

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS:

To be allocated.

### PROPRIETARY NAME AND DOSAGE FORM:

**Women's Multi™** (tablet).

### COMPOSITION (per tablet):

| <b>Ingredients</b>  |        |
|---|--------|
| <b>Vitamins:</b>  |        |
| Betacarotene  | 1.5mg  |
| Thiamine Hydrochloride (Vitamin B1)   | 25mg   |
| Riboflavin (Vitamin B2)   | 20mg   |
| Nicotinamide (Vitamin B3)   | 100mg  |
| Calcium Pantothenate (Equivalent Pantothenic Acid 50mg)   | 55mg   |
| Equivalent Calcium  | 5mg    |
| Pyridoxine Hydrochloride (Vitamin B6)   | 50mg   |
| Biotin  | 50mcg  |
| Folic Acid  | 300mcg |
| Cyanocobalamin (Vitamin B12)  | 50mcg  |
| Ascorbic Acid   | 100mg  |
| Cholecalciferol (Equivalent D3 800IU)   | 20mcg  |
| d-a-Tocopheryl Acid Succinate (Vitamin E 50IU)  | 41mg   |
| Hesperidin  | 10mg   |
| <b>Minerals:</b>  |        |
| Magnesium Oxide (Equivalent Magnesium 60mg)   | 104mg  |
| Calcium Hydrogen Phosphate (Equivalent Calcium 40mg)  | 136mg  |
| Ferrous Fumarate (Equivalent Iron 5mg)  | 16mg   |
| Zinc Gluconate (Equivalent Zinc 5mg)  | 38mg   |
| Selenomethionine (Equivalent Selenium 150mcg)   | 373mcg |
| Chromium Picolinate (Equivalent Chromium 20mcg)   | 161mcg |
| Potassium Phosphate (Equivalent Potassium 6mg)  | 21mg   |
| Copper Gluconate (Equivalent Copper 2mg)  | 14mg   |
| Manganese Amino Acid Chelate (Equivalent Manganese 500mcg)  | 5mg    |
| <b>Additional Ingredients:</b>  |        |
| Vanilla, Stevia.  |        |
| <b>Tabletting Aids:</b>   |        |
| Magnesium Stearate, Microcrystalline Cellulose, Crospovidone, Silica Colloidal Anhydrous, Hypromellose. |        |

This product is suitable for vegetarians. (Sugar Free)

### 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:

**Women's Multi** is a combination of Vitamins and Minerals on which pharmacokinetic studies have not been conducted.

#### PHARMACODYNAMICS:

**Women's Multi** provides a comprehensive formula of essential vitamins and minerals for daily health and wellbeing. It is specifically formulated for women with high doses of Biotin, Calcium Hydrogen Phosphate and Ferrous Fumarate.

Calcium is beneficial for women as they are prone to osteoporosis and other skeletal degenerative disorders.

Ferrous Fumarate allows replenishment of iron stores which are depleted monthly due to menses.

Higher dose of Biotin is required for healthy hair, skin and nails in women.

B Complex Vitamins supports the nervous system and healthy energy levels.

Vitamin C is essential for blood cell formation, bone and teeth growth, collagen synthesis and may act as an antihistamine.

Vitamin D is required for calcium and phosphate absorption thereby regulating bone mineralisation and strength.

Folic Acid is needed for DNA repair and growth.

Magnesium is required for many functions in the body but is especially important for the maintenance of the musculoskeletal, nervous and cardiovascular system.

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

Selenium is an essential mineral that is required for several metabolic and enzymatic reactions. It also aids by increasing the absorption of Zinc.

Manganese, Chromium and Copper is an essential mineral that is required for several metabolic and enzymatic reactions.

Betacarotene, Vitamin C, Vitamin E, Selenium and Zinc provide protection against free radical damage.

**INDICATIONS:**

**Women's Multi** provides a comprehensive formula of essential vitamins and minerals for daily health and wellbeing specifically formulated for women.

**CONTRAINDICATIONS:**

This product is not suitable for individuals under the age of 16 years. Do not use if a known hypersensitivity or allergy exists towards any of the ingredients. If in doubt, consult your medical practitioner.

**WARNINGS AND SPECIAL PRECAUTIONS:**

This product should be taken with a meal to prevent nausea in individuals with sensitive stomachs. 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.

**PREGNANCY AND BREASTFEEDING:**

Although regarded as safe, consult your healthcare professional before use in pregnancy and breastfeeding.

**DOSAGE AND DIRECTIONS FOR USE:**

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

Adults: Take 1 capsule in the morning with food or as professionally advised.

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

Frequency unknown: Hypersensitivity reactions

**Gastrointestinal Disorders:**

Frequency unknown: Nausea

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

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

**IDENTIFICATION:**

Large, oblong mustard coloured film coated tablets.

**PRESENTATION:**

30 or 60 capsules individually sealed in a foil blister pack of 10 in a cardboard carton.

**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 PUBLICATION OF PROFESSIONAL INFORMATION:**

April 2020

**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**

1. South African Medical Association (2016) South African Medicine Formulary, Health and Medical Publishing Group, page 87, 91, 93, 95, 96, 115, 120