

# PATIENT INFORMATION LEAFLET

## SCHEDULING STATUS

To be assigned

## Preggy-Mama® Film-coated Tablet Sucrose, Lactose, Gluten and Tartrazine Free

Complementary Medicine – Health Supplement

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Preggy-Mama® with any other person.
- Ask your healthcare professional or pharmacist if you need more information or advice.

### What is in this leaflet

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

### 1. What Preggy-Mama® is and what it is used for

Preggy-Mama® is a health supplement intended for the nutritional support of adults prior to conception, during pregnancy and whilst breastfeeding.

### 2. What you need to know before you take Preggy-Mama®

#### Do not take Preggy-Mama® if:

You experience a Hypersensitivity (allergic reaction) to any of the ingredients of Preggy-Mama® (as listed below in section 6).

You suffer from:

- chronic kidney disease or if you have high levels of calcium in either your blood or urine.
- renal osteodystrophy with hyperphosphataemia (a bone disease caused by incorrect functioning of the kidneys).

#### Other medicines and Preggy-Mama®

Always tell your healthcare professional if you are taking any other medicines. This includes complementary or traditional medicines.

Take Preggy-Mama® 2 hours before or after taking other medications or natural health products.

High dose Zinc supplementation may cause a Copper or Iron deficiency.

Vitamin D may increase the risk of hypercalcaemia.

#### 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 healthcare professional for advice before taking this medicine.

The ingredients contained in Preggy-Mama® as listed below in section 6 are commonly used in pregnancy products.

#### Driving and using machines

Preggy-Mama® does not have any effect on the ability to drive or the use of machinery.

### 3. How to take Preggy-Mama®

Do not share medicines with any other person.

Always take Preggy-Mama® exactly as described in this leaflet or as your doctor, pharmacist or healthcare professional has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose of Preggy-Mama® is one tablet daily with a meal.

Take Preggy-Mama® 2 hours before or after taking other medications including other natural health products.

Preggy-Mama® should be taken daily for as long as your healthcare professional indicates you to use it.

Preggy-Mama® should not be given to children below the age of 18 years (due to the Manganese, Selenium, and Potassium content) unless under the direct supervision of a qualified healthcare professional.

#### If you take more Preggy-Mama® 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 an overdose is suspected, Preggy-Mama® should be stopped immediately. Treatment is generally symptomatic and supportive.

#### If you forget to take Preggy-Mama®

Do not take a double dose of Preggy-Mama® to make up for a forgotten individual dose.

### 4. Possible side effects

Preggy-Mama® can have side effects in exceptional instances.

Not all side effects reported for Preggy-Mama® are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Preggy-Mama®, please consult your healthcare 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, please report it to AnaStellar Brands (Pty) Ltd via [pharmacist@anastellar.co.za](mailto: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 Preggy-Mama®.

### 5. How to store Preggy-Mama®

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 Preggy-Mama® contains

Each White Multivitamin and Mineral Tablet contains:

<b>Vitamin A</b> derived from Vitamin A Acetate 2 mg	1 000	IU
<b>Vitamin B1</b> derived from Thiamine Hydrochloride 6 mg	5	mg
<b>Vitamin B2</b> derived from Riboflavin 2 mg	2	mg
<b>Vitamin B3</b> derived from Nicotinamide 15 mg	15	mg
<b>Vitamin B5</b> derived from Calcium-d-Pantothenate 5 mg	5	mg
<b>Vitamin B6</b> derived from Pyridoxal-5-Phosphate Monohydrate 5 mg	5	mg
<b>Vitamin B12</b> derived from Methylcobalamin 5 µg	5	µg
<b>Vitamin C</b> derived from Ascorbic Acid 100 mg	100	mg
<b>Vitamin D3</b> derived from Cholecalciferol 10 mg	1 000	IU
<b>Vitamin E</b> derived from dl-α-Tocopherol Acetate 15 mg	10	IU
<b>Biotin</b>	100	µg
<b>Calcium</b> derived from Calcium Carbonate 625 mg	250	mg
<b>Copper</b> derived from Copper Sulphate 4 mg	1	mg
<b>Folate</b> derived from (6S)-5-Methyltetrahydrofolate 565 µg	500	µg
<b>Inositol</b> derived from Myo-Inositol 100 mg	100	mg
<b>Iron</b> derived from Ferrous Bisglycinate 120 mg	24	mg
<b>Magnesium</b> derived from Magnesium Oxide 166 mg	100	mg
<b>Manganese</b> derived from Manganese Sulphate Monohydrate 9 mg	3	mg
<b>Potassium</b> derived from Potassium Sulphate 2 mg	1	mg
<b>Selenium</b> derived from Selenium Glycinate 750 µg	15	µg
<b>Zinc</b> derived from Zinc Oxide 6 mg	5	mg

All minerals are expressed in their elemental and non-elemental forms.

The other ingredients are:

Tablet Core – Magnesium Stearate, Maize Starch, Microcrystalline Cellulose, Povidone and Silicon Dioxide.

Tablet Coating – Castor Oil, Flexicoat White and Shellac.

#### What Preggy-Mama® looks like and contents of the pack

Preggy-Mama® is an oval shaped White Film-coated Tablet.

Each pack contains 3 x PVC/PVDC/Aluminium blister strips with 10 tablets contained in each strip.

The 3 x blister strips are enclosed within a cardboard carton.

#### Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd.  
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+27 (0)11 792 4601

#### Registration Number

To be assigned

#### This leaflet was last revised in January 2025

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

## Preggy-Mama® Filmbedekte Tablet Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Middels – Gesondheidsaanvulling

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

Preggy-Mama® is sonder 'n doktersvoorskrif aan jou beskikbaar om jou gesondheid in stand te hou. Nogtans moet jy bedagsaam wees wanneer jy Preggy-Mama® gebruik om die beste resultate daarvan te kry.

- Hou hierdie pamflet, want dit mag dalk nodig wees om dit weer te lees.
- Moenie Preggy-Mama® met iemand anders deel nie.
- Vra jou gesondheidspraktisyn of apteker indien jy meer inligting of advies benodig.

### Wat is in hierdie pamflet

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

### 1. Wat Preggy-Mama® is en waarvoor dit gebruik word

Preggy-Mama® is 'n gesondheidsaanvulling wat voedingsondersteuning aan volwassenes bied voor bevrugting, tydens swangerskap en terwyl hulle borsvoed.

### 2. Wat jy moet weet voordat jy Preggy-Mama® neem

#### Moenie Preggy-Mama® gebruik indien:

Jy 'n Hipersensitiwiteit (allergiese reaksie) vir enige van die bestanddele van Preggy-Mama® toon nie (word in afdeling 6 aangegee).

Jy ly aan:

- 'n kroniese niersiekte, of hoë kalsiumvlakke in jou bloed of urine het nie.
- nier-osteodistrofie met hiperfosfatemie ('n beensiekte wat ontstaan wanneer die niere nie reg werk nie).

#### Ander medisyne en Preggy-Mama®

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

Neem Preggy-Mama® 2 uur voor of na jy enige ander medikasies of natuurlike gesondheidsprodukte geneem het.

Hoë-dosis Sinkaanvulling mag moontlik 'n Koper- of Ystergebrek veroorsaak. Vitamien D mag die risiko van hiperkalsemie verhoog.

#### Swangerskap, borsvoeding en vrugbaarheid

Indien 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 van Preggy-Mama® soos aangegee in afdeling 6, word algemeen in swangerskapprodukte gebruik.

#### Motorbestuur en die gebruik van masjinerie

Preggy-Mama® het nie 'n effek op die vermoë om te bestuur of wanneer 'n persoon masjinerie hanteer nie.

### 3. Hoe om Preggy-Mama® te neem

Moenie enige medisyne met iemand anders deel nie.

Neem Preggy-Mama® altyd presies soos in hierdie pamflet beskryf of soos jou dokter, apteker of ander gesondheidsdeskundige jou aanbeveel het. Vra jou dokter of apteker as jy nie seker is nie.

Die gewone dosis van Preggy-Mama® is een tablet daaglik saam met 'n maaltyd. Neem Preggy-Mama® 2 uur voor of na jy ander medikasies of natuurlike gesondheidsprodukte geneem het.

Preggy-Mama® moet daaglik geneem word vir so lank as wat jou gesondheidsdeskundige dit aanbeveel het.

Preggy-Mama® behoort nie aan kinders onder die ouderdom van 18 jaar gegee te word nie (vanweë die Mangaan-, Seleen-, en Kaliuminhoud), tensy onder die direkte toetsing van 'n gekwalifiseerde gesondheidsdeskundige.

#### As jy meer Preggy-Mama® neem as wat jy moes

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

As 'n oordosis vermoed word, moet Preggy-Mama® dadelik gestaak word. Behandeling is oor die algemeen simptome en ondersteunend.

#### As jy vergeet om Preggy-Mama® te neem

Moenie 'n dubbele dosis van Preggy-Mama® neem om te vergoed vir 'n individuele dosis wat jy vergeet het nie.

### 4. Moontlike nuwe-effekte

Preggy-Mama® kan in buitengewone gevalle nuwe-effekte hê.

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

#### Minder dikwelse nuwe-effekte:

- naarheid (voel mislik)
- diarree
- hardlywigheid
- slegte spysvertering
- opgeblaaide maag
- 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 Preggy-Mama® te verskaf.

### 5. Hoe om Preggy-Mama® te bewaar

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Beskerm teen lig en vogtigheid.

Bewaar in die oorspronklike houer.

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

### 6. Die inhoud van die kartondosie en ander inligting

#### Wat Preggy-Mama® bevat

Elke Wit Multivitamien en Mineraltabelt bevat:

<b>Vitamien A</b> afgelei van Vitamien A Asetaat 2 mg	1 000	IE
<b>Vitamien B1</b> afgelei van Tiamienhidrochloried 6 mg	5	mg
<b>Vitamien B2</b> afgelei van Riboflavin 2 mg	2	mg
<b>Vitamien B3</b> afgelei van Nikotienamied 15 mg	15	mg
<b>Vitamien B5</b> afgelei van Kalsium-d-Pantotenaat 5 mg	5	mg
<b>Vitamien B6</b> afgelei van Piridoksaal-5-Fosfaatmonohidraat 5 mg	5	mg
<b>Vitamien B12</b> afgelei van Metielkobalamien 5 µg	5	µg
<b>Vitamien C</b> afgelei van Askorbiensuur 100 mg	100	mg
<b>Vitamien D3</b> afgelei van Cholekalsiferol 10 mg	1 000	IE
<b>Vitamien E</b> afgelei van dl-α-Tokoferolasetaat 15 mg	10	IE
<b>Biotien</b>	100	µg
<b>Folaat</b> afgelei van (6S)-5-Metieltetrahydrofolaat 565 µg	500	µg
<b>Inositol</b> afgelei van Mio-Inositol 100 mg	100	mg
<b>Kalium</b> afgelei van Kaliumsulfaat 2 mg	1	mg
<b>Kalsium</b> afgelei van Kalsiumkarbonaat 625 mg	250	mg
<b>Koper</b> afgelei van Kopersulfaat 4 mg	1	mg
<b>Magnesium</b> afgelei van Magnesiumoksied 166 mg	100	mg
<b>Mangaan</b> afgelei van Mangaansulfaatmonohidraat 9 mg	3	mg
<b>Seleen</b> afgelei van Seleenglisinaat 750 µg	15	µg
<b>Sink</b> afgelei van Sinkoksied 6 mg	5	mg
<b>Yster</b> afgelei van Ysterbisglisinaat 120 mg	24	mg

Alle minerale word in hul element- en nie-elementvorm weergegee.

Die ander bestanddele is:

Tabletkern – Magnesiumsteraat, Mieliestysel, Mikrokrystallose Sellulose, Povidoon en Silikondiksied.

Tabletbedekking – Kasterolie, Flexicoat Wit en Skellak.

#### Hoe Preggy-Mama® lyk en die inhoud van die kartondosie

Preggy-Mama® is 'n ovaal Wit Filmbedekte Tablet.

Elke kartondosie bevat 3 x PVC/PVDC/Aluminium stulpstrokke wat elk 10 tablette bevat.

Daar is 3 x stulpstrokke binne-in 'n kartondosie.

#### Houer van die Registrasiesertifikaat

AnaStellar Brands (Edms) Bpk.  
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#### Registrasienuommer

Moet toegeken word

#### Hierdie pamflet is laas in Januarie 2025 hersien

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

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