

PROFESSIONAL INFORMATION

SCHEDULING STATUS:

To be allocated

PROPRIETARY NAME AND DOSAGE FORM:

Vitamin C Plus™ (chewable tablet)

COMPOSITION (per chewable tablet):

Vitamins & Minerals	
Total Vitamin C as:	250mg
Sodium Ascorbate (equivalent Vitamin C)	170mg
Ascorbic Acid (equivalent Vitamin C)	80mg
Zinc Amino Acid Chelate (equivalent Zinc - 500mcg)	1mg
Herbal Extract Equivalent to Fresh:	
Echinacea Purpurea Herb Top Flowering Juice	250mg
Sambucus Niger (Elderberry) Fruit	200mg
Additional Ingredients	
Glucose, Sorbitol, Stevia, Natural Raspberry and Vanilla Flavours, Red Berry Powder.	
Tableting Aids	
Silica Colloidal Anhydrous, Cellulose Microcrystalline.	

This product is not 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 Plus™ is a unique combination of Ascorbic Acid, Sodium Ascorbate, Zinc, Echinacea Purpurea and Sambucus Niger (Elderberry) of which in combination, pharmacokinetic studies have not been conducted.

PHARMACODYNAMICS:

Vitamin C Plus™ is a combination of ingredients that are well known for their ability to maintain a healthy immune system and are particularly useful against symptoms associated with colds and flus.

Vitamin C (Ascorbic Acid and Sodium Ascorbate) is well known for its immune supporting, antioxidant and general health maintenance properties.

Zinc is an essential mineral which supports immune system development and functioning while providing stress, joint and bone support. It has the ability to inhibit viral replication thus reducing proliferation of viral infections.

Echinacea Purpurea is a herb which has shown to support and protect the body by balancing and strengthening the immune system.

Sambucus Niger (Elderberry) is a herb with a history of use in supporting general immunity.

INDICATIONS:

Vitamin C Plus™ is a combination which provides support for daily wellbeing, immunity, winter health and colds and congestions.

CONTRAINDICATIONS:

This product should not be used by individuals with advanced systemic illnesses (e.g. tuberculosis, HIV/AIDS, leukaemia, multiple sclerosis and other autoimmune disorders). Children under the age of 3 should not use **Vitamin C Plus™** chews due

to it being a potential choking hazard. Do not use if a known hypersensitivity or allergy exists towards any of the ingredients. If in doubt, consult your medical practitioner or healthcare professional.

WARNINGS AND SPECIAL PRECAUTIONS:

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.

Immunosuppressants: Echinacea Purpurea and Sambucus Niger (Elderberry) as found in **Vitamin C Plus™** have shown to decrease the efficacy of various immunosuppressants.

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.

Adults: Take up to 4 tablets daily or as professionally advised.
Children 6-12 years: Take 1-2 tablets daily or as professionally advised.

Children 2-5 years: Take 1 tablet daily chewed or crushed and added to food or drink or as professionally advised.

SIDE EFFECTS:

Immune System Disorders:

Frequency unknown: Hypersensitivity reactions, Immune modulating.

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT:

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact your nearest hospital or poison centre. Treatment is symptomatic and supportive.

IDENTIFICATION:

A light pink/purple coloured round chewable tablet.

PRESENTATION:

150 tablets in a white plastic bottle with an induction seal and a tamperproof lid.

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:

Good Health Products Pty Ltd
Ground Floor Block C
Plum Park
25 Gabriel Road
Plumstead
7800
Cape Town

Tel: +27 701 5000, Email: ghppharmacist@iafrica.com

Website: www.goodhealthsa.co.za

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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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3. Lindenmuth GF, Lindenmuth EB (2000) 'The efficacy of echinacea compound herbal tea preparation on the severity and duration of upper respiratory and flu symptoms: a randomized, double-blind placebo-controlled study' J Altern Complement Medicine, page 6(4):327-34.
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