



PATIENT INFORMATION LEAFLET

Category D: 34.12 Multiple Substance Formulation

Complementary Medicine: Health Supplement

SCHEDULING STATUS

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PROPRIETARY NAME AND DOSAGE FORM

Vivamed 4-in-1 Immune Booster Effervescent Tablets

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

VIVAMED 4-IN-1 IMMUNE BOOSTER is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use VIVAMED 4-IN-1 IMMUNE BOOSTER carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VIVAMED 4-IN-1 IMMUNE BOOSTER with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

1. WHAT VIVAMED 4-IN-1 IMMUNE BOOSTER CONTAINS

The active substances are:

Ingredients	Quantity per tablet
Ascorbic acid (Vitamin C)	1 000 mg
Cholecalciferol (Vitamin D3) 100 IU/mg	400 IU
Zinc Lactate	116,3 mg
Providing Zinc Elemental	25 mg
Selenium Amino Acid Chelate	25 mg
Providing Selenium Elemental	50 µg



The other ingredients are: citric acid, sodium bicarbonate, orange flavour J1431, PEG 6000, Colourant (Sunset yellow)

Contains Sweetener: 393 mg of sorbitol, 15 mg sucralose

2. WHAT VIVAMED 4-IN-1 IMMUNE BOOSTER IS USED FOR

- Helps to maintain immune function.
- A factor in the maintenance of good health.
- Multi-vitamin/multi-mineral supplement.
- Helps in connective tissue formation.
- Helps to maintain healthy skin.
- Helps the body metabolise carbohydrate, fats and proteins.

3. BEFORE YOU USE VIVAMED 4-IN-1 IMMUNE BOOSTER

Do not use:

- if you are hypersensitive (allergic) to ascorbic acid, cholecalciferol, zinc lactate, selenium amino acid chelate or any of the other ingredients found in VIVAMED 4-IN-1 IMMUNE BOOSTER.
- if you are under the age of 18 years.

In general, health supplements should not be intended for supply to any children under the age of seven (7) months old unless where supplementation is medically warranted.

Take special care with Performance Inspired BCAA Powder Tropical Delight

Consult a relevant health care provider prior to use if you have a history of non-melanoma skin cancer.



A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

4. HOW TO USE VIVAMED 4-IN-1 IMMUNE BOOSTER

Adults: Dissolve 1 (one) tablet in a glass of water once daily. Take with food.

Take a few hours before or after taking other medications or natural health products.

5. POSSIBLE SIDE EFFECTS

VIVAMED 4-IN-1 IMMUNE BOOSTER can have side effects.

Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effect while taking this medicine, please consult your health care provider for advice.

Tell your doctor if you notice any of the following:

- Allergic/Hypersensitivity reaction
- Copper deficiency (if you are unsure if you have a copper deficiency, consult your relevant health care provider.)

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

6. STORING AND DISPOSING OF VIVAMED 4-IN-1 IMMUNE BOOSTER

Store all medicines out of reach of children.

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

Keep the container tightly closed.

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

7. PRESENTATION OF VIVAMED 4-IN-1 IMMUNE BOOSTER

PP cylindrical tube.



8. IDENTIFICATION OF VIVAMED 4-IN-1 IMMUNE BOOSTER

Pale orange, round effervescent tablet, 25mm in diameter.

9. NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF THE APPLICANT

MC Pharma (PTY) Ltd

62 Constantia Avenue

Mnandi

Centurion 0157

South Africa

Email Complaints/Queries to : pharmacist@mcpharma.co.za and to info@vivamed.africa

Customer Care Line: 082 457 7894 / 066 109 6491

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11. ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION