VIRAVANCE 1-2-3 Tabz™ 10-Day & 30-Day Film-coated Tablets

PROFESSIONAL INFORMATION

Complementary Medicine – Discipline Specific Combination Product

SCHEDULING STATUS

To be assigned

1. NAME OF THE MEDICINE

VIRAVANCE 1-2-3 Tabz™ 10-Day & 30-Day Film-coated Tablets.

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

VIRAVANCE 1-2-3 Tabz™ is comprised of 3 Components:

Component 1

Each Orange Tablet contains:

Beta-Glucan [Yeast] derived from *Saccharomyces cerevisiae*	100	mg
L-Lysine derived from L-Lysine Hydrochloride 625 mg	500	mg
Vitamin B3 derived from Nicotinamide 25 mg	25	mg
Vitamin B6 (Active) derived from Pyridoxal-5-Phosphate Monohydrate 54 mg	50	mg
Vitamin B12 (Active) derived from Methylcobalamin 50 µg	50	µg
Vitamin C derived from Ascorbic Acid 500 mg	500	mg
Vitamin D3 derived from Cholecalciferol 10 mg	1 000	IU
Folate (Active) derived from (6S)-5-Methyltetrahydrofolate 556 µg	400	µg
Selenium derived from Selenium Bisglycinate 3 mg	60	µg
Zinc derived from Zinc Citrate Trihydrate 81 mg	25	mg

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

Suitable for Vegetarians.

Sucrose, Lactose, Gluten and Tartrazine Free.

For full list of excipients, see section 6.1.

Component 2

Each Yellow Tablet contains:

Quercetin derived from Quercetin Anhydrous 211 mg	200	mg
N-Acetyl Cysteine derived from N-Acetyl Cysteine Monohydrate 200 mg	200	mg
Ivy Leaf Extract [Leaf] derived from *Hedera helix* 5:1 Extract 30 mg	150	mg
Pelargonium Sidoides [Root] derived from *African Geranium* 2:1 Extract 175 mg	350	mg
Bromelain	150	mg
Verbena Herb [Leaf] derived from *Verbena officinalis* 36 mg	36	mg
Vitamin A derived from Vitamin A Acetate 2 mg	1 000	IU
Vitamin E derived from dl-α-Tocopherol 40 mg	20	IU
Manganese derived from Manganese Glycinate 15 mg	3	mg

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

Suitable for Vegetarians.

Sucrose, Lactose, Gluten and Tartrazine Free.

For full list of excipients, see section 6.1.

Component 3

Each Green Tablet contains:

Echinacea [Root] derived from *Echinacea purpurea* 4:1 Extract 25 mg	100	mg
Elderberry [Fruit] derived from *Sambucus nigra* 10:1 Extract 10 mg	100	mg
Ginger [Root] derived from *Zingiber officinale* 4:1 Extract 63 mg	250	mg
L-Theanine	150	mg
Boswellia derived from *Boswellia serrata* 5:1 Extract 77 mg	250	mg
Turmeric [Stem] derived from *Curcumin longa* 25:1 Extract 4 mg	100	mg
Magnesium derived from Magnesium Glycinate 160 mg	40	mg

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

Suitable for Vegetarians.

Sucrose, Lactose, Gluten and Tartrazine Free.

For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Film-coated tablets.
Component 1: Orange oblong Film-coated Tablets.
Component 2: Yellow oblong Film-coated Tablets.
Component 3: Green oblong Film-coated Tablets.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

VIRAVANCE 1-2-3 Tabz™ is a health supplement used in adults for Immune System, Cold & Flu Symptom, and Recovery Support.

4.2 Posology and method of administration

For oral use.

Take one Orange film-coated tablet in the Morning with Breakfast, one Yellow film-coated tablet at midday with Lunch, followed by one Green film-coated tablet at Night with Dinner.

VIRAVANCE 1-2-3 Tabz™ must always be taken after meals.

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

4.3 Contraindications

Do not use if you have a hypersensitivity to any of the ingredients, including the excipients listed in section 6.1.

VIRAVANCE 1-2-3 Tabz™ should not be used by persons suffering from:
- conditions associated with hypercalcaemia and hypercalciuria;
- renal impairment *(chronic)*;
- renal osteodystrophy with hyperphosphataemia *(risk of metastatic calcification)*;
- Sulphur allergy.

Not suitable for children below the age of 18 years *(due to the Beta-Glucan, Boswellia, Bromelain, Curcumin, high dose Folate, L-Lysine, L-Theanine, Manganese, N-Acetyl Cysteine, Selenium, and Quercetin content)* unless under the direct supervision of a qualified healthcare professional.

4.4 Special warnings and precautions for use

The indicated daily dose should not be exceeded.

High dose Vitamin D may increase the risk of hypercalcaemia.

Zinc supplementation may cause a Copper or Iron deficiency.

Consult your Healthcare Professional if:
- you are taking blood thinners *(due to the Pelargonium Sidoides)*;
- you have a heart condition, or kidney disease;
- you have asthma or chronic respiratory conditions *(due to the Pelargonium Sidoides)*;
- you have gallstones *(due to the Ginger content)*;
- you have liver disease *(due to the Curcumin content)*;
- your symptoms worsen;
- you are following a low-protein diet.

Patients struggling with autoimmune disorders should not use VIRAVANCE 1-2-3 Tabz™ for prolonged periods of time due to the *Echinacea purpurea* which stimulates the immune system.

Discontinue use two weeks *(14 days)* prior to surgery.

4.5 Interactions with other medicines

Alcohol: excessive intake of alcohol may increase renal excretion of Magnesium and the turnover of Pyridoxine.

Calcitonin (a hormone): 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.

4-Quinolones: Magnesium may reduce absorption of 4-quinolones.

Thiazide diuretics: Vitamin D may increase risk of hypercalcaemia.

Tetracyclines: Magnesium may reduce absorption of tetracyclines.

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

Zinc: may cause a reduced absorption of ciprofloxacin and penicillamine.

4.6 Fertility, Pregnancy and Breastfeeding

Always check with your doctor or pharmacist before taking any medicines if you are pregnant or breastfeeding.

The safety of the ingredients as contained in VIRAVANCE 1-2-3 Tabz™ during pregnancy has not been established.

4.7 Effects on ability to drive and use of machines

None.

4.8 Undesirable effects

Organ System	Less Frequent
Gastrointestinal discomfort	Nausea, diarrhoea, constipation, indigestion, bloating and flatulence
Nervous System	Headache, tingling of the extremities.

Reporting of suspected adverse reactions:
If you experience any adverse reactions 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.

4.9 Overdose

Treatment of overdose should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Beta-Glucan: A polysaccharide derived from yeast, which appears to have antibacterial and antiviral activity and may enhance the anti-tumour activity of monoclonal antibodies.

Boswellia: Boswellic acids, contained in *Boswellia serrata* resin, work to inhibit an enzyme called 5-lipoxygenase (5-LOX), which is instrumental in the synthesis of leukotrienes. Boswellia exhibits anti-inflammatory, antifungal, and antibacterial properties.

Bromelain: Comes from protease enzymes extracted from the stem of fresh pineapples. Bromelain has anti-inflammatory properties by acting through direct and indirect effects on inflammatory mediators, such as bradykinin, while it may also activate natural killer cells and augment the production of granulocyte-macrophage-colony stimulating factor, IL-2, IL-6 and decrease the activation of T-helper cells.

Curcumin (Turmeric): Curcumin modulates the inflammatory response by down-regulating the activity of cyclooxygenase (COX) 2, lipoxygenase, and inducible nitric oxide synthesis (iNOS) enzymes and by inhibiting the production of the inflammatory cytokines tumour necrosis factor-alpha (TNF-α) as well as interleukin (IL)-1, -2, -6, -8 & -12.

Echinacea: Traditionally used to help relieve cold symptoms and shorten the duration of upper respiratory tract infections due to its immune-modulating effects, enhancing phagocytic activity and increasing white blood cell counts. *Echinacea purpurea* is a powerful antioxidant and bolsters the immune system.

Elderflower: *Sambucus nigra* is traditionally used in herbal medicine to help relieve fever in cases of common colds and flu by promoting sweating. Elderflower is rich in antioxidants, particularly flavonoids, which may enhance immune function and is also known to soothe the respiratory tract.

Folate: Folate is involved in the synthesis of purines and pyrimidines, which are constituents of DNA, as well as the synthesis of amino acids glycine and methionine. Deficiency leads to impaired cell division.

Ginger: Traditionally used as an expectorant and cough suppressant *(antitussive)* to help relieve coughs and colds. Ginger is a strong antioxidant with antimicrobial properties.

Ivy Leaf: A spasmolytic/bronchodilatating/expectorant activity of the extract and/or isolated substances such as α-hederin has been documented in several in vitro and in vivo studies.

L-Lysine: L-Lysine is an essential amino acid and is important for proper growth. It plays an essential role in the production of carnitine, a nutrient responsible for converting fatty acids into energy. Lysine appears to help the body absorb calcium, and it plays an important role in the formation of collagen.

L-Theanine: L-theanine is a unique non-protein amino acid. As the structure of L-theanine resembles that of L-glutamic acid, its mechanism of action may be potentially mediated through glutamate receptors, a possibility supported by its partial co-agonistic effect on the N-methyl-D-aspartate receptor. L-theanine has been reported to modulate alpha activity and provide beneficial effects on mental state and sleep quality.

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. Manganese appears to potently boost the innate immune system by increasing myeloid cells and NK cell activity, thereby facilitating the host's defence against infection.

N-Acetyl Cysteine: N-Acetyl Cysteine acts as a precursor to glutathione, a powerful antioxidant that supports immune health by neutralizing free radicals and reducing inflammation. It is derived from the dietary amino acid L-Cysteine and may be useful in a variety of respiratory conditions for its mucolytic benefits. In vitro studies indicate that N-Acetyl Cysteine may reduce cellular production of pro-inflammatory mediators such as TNF-alpha and Interleukins (IL-6 and IL-1β), inhibit the formation of microbial biofilms and destroy biofilms.

Pelargonium Sidoides: Pelargonium sidoides extract modulates the production of secretory immunoglobulin A in saliva, both interleukin-15 and interleukin-6 in serum, and interleukin-15 in the nasal mucosa. It is effective in relieving the symptom burden of the disease in uncomplicated upper respiratory tract infections.

Quercetin: Quercetin has anti-inflammatory activity, due to an influence on the production of eicosanoids such as leukotrienes, prostaglandins, and cytokines. Quercetin is also known to have antihistamine benefits and may influence the immune function.

Selenium: Selenium functions as an integral part of the enzyme glutathione peroxidase and other selenoproteins. Glutathione peroxidase prevents the generation of oxygen free radicals that cause destruction of polyunsaturated fatty acids in cell membranes, particularly in relation to the immune response, which are not entirely due to these enzymatic functions.

Verbena Herb: *Verbena officinalis* (common vervain) mostly contains iridoids, phenylpropanoid glycosides, phenolic acids, flavonoids, terpenoids, and essential oil. In vivo studies prove its antioxidant, antibacterial, and anti-inflammatory properties depending on individual metabolites.

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 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 B6: Vitamin B6 is converted to pyridoxal phosphate and pyridoxamine phosphate in erythrocytes. It is a cofactor for more than 100 reactions involved in the metabolism of carbohydrates, lipids and proteins. Pyridoxal phosphate is also involved in the synthesis of neurotransmitters and metabolism of other vitamins (e.g., conversion of Tryptophan to Niacin (Vitamin B3)).

Vitamin B12: Vitamin B12 is involved in the recycling of coenzymes responsible for Folate metabolism and in the degradation of Valine, an amino acid constituent of most proteins. 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 – it activates certain liver detoxifying enzymes systems (including drug metabolising enzymes) and is involved in the synthesis of carnitine and noradrenaline and the metabolism of folic acid, histamine, phenylalanine, tryptophan and tyrosine. 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 D3: 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.

Zinc: Zinc is an essential component of over 200 enzymes. It plays an important role in the metabolism of proteins, carbohydrates, lipids and nucleic acids. It is a cofactor in a range of biochemical processes, including the synthesis of DNA, RNA and protein. Zinc is crucial for normal development and function of cells mediating innate immunity, neutrophils, and NK cells.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Component 1:
Tablet Core:
Calcium Phosphate Dibasic
Magnesium Stearate
Microcrystalline Cellulose
Povidone
Silicon Dioxide
Sodium Starch Glycolate
Solvent 45

Tablet Coating:
Castor Oil
Flexicoat
Shellac

Component 2:
Tablet Core:
Magnesium Stearate
Microcrystalline Cellulose
Povidone
Silicon Dioxide
Sodium Starch Glycolate
Solvent 45

Tablet Coating:
Castor Oil
Flexicoat
Shellac

Component 3:
Tablet Core:
Magnesium Stearate
Microcrystalline Cellulose
Povidone
Silicon Dioxide
Sodium Starch Glycolate

Tablet Coating:
Castor Oil
Flexicoat
Shellac

6.2 Incompatibilities

None.

6.3 Shelf life

2 years.

6.4 Special precautions for storage

Store at or below 25 °C.
Do not refrigerate or freeze.
Protect from light and moisture.
Keep the blister strips in the outer carton until required for use.
Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6.5 Nature and contents of container

VIRAVANCE 1-2-3 Tabz™ is available in a 10-day and a 30-day supply pack of Film-coated Tablets.

10-Day Supply
Pack size of 5x Orange Film-coated Tablets of Component 1, 5x Yellow Film-coated Tablets of Component 2, and 5x Green Film-coated Tablets of Component 3 contained in each PVC/PVDC/Aluminium blister strip.
2x blister strips enclosed within a cardboard carton.
Unit Carton with 1x Tamper Proof Seal on each side of the lid openings.

30-Day Supply
Pack size of 5x Orange Film-coated Tablets of Component 1, 5x Yellow Film-coated Tablets of Component 2, and 5x Green Film-coated Tablets of Component 3 contained in each PVC/PVDC/Aluminium blister strip.
6x blister strips enclosed within a cardboard carton.
Unit Carton with 1x Tamper Proof Seal on each side of the lid openings.

6.6 Special precautions for disposal

No special requirements.

7. Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd.
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2032
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8. Registration number

To be assigned

9. Date of first authorisation

TBC

10. Date of revision of the text

April 2026

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