PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
S0

BRUNEL BASICS VITAMIN C tablets
L-ascorbic acid (vitamin C).
Contains sweetener: Each tablet contains 221,5 mg sorbitol.

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT
D34.11 Vitamins
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you.
BRUNEL BASICS VITAMIN C is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take BRUNEL BASICS VITAMIN C carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet
1. What BRUNEL BASICS VITAMIN C is and what it is used for.
2. What you need to know before you take BRUNEL BASICS VITAMIN C.
3. How to take BRUNEL BASICS VITAMIN C.
4. Possible side effects.
5. How to store BRUNEL BASICS VITAMIN C.
6. Contents of the pack and other information.

1. What BRUNEL BASICS VITAMIN C is and what it is used for
BRUNEL BASICS VITAMIN C is a vitamin C supplement. Vitamin C helps the immune system to work better, works as an antioxidant and keeps the tissues in the skin, bones and joints healthy.

2. What you need to know before you take BRUNEL BASICS VITAMIN C
Do not take BRUNEL BASICS VITAMIN C:
- if you are hypersensitive (allergic) to vitamin C or any of the ingredients in BRUNEL BASICS VITAMIN C (see **What BRUNEL BASICS VITAMIN C contains**);
- if you suffer from a condition of your kidneys called hyperoxaluria.

Warnings and precautions
Take special care with BRUNEL BASICS VITAMIN C:
- if you are taking large doses of vitamin C over a long period of time. This may affect how your kidneys process vitamin C.

Children and adolescents
BRUNEL BASICS VITAMIN C can be taken by children from the age of 4 years, who are able to swallow tablets. Children aged 4 – 8 years of age should take no more than half a tablet (500 mg) per day.

Other medicines and BRUNEL BASICS VITAMIN C
- Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines.)
- Amphetamines: vitamin C can affect the way your kidneys process these medications.
- Iron supplements: vitamin C can increase the amount of iron your body absorbs.
- Oral contraceptives: may decrease the amount of vitamin C in your body.
- Aspirin may interfere with the way your body absorbs vitamin C.
- Antacids (usually taken for heartburn), should not be taken at the same time as vitamin C as this can have a negative effect on your kidneys.

- Amygdalin: taking vitamin C at the same time as products that contain amygdalin, may cause dangerous levels of cyanide in your body.

BRUNEL BASICS VITAMIN C contains sorbitol (E420):
BRUNEL BASICS VITAMIN C contains sorbitol which may cause gastrointestinal discomfort and a mild laxative effect.

Pregnancy, breastfeeding and fertility
If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking BRUNEL BASICS VITAMIN C.
There is no evidence that BRUNEL BASICS VITAMIN C will cause harm to you or your baby during pregnancy or breastfeeding.

Driving and using machines
Safety and efficacy when driving or operating machines have not been established. Do not drive a vehicle, operate machines, or do anything else that requires your attention until you know how BRUNEL BASICS VITAMIN C affects you.

3. How to take BRUNEL BASICS VITAMIN C

Do not share your medicines with any other person.
Always take BRUNEL BASICS VITAMIN C 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:
Children aged 4 – 8 years: Take half a tablet daily (500 mg).
Adults and children from 9 years of age: Take 1 tablet daily (1 000 mg).

If you have the impression that the effect of BRUNEL BASICS VITAMIN C is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.
BRUNEL BASICS VITAMIN C can be taken with or without food.

If you take more BRUNEL BASICS VITAMIN C than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre.
Take this leaflet and the rest of the remaining BRUNEL BASICS VITAMIN C with you so the doctor will know what you have taken.

4. Possible side effects

BRUNEL BASICS VITAMIN C can have side effects.
Not all side effects reported for BRUNEL BASICS VITAMIN C are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking BRUNEL BASICS VITAMIN C, please consult your healthcare provider for advice.

If any of the following happens, stop taking BRUNEL BASICS VITAMIN C and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to BRUNEL BASICS VITAMIN C. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- chest pain;
- angina;
- changes in the way your heart beats, for example, if you notice it beating faster;

- difficulty breathing.

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Side effects occurring less frequently:

- nausea, vomiting, diarrhoea or stomach cramps;
- headache;
- flushing (your skin may turn red);
- allergic reactions.

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

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the "**6.04 Adverse Drug Reactions Reporting Form**", found online **under SAHPRA's publications**: http://www.sahpra.org.za/Publications/Index/8.

By reporting side effects, you can help provide more information on the safety of BRUNEL BASICS VITAMIN C.

5. How to store BRUNEL BASICS VITAMIN C

- Store all medicines out of reach of children.
- Store at or below 25 °C in a cool, dry place, protected from light.
- Do not store in a bathroom due to high humidity.
- Do not use after the expiry date printed on the label.
- Store in the original packaging.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What BRUNEL BASICS VITAMIN C contains

Each tablet contains:

The active substance is:

L-Ascorbic Acid (Vitamin C) .... 1 000 mg

The other ingredient is magnesium stearate (E572).

Contains sweetener: Each tablet contains 221,5 mg sorbitol (E420).

What BRUNEL BASICS VITAMIN C looks like and contents of the pack

90 scored, white to off-white capsule shaped tablets in a black PET bottle.

Holder of certificate of registration

Brunel Laboratoria (Pty) Ltd
1 Van Tonder Street
Sunderland Ridge
Centurion
0157
info@brunel.co.za

This leaflet was last revised in

Will be allocated by SAHPRA upon registration.

Registration number

Will be allocated by SAHPRA upon registration.

Access to corresponding Professional Information
The Professional Information for BRUNEL BASICS VITAMIN C is available on https://www.brunel.co.za/professional-information/ or can be requested from the contact details above.

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PASIËNTINLIGTINGSBLAD

SKEDULERINGSTATUS
S0

BRUNEL BASICS VITAMIN C tablette
L-askorbiensuur (vitamien C).
Bevat versoeter: Elke tablet bevat 221,5 mg sorbitol.

KOMPLEMENTÊRE MEDISYNE: GESONDHEIDSAANVULLING
D34.11 Vitamiene
Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Lees hierdie hele inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou.
BRUNEL BASICS VITAMIN C is beskikbaar sonder ’n dokter se voorskrif, vir jou om jou gesondheid te onderhou. Nietemin, moet jy BRUNEL BASICS VITAMIN C versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat BRUNEL BASICS VITAMIN C is, en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy BRUNEL BASICS VITAMIN C neem.
3. Hoe om BRUNEL BASICS VITAMIN C te neem.
4. Moontlike newe-effekte.
5. Hoe om BRUNEL BASICS VITAMIN C te bêre.
6. Inhoud van die verpakking en ander inligting.

1. Wat BRUNEL BASICS VITAMIN C is, en waarvoor dit gebruik word

BRUNEL BASICS VITAMIN C is 'n vitamien C-aanvulling. Vitamien C help die immuunstelsel om beter te werk, werk as 'n antioksidant en hou die weefsels in die vel, bene en gewrigte gesond.

2. Wat jy moet weet voordat jy BRUNEL BASICS VITAMIN C neem

Moet nie BRUNEL BASICS VITAMIN C neem:

- indien jy hipersensitief (allergies) is vir vitamien C of vir enige van die bestanddele van BRUNEL BASICS VITAMIN C nie (sien **Wat BRUNEL BASICS VITAMIN C bevat**);
- indien jy aan 'n siektetoestand van jou niere ly wat hiperoksalurie genoem word.

Waarskuwings en voorsorgmaatreëls

Wees versigtig met BRUNEL BASICS VITAMIN C:

- indien jy groot dosisse vitamien C oor 'n lang tydperk neem. Dit kan beïnvloed hoe jou niere vitamien C verwerk.

Kinders en adolessente

BRUNEL BASICS VITAMIN C kan geneem word deur kinders vanaf die ouderdom van 4 jaar wat tablette kan sluk. Kinders van 4 – 8-jarige ouderdom moet nie meer as 'n halwe tablet (500 mg) per dag neem nie.

Ander medisyne en BRUNEL BASICS VITAMIN C

- Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit komplementêre of tradisionele medisyne in.)
- Amfetamiene: vitamien C kan die manier waarop jou niere hierdie medikasie verwerk, beïnvloed.
- Ysteraanvullings: vitamien C kan die hoeveelheid yster wat jou liggaam absorbeer, verhoog.
- Orale voorbehoedmiddels: kan die hoeveelheid vitamien C in jou liggaam verminder.
- Aspirien kan inmeng met die manier waarop jou liggaam vitamien C absorbeer.
- Teensuurmiddels (word gewoonlik geneem vir sooibrand), moet nie gelyktydig saam met vitamien C geneem word nie, aangesien dit 'n negatiewe uitwerking op jou niere kan hê.

- Amigdalien: gelyktydige inname van vitamien C saam met produkte wat amigdalien bevat, kan gevaarlike vlakke van sianied in jou liggaam veroorsaak.

BRUNEL BASICS VITAMIN C bevat sorbitol (E420):
BRUNEL BASICS VITAMIN C bevat sorbitol wat gastroïntestinale ongemak en 'n ligte lakserende effek kan veroorsaak.

Swangerskap, borsvoeding en vrugbaarheid
Indien jy swanger is of jou baba borsvoed, dink dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy BRUNEL BASICS VITAMIN C neem.
Daar is geen bewyse dat BRUNEL BASICS VITAMIN C skade aan jou of jou baba sal rig tydens swangerskap of borsvoeding nie.

Bestuur en die gebruik van masjiene
Dit is nie vasgestel of BRUNEL BASICS VITAMIN C veilig en doeltreffend is tydens bestuur en die gebruik van masjiene nie. Moet nie 'n voertuig bestuur, masjiene hanteer, of enigiets anders doen wat jou aandag vereis totdat jy weet hoe BRUNEL BASICS VITAMIN C jou affekteer nie.

3. Hoe om BRUNEL BASICS VITAMIN C te neem
Moet nie jou medisyne met enige ander persoon deel nie.
Neem BRUNEL BASICS VITAMIN C altyd presies soos aangedui in hierdie inligtingsblad, of soos jou dokter of apteker vir jou verduidelik het. Vra gerus jou dokter of apteker indien jy onseker is.
Die gewone dosis is:
Kinders 4 - 8-jarige ouderdom: Neem 'n halwe tablet daagliks (500 mg).
Volwassenes en kinders vanaf 9-jarige ouderdom: Neem 1 tablet daagliks (1 000 mg).

Indien jy die indruk kry dat die uitwerking van BRUNEL BASICS VITAMIN C te sterk of te swak is, bespreek dit met jou dokter of apteker.

Moet nie die aanbevole dosis oorskry nie.
BRUNEL BASICS VITAMIN C kan met of sonder kos geneem word.

As jy meer BRUNEL BASICS VITAMIN C neem as wat jy moet
In die geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.
Neem hierdie inligtingsblad en die oorblywende BRUNEL BASICS VITAMIN C saam met jou sodat die dokter kan sien wat jy geneem het.

4. Moontlike newe-effekte
BRUNEL BASICS VITAMIN C kan newe-effekte hê.
Nie alle newe-effekte wat vir BRUNEL BASICS VITAMIN C gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of jy enige ongunstige effekte ondervind terwyl jy BRUNEL BASICS VITAMIN C neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om BRUNEL BASICS VITAMIN C te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling;
- uitslag of gejeuk;
- floute.

Hierdie is baie ernstige newe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op BRUNEL BASICS VITAMIN C gehad het. Dringende mediese bystand of hospitalisasie mag nodig wees.

Vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling in jou naaste hospitaal as jy een van die volgende opmerk:

- borspyn;
- angina;

- veranderinge in die manier waarop jou hart klop, byvoorbeeld as jy voel dat dit vinniger klop;
- asemhalingsprobleme.

Hierdie is almal ernstige newe-effekte. Jy kan dalk dringende mediese bystand benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Newe-effekte wat minder gereeld voorkom:

- naarheid, braking, diarree of maagkrampe;
- hoofpyn;
- blosing (rooiheid van die vel);
- allergiese reaksies.

Indien jy enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

Aanmelding van newe-effekte

Indien jy newe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook newe-effekte aan SAHPRA rapporteer via die "**6.04 Adverse Drug Reactions Reporting Form**", wat aanlyn **by SAHPRA se publikasies** beskikbaar is: http://www.sahpra.org.za/Publications/Index/8.

Deur newe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van BRUNEL BASICS VITAMIN C te verskaf.

5. Hoe om BRUNEL BASICS VITAMIN C te bêre

- Bêre alle medisyne buite die bereik van kinders.
- Bêre teen of onder 25 °C in 'n koel, droë plek, en beskerm teen lig.
- Moet nie in die badkamer bêre nie as gevolg van hoë humiditeit.
- Moet nie gebruik word na die vervaldatum soos aangedui op die etiket nie.
- Bêre in die oorspronklike verpakking.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat BRUNEL BASICS VITAMIN C bevat

Elke tablet bevat:

Die aktiewe bestanddeel is:

L-Askorbiensuur (Vitamien C) .... 1 000 mg

Die ander bestanddeel is magnesiumstearaat (E572).

Bevat versoeter: Elke tablet bevat 221,5 mg sorbitol (E420).

Hoe BRUNEL BASICS VITAMIN C lyk en inhoud van die verpakking

90 gemerkte, wit tot naaswit kapsulevormige tablette in 'n swart PET-houer.

Houer van die registrasiesertifikaat

Brunel Laboratoria (Edms) Bpk
Van Tonderstraat 1
Sunderland Ridge
Centurion
0157
info@brunel.co.za

Hierdie inligtingsblad is laas hersien in

Sal met registrasie deur SAHPRA toegeken word.

Registrasienommer

Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad
Die Professionele Inligtingsblad vir BRUNEL BASICS VITAMIN C is beskikbaar by https://www.brunel.co.za/professional-information/ of dit kan aangevra word deur die kontakbesonderhede hier bo te gebruik.

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