

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned

FEROVANCE hard gel (vegecap) capsule Sugar free

Complementary Medicine – Health Supplement

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

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.

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 a few hours before or after taking other medications or natural health products.

Pregnancy and breastfeeding

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.

Driving and using machines

FEROVANCE does not have any effect on the ability to drive or use machines.

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 can be taken with or without food. However, 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.

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.

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 provider for advice.

You may experience nausea, diarrhoea, constipation, indigestion, bloating, and flatulence while taking FEROVANCE.

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

5. How to store FEROVANCE

Store all medicines out of reach of children.

Store at or below 25 °C.

Protect from 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

400 µg	Folate (as 5-methyltetrahydrofolate)
24 mg	Iron (as ferrous bisglycinate)
25 mg	Vitamin B6 (derived from pyridoxal-5-phosphate monohydrate)
25 µg	Vitamin B12 (derived from methylcobalamin)
250 mg	Vitamin C (as ascorbic acid)

The other ingredients are cellulose microcrystalline, magnesium stearate, silica.

What FEROVANCE looks like and contents of the pack

Hard gel capsule with a white body and white cap filled with a beige/off-white powder.

3 blister strips of 10 capsules 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 September 2019

PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSSTATUS

Moet toegeken word

FEROVANCE harde jel (vegecap) kapsule Suikervry

Aanvullende Medisyne – Gesondheidsaanvulling

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

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 hipersensitiwiteit (allergiese reaksie) toon vir enige van die bestanddele nie.

Ander medisyne en FEROVANCE

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

Neem FEROVANCE 'n paar uur voor of na jy ander medikasies of natuurlike gesondheidsprodukte neem.

Swangerskap en borsvoeding

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 gesondheidskundige voordat jy hierdie medisyne neem.

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 aangesê het. Vra jou dokter of apteker as jy nie seker is nie.

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

Neem FEROVANCE 2 uur voor of na ander medikasies.

FEROVANCE moet daaglik geneem word vir so lank as wat jou gesondheidskundige sê jy moet.

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 te vergoed nie.

4. Moontlike nuwe-effekte

FEROVANCE kan 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 uitwerking ondervind terwyl jy FEROVANCE neem, vra asseblief jou gesondheidskundige vir advies.

Jy mag naarheid, diarree, hardlywigheid of slegte spysvertering ondervind, opgeblaas voel of winderigheid hê terwyl jy FEROVANCE neem.

As jy enige nuwe-effekte bemerk wat nie in hierdie pamflet genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

5. Hoe om FEROVANCE te bewaar

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Beskerm teen vogtigheid.

Bewaar in die oorspronklike verpakking.

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

6. Die inhoud van die pakkie en ander inligting

Wat FEROVANCE bevat

Elke kapsule bevat

400 µg	Folaat (as 5-metieltehtetrahydrofolaat)
24 mg	Yster (as ysterbisglisinaat)
25 mg	Vitamiën B6 (verkry van piridoksaal-5-fosfaatmonohidraat)
25 µg	Vitamiën B12 (verkry van metielkobalamien)
250 mg	Vitamiën C (as askorbiensuur)

Die ander bestanddele is sellulose mikrokristallyn, magnesiumstearaat, silika.

Hoe FEROVANCE lyk en die inhoud van die pakkie

Harde jellkapsule met 'n wit romp en wit doppie gevul met 'n beige/naaswit poeier.

3 stolpstroke met 10 kapsules elk, binne 'n kartondosie.

Houer van die Registrasiesertifikaat

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REGISTRASIENOMMER

Moet toegeken word

Hierdie pamflet is laas in September 2019 hersien