

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS:

To be allocated

### PROPRIETARY NAME AND DOSAGE FORM:

**Vitamin C 1500mg** (effervescent tablet)

### COMPOSITION (per effervescent tablet):

<b>Active Ingredients</b>	
Total Vitamin C as:	1500mg
Sodium Ascorbate	800mg
Calcium Ascorbate	500mg
Ascorbic Acid	200mg
Hesperidin	50mg
Rutin	50mg
Zinc	1mg
<b>Additional Ingredients</b>	
Citric Acid, Sorbitol, Natural Orange Flavour, Stevia, Red Beet Juice Powder, Beta Carotene.	
<b>Tabletting Aids</b>	
Sodium Hydrogen Carbonate, Polyethylene Glycol	

This product is suitable for vegans and vegetarians. (Contains Sugar)

### PHARMACOLOGICAL CLASSIFICATION:

Category D (Complementary Medicine) – Combination Product.  
This medicine has not been evaluated by SAHPRA for its quality, safety and intended use.

### PHARMACOLOGICAL ACTION

#### PHARMACOKINETICS:

**Vitamin C 1500mg** is a unique combination of Vitamin C (as Calcium Ascorbate, Sodium Ascorbate and Ascorbic Acid), Rutin, Hesperidin and Zinc of which in combination, pharmacokinetic studies have not been conducted.

#### PHARMACODYNAMICS:

**Vitamin C 1500mg** is a combination of general health nutrients to support well-being and is beneficial during times of stress. These vitamins and minerals are easily depleted during times of illness and stress.

Vitamin C (as Ascorbic Acid, Calcium Ascorbate and Sodium Ascorbate) is well known for its immune supporting, antioxidant and general health maintenance properties. Three superior forms of Vitamin C allow for optimal absorption and utilization as well as a pH buffered formula.

Zinc is an essential mineral which supports immune health, stress balance as well as joint and bone health.

Rutin and Hesperidin are bioflavonoids which enhance the function of Vitamin C and have significant antioxidant effects.

#### INDICATIONS:

**Vitamin C 1500mg** provides general health nutrients to support general well-being and is beneficial during times of stress. This high dose of Vitamin C provides extra antioxidant support.

#### CONTRAINDICATIONS:

Do not use if a known hypersensitivity or allergy exists towards any of the ingredients. Vitamin C supplementation should be avoided in individuals with blood disorders such as (but not limited to): thalassemia, sickle cell disease, hemochromatosis etc. If in doubt, consult your medical practitioner.

### WARNINGS AND SPECIAL PRECAUTIONS:

This product should be used with caution in individuals with impaired renal function and hyperoxaluria. High doses of Vitamin C may cause gastrointestinal disturbances. Should your general health worsen, or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or healthcare professional for advice. Do not exceed the recommended daily dosage. Do not use after the expiry date.

#### INTERACTIONS:

If you are taking any chronic medication, do not use this product without consulting your medical practitioner.

Aluminium-containing Medication (such as aluminium containing antacids): Concomitant use with Vitamin C as found in **Vitamin C 1500mg** may result in an increase in aluminium absorption.

Anticoagulant/Antiplatelet Medication: Concomitant use with Vitamin C as found in **Vitamin C 1500mg** may result in an increased risk of bleeding.

Antiviral Protease Inhibitors: Concomitant use with Vitamin C as found in **Vitamin C 1500mg** may result in a decrease in drug efficacy.

Chemotherapeutic Medication: Concomitant use with Vitamin C as found in **Vitamin C 1500mg** may result in a decrease in drug efficacy.

Iron Supplementation: High doses of Vitamin C as found in **Vitamin C 1500mg** may increase iron absorption.

#### PREGNANCY AND BREASTFEEDING:

Although regarded as safe, consult your healthcare professional before use in pregnancy and breastfeeding. Due to ascorbic acid crossing the placenta, the foetal heart rate should be monitored. Administration two hours before delivery should be avoided.

**DOSAGE AND DIRECTIONS FOR USE:**

Always tell your healthcare professional if you are taking any other medicine.

**Maintenance dose for general well-being:**

Adults and teens from 14 years: Dissolve 1 effervescent tablet in 250ml of water, up to twice daily or as professionally advised.

Children 9 – 13 years: Dissolve half a tablet in 125ml of water, daily or as professionally advised.

**Acute dosage:**

Adults and teens from 14 years: Dissolve half a tablet in 125ml of water, up to 2-4 times throughout the day to allow all-day support and optimal absorption.

Children 9 – 13 years: Dissolve half a tablet in 125ml of water, up to twice daily or as professionally advised.

**SIDE EFFECTS:****Immune System Disorders:**

Frequency unknown: Hypersensitivity reactions.

**Gastrointestinal System Disorders:**

Frequency unknown: Diarrhoea, Abdominal pain, dyspepsia, nausea, vomiting and gastric irritation.

**KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT:**

High doses of this product may result in diarrhoea, abdominal pain, dyspepsia, nausea, vomiting and gastric irritation. In the event of overdose, consult your doctor, pharmacist or healthcare professional. If neither is available, contact your nearest hospital or poison centre. Treatment is symptomatic and supportive.

**IDENTIFICATION:**

A speckled pale cream coloured round effervescent tablet.

**PRESENTATION:**

A box of 30 tablets contained in 2 tubes with 15 tablets in each tube.

**STORAGE INSTRUCTIONS:**

Store below 30°C in a dry place.

KEEP OUT OF REACH OF CHILDREN.

**REGISTRATION NUMBER:**

To be allocated.

**NAME AND BUSINESS ADDRESS OF APPLICANT:**

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**DATE OF REGISTRATION**

To be confirmed

**CATEGORY**

Category D (Complementary Medicine) – Combination Product. This medicine has not been evaluated by SAHPRA for its quality, safety and intended use.

Good Health Products Pty Ltd

**REFERENCES**

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<<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>>

4. Mayo Clinic (n.d.), Vitamin C, Mayo Clinic, viewed 29 July 2020, <https://www.mayoclinic.org/drugs-supplements-vitamin-c/art-20363932?>

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6. WebMD (n.d), Ascorbic Acid, WebMD, viewed 29 July 2020,

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