15 mg
Vitamien B5 (verkry van Kalsium-D-Pantotenaat)	5 mg
Vitamien B6 (verkry van Piridoksienhidrochloried)	5 mg
Vitamien B12 (verkry van Sianokobalamien)	5 µg
Vitamien C (as Askorbiensuur)	100 mg
Vitamien E (as dl-α-Tokoferol)	10 IE
Biotien (as Biotien)	100 µg
Folaat (as (6S)-5-Metieltetrahidrofolaat en Foliensuur)	500 µg
Inositol (as Mio-Inositol)	100 mg
Yster (verkry van Ysteraminosuurchelaat)	24 mg

Die ander bestanddele is harde-jel plant-kapsule, magnesiumstearaat (plant), mieliestysel en silikondioksied.

Komponent 2:

Elke Wit Kalsiumtablet bevat:	
Kalsium (verkry van Kalsiumkarbonaat)	500 mg
Koper (verkry van Kopersulfaat)	1 mg
Magnesium (verkry van Magnesiumoksied)	150 mg
Mangaan (verkry van Mangaansulfaatmonohidraat)	3 mg
Kalium (verkry van Kaliumfosfaat Dibasies)	1 mg
Seleen (verkry van Seleenaminosuurchelaat)	15 µg
Vitamien D3 (as Cholekalsiferol)	1000 IE
Sink (verkry van Sinkoksied)	5 mg

Die ander bestanddele is Flexicoat*wit, magnesiumstearaat(plant), mieliestysel, povidoon, skellak en silikondioksied.

Komponent 3:

Elke Omega-3 Sagtejel Kapsule bevat:		
Omega-3 Visolie		800 mg
Voorsien,	DHA (Dokosaheksaënoësuur)	400 mg
	EPA (Eikosapentaënoësuur)	80 mg

Die ander bestanddele is gelatien (vis), gemengde natuurlike tokoferols, geraffineerde visolie en sonneblomolie.

WAARVOOR STELLAR-MAMA GEBRUIK WORD
As voedingsaanvulling voor bevrugting, tydens swangerskap en gedurende borsvoeding.

VOORDAT JY STELLAR-MAMA NEEM
Moet nie STELLAR-MAMA neem indien:
- Jy hipersensitief (allergies) vir enige van die bestanddele van STELLAR-MAMA is.
- Jy chroniese niersiekte het of hoë kalsiumvlakke in jou bloed of urine het.
- Jy aan nier-osteodistrofie met hiperfosfatemie ly ('n beensiekte wat ontstaan wanneer die niere nie reg werk nie).

Wees bedagsaam wanneer jy STELLAR-MAMA neem:
Neem STELLAR-MAMA 2 uur voor of na ander medikasie.

STELLAR-MAMA saam met kos en dranke:
STELLAR-MAMA moet saam met kos geneem word.

Swangerskap en borsvoeding:
STELLAR-MAMA behoort veilig te wees vir gebruik tydens swangerskap en borsvoeding maar sê altyd vir jou dokter dat jy die produk gebruik.

Ander medisyne saam met STELLAR-MAMA:
Sê altyd vir jou gesondheidskundige as jy enige ander medisyne neem.
Dit sluit gesondheidsaanvullings of tradisionele medisyne in.
As jy swanger is of borsvoed, raadpleeg altyd eers jou dokter of apteker voordat jy enige medisyne neem.

Bisfosfonate (in die behandeling van osteoporose gebruik): kalsium mag die opname van etidronate verminder.

4-Kinolone ('n groep antibiotika): kalsium en magnesium mag die opname van 4-kinolone verminder.

Tamoksifeen (in die voorkoming en behandeling van borskanker gebruik): kalsiumaanvullings mag die risiko van hiperkalsemie (hoë kalsiumvlakke in die bloed) verhoog.

Tetrasikliene ('n tipe antibiotika): kalsium en magnesium mag die opname van tetrasikliene verminder.

Yster: kalsiumkarbonaat of kalsiumfosfaat mag die opname van yster verminder.

Sink: kalsium mag die opname van sink verminder.

Kalsitonien ('n hormoon): vitamien D mag teen die effek van kalsitonien werk.

Digoksien ('n middel wat gebruik word om hartversaking te behandel): hoë kalsiumvlakke in die bloed wat deur vitamien D veroorsaak word, mag die uitwerkings van digoksien verhoog, wat kardiale aritmieë (abnormale hartritme) tot gevolg kan hê.

Tiasieddiuretika (medisyne wat gebruik word om hoë bloeddruk en waterretensie/swelsel te behandel): vitamien D mag die risiko van hiperkalsemie (hoë kalsiumvlakke in die bloed) verhoog.

Vitamien D analoë (alfakalsidol, kalsitriol, dihidrotagisterol): verhoogde risiko van toksisiteit met vitamien D aanvullings.

HOE OM STELLAR-MAMA TE NEEM
Moenie medisyne met iemand anders deel nie.
As jy onseker is oor hoe om STELLAR-MAMA te gebruik, bespreek dit gerus met jou dokter of apteker.
Die gewone dosis is een wit multivitamien-kapsule in die oggend met ontbyt en dan een wit kalsiumtablet en een omega-3 sagtejel kapsule in die aand met aandete.
Neem 2 uur voor of na ander medikasies.
STELLAR-MAMA moet vir minstens 3 maande voor swangerskap, deurgaans tydens swangerskap en vir minstens 12 maande na die geboorte geneem word.

As jy meer STELLAR-MAMA neem as wat jy behoort:
In die geval van 'n oordosis, kontak jou dokter of apteker.
As nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As jy 'n STELLAR-MAMA dosis oorgeslaan het:
Moenie 'n dubbeldosis neem om vir die vergete individuele dosis op te maak nie.

MOONTLIKE NEWE-EFFEKTE
STELLAR-MAMA kan newe-effekte hê.
Nie alle newe-effekte wat vir STELLAR-MAMA vermeld is, is in hierdie pamflet ingesluit nie.
As jou algemene gesondheid sou versleg of as jy enige ongewenste uitwerkings ondervind terwyl jy hierdie middel neem, raadpleeg asseblief jou dokter, apteker of ander gesondheidskundige vir professionele advies.
Jy mag naarheid, diarree, hardlywigheid, slegte spysvertering, opgeblaasde maag en winderigheid ervaar terwyl jy STELLAR-MAMA neem.
As jy enige newe-effekte ondervind wat nie in hierdie pamflet genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

BEWARING EN WEGGOOI VAN STELLAR-MAMA
Hou alle medisyne buite kinders se bereik.
Bewaar teen 25 °C of benede.
Beskerm teen lig en vog.
Hou die stulpverpakkingstroke in die buitenste karton.
Neem alle ongebruikte medisyne terug na jou apteker.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN STELLAR-MAMA
'n Kartonhouer wat stulpverpakkingstroke met 30 Wit Multivitamien-kapsules, 30 Wit Kalsiumtablette en 30 Omega-3 Sagtejel Kapsules bevat.

IDENTIFIKASIE VAN STELLAR-MAMA
Komponent 1: Wit Kapsule gevul met 'n beigekleurige poeier.
Komponent 2: Wit Ovaal Filmbedekte Tablet.
Komponent 3: Deurskynende Geel Sagtejel Kapsule gevul met 'n deurskynende geel olie.

REGISTRASIENOMMER
Moet toegeken word

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Eenheid 15, Noordelike Vleuel, Grondverdieping,
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