

## PROFESSIONAL INFORMATION

Category D: Complementary Medicine Health Supplement. 34.12: Multiple Substance formulation. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

**SCHEDULING STATUS:** [S0]

### 1. NAME OF THE MEDICINE:

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** [multicomponent] (Capsule)

### 2. QUALITATIVE AND QUANTITATIVE COMPOSITION:

<i>Each capsule contains:</i>	
<i>Vitis vinifera</i> (Grape Seed Extract)	80 mg
Ascorbic Acid (Vitamin C)	30 mg
Alpha-tocopherol (Vitamin E)	15 mg
Selenium	22 µg

*Excipient(s) with known effect:* None.

Sugar free.

For the full list of excipients, see section 6.1.

### 3. PHARMACEUTICAL FORM:

Capsules.

Hard gelatine capsule with ivory body and dark green cap, containing a light brown and white powder.

### 4. CLINICAL PARTICULARS:

#### 4.1 Therapeutic Indications

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** may assist with:

- Source of antioxidants for the maintenance of good health
- Normal functioning of the nervous system
- Normal psychological function
- Normal function of the immune system
- Protection of cells from oxidative stress

#### 4.2 Posology and method of administration

Therapeutic dose: One capsule twice daily

Maintenance dose: One capsule daily

Can be taken at any time of the day, with or without meals.

Do not exceed the recommended daily dose.

This health supplement is not a substitute to a varied and balanced diet and a healthy lifestyle.

Use for at least 1 month to see beneficial effects

Not recommended for children under the age of 18 without prior medical consultation.

#### 4.3 Contraindications

- Known hypersensitivity to the active substance or to any of the excipients listed under Section 6.1.
- **Grape Seed Extract** should not be used before surgery or in individuals with bleeding conditions as it decreases platelet aggregation therefore increasing the risk of bleeding and bruising.
- Large doses of **Vitamin C** may result in hyperoxaluria and the formation of renal calcium oxalate calculi. Vitamin C should therefore be given with care to patients with hyperoxaluria.
- Large doses of **Vitamin C** have resulted in haemolysis in patients with G6PD deficiency.
- Large doses of **Vitamin E** have been reported to increase bleeding tendency in vitamin-K deficient patients such as those taking oral anticoagulants. However, it has also been suggested that Vitamin E may increase the risk of thrombosis in some patients, such as those taking oestrogens.

#### 4.4 Special warnings and precautions for use

- Consult a health care provider if symptoms worsen.
- Consult a health care provider if use beyond 3 months is required.

#### 4.5 Interaction with other medicines and other forms of interaction

##### Interactions with medicines

**Anti-coagulants:** High doses of vitamin E may increase the effects of oral anti-coagulants.

**Anti-coagulant/Anti-platelet medicines (aspirin, clopidogrel, dalteparin, enoxaparin, heparin, ticlopidine, warfarin):** Theoretically, Grape seed extract may increase the risk of bleeding when taken in combination with anti-coagulant and anti-platelet medicines.

**Colestyramine, colestipol, and orlistat:** Interfere with the absorption of vitamin E.

**Cytochrome P450 2D6 (CYP2D6) Substrates (amitriptyline, clozapine, codeine, donepezil, fentanyl, flecainide, fluoxetine, meperidine, methadone, metoprolol, olanzapine, ondansetron, tramadol, trazodone, triazolam):** Grape seed extract might inhibit cytochrome P450 2D6 thereby increasing levels of drugs metabolized by CYP2D6.

**Cytochrome P450 2E1 (CYP2E1) Substrates (ethanol, paracetamol, theophylline, and anaesthetics such as enflurane, halothane, isoflurane):** Grape seed extract might inhibit cytochrome P450 2E1 (CYP2E1) thereby increasing levels of medicines metabolized by this enzyme.

**CYTOCHROME P450 3A4 (CYP3A4) SUBSTRATES (lovastatin, ketoconazole, itraconazole, fexofenadine, triazolam):** Grape seed extract might inhibit cytochrome P450 3A4 (CYP3A4) thereby increasing levels of substances metabolized by this enzyme.

**Estrogen:** Vitamin C increases plasma estrogen when taken concurrently with oral contraceptives or hormone replacement therapy, including topical products.

**Iron:** Vitamin C may increase the absorption of iron in iron-deficiency states.

**Lactobacillus acidophilus:** Grape anthocyanins might inhibit the growth of *Lactobacillus acidophilus*; avoid concurrent use.

**Omeprazole:** Omeprazole may affect the bioavailability of dietary vitamin C.

##### Food Interactions

None known.

##### Laboratory test interactions

Ascorbic acid, a strong reducing agent, interferes with laboratory tests involving oxidation and reduction reactions. Falsely-elevated or false-negative test results may be obtained from plasma, faeces, or urine samples depending on such factors as the dose of ascorbic acid and specific method used.

#### 4.6 Fertility, pregnancy and lactation

Safety in fertility, pregnancy and lactation has not been established.

#### 4.7 Effects on ability to drive and use machines

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** has no or negligible influence on the ability to drive and use machines.

#### 4.8 Undesirable effects

**Frequency (unknown):** Headache, abdominal pain, sore throat, nausea, joint pain and cough.

##### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of **VIRALGUARD ADULT DAILY ANTI-OXIDANT** is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare providers are asked to report any suspected adverse reactions to the Adcock Ingram Pharmacovigilance department by e-mail to [Adcock.Aereports@adcock.com](mailto:Adcock.Aereports@adcock.com), fax to +27 86 553 0128 or call 011 635 0134. Alternatively, it can be reported to the South African Health Products Regulatory Authority (SAHPRA) via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>.

#### 4.9 Overdose

See section 4.8, Undesirable effects.

In overdose, side effects can be precipitated and/or be of increased severity.

In the event of overdosage, treatment should be symptomatic and supportive.

### 5. PHARMACOLOGICAL PROPERTIES:

Category D: Health Supplements. 34.12: Multiple Substance Formulation

#### 5.1 Pharmacodynamic properties

**Grape flavonoids** appear to decrease superoxide production, increase nitric oxide release from platelets, modestly increase the levels of antioxidants such as alpha tocopherol, and decrease platelet protein-kinase C (PKC) activity.

**Ascorbic Acid (Vitamin C)**, a water-soluble vitamin, is essential for the synthesis of collagen and intercellular material.

**Vitamin E**, a fat-soluble vitamin, prevents the oxidation of polyunsaturated fatty acids. It reacts with free radicals, which are the cause of oxidative damage to cell membranes, without the formation of another free radical in the process.

**Selenium** is an essential trace element. It is an integral part of the enzyme system glutathione peroxidase, which protects

intracellular structures against oxidative damage.

#### 5.2 Pharmacokinetic properties

Proanthocyanidins and flavonoids from **Grape seed extract** are absorbed and distributed into serum within 2-3 hours of ingestion. Polyphenols from grape juice are metabolized to phenolic acids by colonic microbiota. Anthocyanins and phenolic acids are excreted in the urine.

**Ascorbic acid** is readily absorbed from the gastrointestinal tract and is widely distributed in the body tissues. Ascorbic acid is reversibly oxidised to dehydroascorbic acid; some is metabolised to ascorbate-2-sulfate, which is inactive, and oxalic acid which are excreted in the urine.

Absorption of **Vitamin E** from the gastrointestinal tract is dependent on the presence of bile and on normal pancreatic function. The amount of vitamin E absorbed varies widely and appears to decrease as the dose is increased. It enters the blood via the chylomicrons in the lymph and is bound to beta lipoproteins. It is widely distributed to all tissues, and stored in adipose tissue. Some vitamin E is metabolised in the liver to glucuronides of tocopheronic acid and its lactone. Some is excreted in the urine, but most of a dose is slowly excreted in the bile.

**Selenium** compounds are generally readily absorbed from the gastrointestinal tract. Selenium is stored in red blood cells, the liver, spleen, heart, and nails. It is converted in tissues to its metabolically active forms. Selenium is excreted in the urine, and to a lesser extent in the faeces.

#### 5.3 Preclinical safety data

No further information of relevance available.

### 6. PHARMACEUTICAL PARTICULARS:

#### 6.1 List of excipients

- Maize starch [E1400]
- Magnesium Stearate [E572]

#### 6.2 Incompatibilities

Not applicable.

#### 6.3 Shelf life

24 months.

Store at or below 25 °C in a cool, dry place.

#### 6.4 Special precautions for storage

Store in an airtight container, protected from light.

#### 6.5 Nature and contents of container

White plastic jar with 60 capsules.

#### 6.6 Special precautions for disposal

No special requirements.

### 7. HOLDER OF CERTIFICATE OF REGISTRATION

**Adcock Ingram Limited**

1 New Road

Erand Gardens

Midrand

1685

[www.adcock.com](http://www.adcock.com)

**adcock ingram** 

### 8. REGISTRATION NUMBER(S)

To be allocated.

### 9. DATE OF FIRST AUTHORISATION/ RENEWAL OF THE AUTHORISATION

Not Applicable.

### 10. DATE OF REVISION OF THE TEXT

Not Applicable.

## PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:** [S0]

## VIRALGUARD ADULT DAILY ANTI-OXIDANT [MULTICOMPONENT] (CAPSULE)

***Vitis vinifera* (Grape Seed Extract), Ascorbic Acid (Vitamin C), Alpha-tocopherol (Vitamin E), Selenium**  
Sugar free.

Category D: Complementary Medicine Health Supplements. 34.12: Multiple Substance formulation. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

**Read all of this leaflet carefully because it contains important information for you:**

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use **VIRALGUARD ADULT DAILY ANTI-OXIDANT** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **VIRALGUARD ADULT DAILY ANTI-OXIDANT** 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 **VIRALGUARD ADULT DAILY ANTI-OXIDANT** is and what it is used for
2. What you need to know before you take **VIRALGUARD ADULT DAILY ANTI-OXIDANT**
3. How to take **VIRALGUARD ADULT DAILY ANTI-OXIDANT**
4. Possible side effects
5. How to store **VIRALGUARD ADULT DAILY ANTI-OXIDANT**
6. Contents of the pack and other information

#### 1. What VIRALGUARD ADULT DAILY ANTI-OXIDANT is used for:

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** may assist with:

- Source of antioxidants for the maintenance of good health
- Normal functioning of the nervous system
- Normal psychological function
- Normal function of the immune system
- Protection of cells from oxidative stress

#### 2. What you need to know before you take VIRALGUARD ADULT DAILY ANTI-OXIDANT:

**Do not take VIRALGUARD ADULT DAILY ANTI-OXIDANT:**

- If you are hypersensitive (allergic) to grape seed extract, vitamin C, vitamin E, selenium or any of the other ingredients of **VIRALGUARD ADULT DAILY ANTI-OXIDANT** (listed in section 6).
- If you are going in for surgery or have a bleeding condition.
- If you have kidney stones.
- If you have G6PD deficiency.

#### Warnings and Precautions:

- If you are taking other medicines on a regular basis, including complementary or traditional medicines, please consult your doctor, pharmacist or other healthcare professional for advice on using it with **VIRALGUARD ADULT DAILY ANTI-OXIDANT**.
- Consult a health care provider if symptoms worsen.
- Consult a health care provider for use beyond 3 months.

#### Other medicines and VIRALGUARD ADULT DAILY ANTI-OXIDANT

Always tell your health care provider if you are taking any other medicine.

(This includes all complementary or traditional medicines.)

- High doses of vitamin E may increase the effects of oral anti-coagulants.
- Grape seed extract may increase the risk of bleeding when taken in combination with aspirin, clopidogrel, dalteparin, enoxaparin, heparin, ticlopidine and/or warfarin.
- Colestyramine, colestipol, and orlistat interferes with the absorption of vitamin E.
- Grape seed extract might cause an increase in levels of amitriptyline, anaesthetics (enflurane, halothane and isoflurane) clozapine, codeine, donepezil, ethanol, fentanyl, fexofenadine, flecainide, fluoxetine, itraconazole, ketoconazole, lovastatin, meperidine, methadone, metoprolol, olanzapine, ondansetron, paracetamol, theophylline, tramadol, trazodone, triazolam in the body.
- Vitamin C increases estrogen levels when taken together with oral contraceptives or hormone replacement therapy, including topical products.
- Vitamin C may increase the absorption of iron in iron-deficiency states.
- Grape seed extract might slow the growth of *Lactobacillus acidophilus*; avoid using together.
- Omeprazole may affect the amount of vitamin C available in blood.

#### Pregnancy and breastfeeding:

Safety in fertility, pregnancy and lactation has not been established. 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 health care provider for advice before taking **VIRALGUARD ADULT DAILY ANTI-OXIDANT**.

#### Driving and using machines:

It is not always possible to predict to what extent **VIRALGUARD ADULT DAILY ANTI-OXIDANT** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which **VIRALGUARD ADULT DAILY ANTI-OXIDANT** affects them.

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** has no or negligible influence on the ability to drive and use machines.

#### 3. How to take **VIRALGUARD ADULT DAILY ANTI-OXIDANT**:

Do not share medicines prescribed for you with any other person. Always take **VIRALGUARD ADULT DAILY ANTI-OXIDANT** exactly as described in this leaflet or as your health care professional has told you. Check with your health care professional if you are not sure.

#### The usual dose is:

Therapeutic dose: One capsule twice a day

Maintenance dose: One capsule daily

Can be taken at any time of the day, with or without meals.

Do not exceed the recommended daily dose.

A health supplement is not a substitute to a varied and balanced diet and a healthy lifestyle.

Use for at least 1 month to see beneficial effects

Not recommended for children under the age of 18 without prior medical consultation.

#### If you take more **VIRALGUARD ADULT DAILY ANTI-OXIDANT** than you should:

In the event of overdose, 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 tablets with you so the doctor will know what you have taken.

#### If you forget to take **VIRALGUARD ADULT DAILY ANTI-OXIDANT**:

Take your next dose at your regular time.

Do not take a double dose to make up for forgotten individual doses.

#### 4. Possible Side Effects

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** can have side effects.

Not all side effects reported for **VIRALGUARD ADULT DAILY ANTI-OXIDANT** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **VIRALGUARD ADULT DAILY ANTI-OXIDANT**, please consult your health care provider for advice.

Tell your doctor if you notice any of the following:

**Frequency (unknown):** Headache, stomach pain, sore throat, nausea, joint pain, and cough.

#### Reporting of side effects

If you get side effects, talk to your health care professional.

You can report side effects to the **Adcock Ingram Pharmacovigilance** department by e-mail to [Adcock.Aereports@adcock.com](mailto:Adcock.Aereports@adcock.com), fax to +27 86 553 0128 or call 011 635 0134. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **VIRALGUARD ADULT DAILY ANTI-OXIDANT**.

#### 5. How to store **VIRALGUARD ADULT DAILY ANTI-OXIDANT**:

Store at or below 25 °C in a cool, dry place.

Store in an airtight container, protected from light.

STORE ALL MEDICINES OUT OF THE REACH OF CHILDREN.

Do not use after the expiry date stated on the carton / bottle.

Return all unused medicine to your pharmacist for proper disposal. Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

#### 6. Contents of the pack and other information:

**What **VIRALGUARD ADULT DAILY ANTI-OXIDANT** contains:**

The active ingredients are:

Each capsule contains:	
<i>Vitis vinifera</i> (Grape Seed Extract)	80 mg
Ascorbic Acid (Vitamin C)	30 mg
Alpha- tocopherol (Vitamin E)	15 mg
Selenium	22 µg

The other ingredients are maize starch [E1400] and magnesium stearate [E572].

#### What **VIRALGUARD ADULT DAILY ANTI-OXIDANT** looks like and contents of the pack:

Hard gelatine capsule with ivory body and dark green cap, containing a light brown and white powder in a white plastic jar with 60 capsules.

#### Holder of the certificate of registration:

**Adcock Ingram Limited**

1 New Road,  
Erand Gardens,  
Midrand,  
1685



#### This leaflet was last revised in:

Not applicable

#### Registration number:

To be allocated

#### PASIËNTINLIGTINGSTUK

#### SKEDULERINGSSTATUS: [50]

### **VIRALGUARD ADULT DAILY ANTI-OXIDANT [MULTICOMPONENT] (KAPSULE)**

*Vitis vinifera* (Druivesaad Uittreksel), Askorbiensuur (Vitamien C), Alfa-tokoferol (Vitamien E), Selenium Suikervry.

#### Kategorie D: Komplementêre Medisyne

Gesondheidsaanvulling 34.12: Meervoudige Bestanddeel

Formulasie

Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir kwaliteit, veiligheid of beoogde gebruik geëvalueer nie.

#### Lees hierdie inligtingstuk volledig deur, want dit bevat belangrike inligting vir u:

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** is sonder 'n doktersvoorskrif beskikbaar, sodat u, u gesondheid kan handhaaf. Nogtans, moet u **VIRALGUARD ADULT DAILY ANTI-OXIDANT** versigtig gebruik om die beste resultate daarvan te verkry.

• Hou hierdie inligtingstuk, Dit mag nodig wees om dit later weer te lees.

• Moenie **VIRALGUARD ADULT DAILY ANTI-OXIDANT** met enige ander persoon deel nie.

• Raadpleeg u gesondheidsorgkundige of apteker indien u verdere informasie of advies benodig.

#### Wat is in hierdie inligtingstuk:

1. Wat **VIRALGUARD ADULT DAILY ANTI-OXIDANT** is en waarvoor dit gebruik word

2. Wat u moet weet voordat u **VIRALGUARD ADULT DAILY ANTI-OXIDANT** neem

3. Hoe om **VIRALGUARD ADULT DAILY ANTI-OXIDANT** te neem

4. Moontlike nuwe-effekte

5. Hoe om **VIRALGUARD ADULT DAILY ANTI-OXIDANT** te bêre

6. Inhoud van die verpakking en ander inligting

#### 1. Waarvoor **VIRALGUARD ADULT DAILY ANTI-OXIDANT** gebruik word:

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** kan help met:

• Bron van antioksidante vir die handhawing van goeie gesondheid

• Normale funksionering van die senuweestelsel

• Normale sielkundige funksie

• Normale funksie van die immuunstelsel

• Beskerming van selle van oksidatiewe stres

#### 2. Wat u moet weet voordat u **VIRALGUARD ADULT DAILY ANTI-OXIDANT** neem:

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** neem:

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** neem:

• Indien u hipersensitief (allergies) vir druiwesaad uittreksel, vitamien C, vitamien E, selenium of enige van die ander bestanddele van **VIRALGUARD ADULT DAILY ANTI-OXIDANT** is nie (gelys in seksie 6).

• Indien u vir 'n operasie gaan of 'n bloedingtoestand het nie.

• Indien u nierstene het nie

• Indien u G6PD-tekort het nie.

#### Waarskuwings en Voorsorgmaatreëls

• Indien u ander medisyne neem, insluitend komplementêre of tradisionele medisyne, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgkundige vir advies oor hoe om dit saam met **VIRALGUARD ADULT DAILY ANTI-OXIDANT** te gebruik.

• Raadpleeg 'n gesondheidsorgkundige indien u simptome vererger.

• Raadpleeg 'n gesondheidsorgkundige vir gebruik langer as 3 maande.

#### Ander medisyne en **VIRALGUARD ADULT DAILY ANTI-OXIDANT**:

Stel altyd u gesondheidsorgkundige in kennis indien u enige ander medisyne neem.

(Dit sluit alle komplementêre of tradisionele medisyne in.)

• Hoë dosisse van Vitamien E kan die effekte van orale antikoagulerende verhoog.

• Druivesaad uittreksel kan die risiko van bloeding verhoog wanneer dit in kombinasie met aspirien, klopidogrel, dalteparien, enoksaparien, heparien, tiklopidien en/of warfarin geneem word.

• Kolestiramiën, kolestipol en orlistat meng in met die absorpsie van vitamien E.

• Druivesaad uittreksel kan in die liggaam 'n verhoging in die vlakke van amitriptilien, narkose (enfluraan, halotaan en isofluraan), klozapien, kodeïen, donepesiel, etanol, fentanyl, fexofenadien, flecaïnide, fluksetien, itrakonasool, ketokonasool, lovasatien, meperidine, metadood, metaprolol, olansapien, odanetron, parasetamol, teofilien, tramadol, trasodoon en triasolam veroorsaak.

• Vitamien C verhoog die estrogeenvlakke wanneer dit saam met orale voorbehoedmiddels of hormoonvervangings terapie, insluitend topikale produkte, gebruik word.

• Vitamien C kan die absorpsie van yster in yster-tekort toestande verhoog.

• Druivesaad uittreksel kan die groei van *Lactobacillus acidophilus* moontlik vertraag, vermy om dit saam te gebruik.

• Omeprasool kan die hoeveelheid vitamien C in die bloed aftekeer.

#### Swangerskap en borsvoeding:

Veiligheid in vrugbaarheid, swangerskap en laktasie is nie bevestig nie.

Indien u swanger is of u baba borsvoed, dink dat u dalk swanger kan wees of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgkundige vir advise voordat u **VIRALGUARD ADULT DAILY ANTI-OXIDANT** neem.

#### Bestuur en gebruik van masjiene:

Dit is nie altyd moontlik om te voorspel in watter mate **VIRALGUARD ADULT DAILY ANTI-OXIDANT** die daaglikse aktiwiteite van 'n pasiënt kan beïnvloed nie. Pasiënte moet seker maak dat hulle nie aan bogenoemde aktiwiteite betrokke raak totdat hulle bewus is van die mate waarop **VIRALGUARD ADULT DAILY ANTI-OXIDANT** hulle beïnvloed nie. **VIRALGUARD ADULT DAILY ANTI-OXIDANT** het geen of onbeduidende invloed op die vermoë om te bestuur of masjiene te gebruik.

#### 3. Hoe om **VIRALGUARD ADULT DAILY ANTI-OXIDANT** te neem:

Moenie medisyne wat vir u voorgeskryf is met enige ander persoon deel nie.

Neem **VIRALGUARD ADULT DAILY ANTI-OXIDANT** altyd soos beskryf in hierdie inligtingstuk of soos u gesondheidsorgkundige u gesê het. Bevestig met u gesondheidsorgkundige indien u nie seker is nie.

#### Die gewone dosis is:

Terapeutiese dosis: Een kapsule twee keer per dag

Instandhoudingsdosis: Een kapsule per dag

Kan enige tyd van die dag geneem word, met of sonder etes.

Moenie die voorgestelde dosis oorskry nie.

'n Gesondheidsaanvulling is nie 'n vervanging vir 'n gevarieerde en gebalanseerde diëet en 'n gesonde leefstyl nie.

Gebruik vir minstens 1 maand om die gunstige effekte te sien.

Ward nie aanbeveel vir kinders onder die ouderdom van 18 sonder vooraf mediese konsultasie nie.

#### 4. Moontlike Nuwe-Effekte

**VIRALGUARD ADULT DAILY ANTI-OXIDANT** kan nuwe-effekte hê. Nie alle nuwe-effekte wat vir **VIRALGUARD ADULT DAILY ANTI-OXIDANT** gemeld is, is in hierdie inligtingstuk vervat nie. Indien u algemene gesondheid agteruitgaan of indien u enige ongewenste effekte ervaar terwyl u **VIRALGUARD ADULT DAILY ANTI-OXIDANT** neem, raadpleeg asseblief u gesondheidsorgkundige vir advies.

Sê vir u dokter indien u enige van die volgende opmerk: **Frekwensie (onbekend):** hoofpyn, maagpyn, seer keel, naarheid, gewrigspyn, en hoës.

#### Rapportering van nuwe-effekte

Indien u nuwe-effekte kry, praat met u gesondheidsorgkundige.

U kan nuwe-effekte aanmeld by die **Adcock Ingram Pharmacovigilance** afdeling per e-pos aan [Adcock.Aereports@adcock.com](mailto:Adcock.Aereports@adcock.com). Faks na +27 86 553 0128 of kontak 011 635 0134.

U kan ook nuwe-effekte aanmeld by SAHPRA via die "6.04 Adverse Drug Reaction Reporting Form", gevind onder die SAHPRA publikasies: <https://www.sahpra.org.za/Publications/Index/8>

Deur nuwe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van **VIRALGUARD ADULT DAILY ANTI-OXIDANT** te verskaf.

#### 5. Hoe om **VIRALGUARD ADULT DAILY ANTI-OXIDANT** te bêre:

Bêre teen of benede 25 °C in 'n koel, droë plek.

Bêre in 'n ligdigte houër, beskerm teen lig.

HOU ALLE MEDISYNE BUITE BEREIK VAN KINDERS.

Moenie gebruik na die vervaldatum wat op die karton/bottle aangedui is nie.

Neem alle ongebruikte medisyne terug na u apteker vir behoorlike wegdoening.

Moenie enige ongebruikte medisyne in dreine of rioolsisteme (bv. Toilette) weggooi nie.

#### 6. Inhoud van die verpakking en ander inligting:

**Wat **VIRALGUARD ADULT DAILY ANTI-OXIDANT** bevat:**

Die aktiewe bestanddele is:

Elke kapsule bevat:	
<i>Vitis vinifera</i> (Druivesaad Uittreksel)	80 mg
Askorbiensuur (Vitamien C)	30 mg
Alfa-tokoferol (Vitamien E)	15 mg
Selenium	22 µg

Die ander bestanddele is mieliestysel [E1400] en magnesiumstearaat [E572].

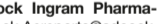
#### Hoe **VIRALGUARD ADULT DAILY ANTI-OXIDANT** lyk en inhoud van die verpakking:

Hardejel kapsule met 'n ivoor romp en donkergroen kappie, wat 'n ligbruin en wit poeier bevat in 'n wit plastiek houër met 60 kapsules.

#### Houer van die sertifikaat van registrasie:

**Adcock Ingram Limited**

New Weg 1,  
Erand Gardens,  
Midrand,  
1685



#### Hierdie inligtingstuk is laas hersien:

Nie van toepassing nie

#### Registrasienuommer:

Moet toegeken word



T: +27 (0)11 626 2726

F: +27 (0)11 626 1433

www.masterpack.co.za

## CUSTOMER APPROVAL

Ticket	551		
Customer	Adcock Ingram		
Product	Viralguard Adult Daily		
	Anti-Oxidant capsule PI/PIL		
Code	30572 09/2020		
Flat Size	<b>L</b> 420	<b>W</b> 150	(mm)
Folded Size	<b>L</b> 26.25	<b>W</b> 150	(mm)
Pharma Code			
Colours	Black		
Substrate	50 gsm		
Proof No	3		
Date	29/9/2020		
Operator	Charmaine		
Primary Food Packaging			
Secondary Food Packaging			

**PLEASE CHECK CAREFULLY...**

...Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.

Approved by	
Signature	
Date	
AM Signature	