SWISSGARDE

# PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:** S0

**PROPRIETARY NAME (AND DOSAGE FORM):**

**Swissgarde Multi Vite Men & Women Capsules**

Active Ingredients per serving (1 capsule): Vitamin C (Ascorbic Acid) 90 mg, Vitamin B3 (Niacin) 16 mg, Vitamin B5 (Pantothenic Acid) 5 mg, Vitamin B1 (Thiamine Hydrochloride) 1.20 mg, Vitamin B2 (Riboflavin) 1.30 mg, Vitamin B6 (Pyridoxine) 1.70 mg, Vitamin B7 (Biotin) 30 mcg, Vitamin B9 (Folic Acid) 235 mcg, Vitamin B12 (Cobalamin) 2.40 mcg, Vitamin A (Retinyl Palmitate) 3000 IU, Vitamin D (Cholecalciferol) 800 IU, Vitamin E (Tocopherol) 22 IU, Vitamin K2 (Menaquinone) 30 mcg, Calcium Carbonate 397 mg (containing 158.8 mg elemental Calcium), Iron Amino Acid Chelate 8.7 mg (containing 1.74 mg elemental Iron), Zinc Oxide 14 mg (containing 11.24 mg elemental Zinc), Chromium Picolinate 35 mcg (containing 4.34 mcg elemental Chromium), Mineral-Rich Seaweed Extract (Containing Manganese, Copper, Iodine, Molybdenum, Selenium, Boron & Phosphorus) 15 mg, Fucoidan (Fucus vesiculosus) 15 mg.

**Category D: Complementary Medicine, D34.12 Health Supplements**

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety, or intended use.

**Read this leaflet carefully as it contains important information for you.**

Swissgarde Multi Vite Men & Women Capsules are available without a doctor's prescription for boost energy, strengthen immunity and support overall being. Nevertheless, you still need to use Swissgarde Multi Vite Men & Women Capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Swissgarde Multi Vite Men & Women Capsules with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must consult a doctor if your condition worsens or does not improve after 7 days.

**What is in this leaflet:**


1. **What Swissgarde Multi Vite Men & Women Capsules are and what it is used for**
2. **What you need to know before you use Swissgarde Multi Vite Men & Women Capsules**
3. **How to use Swissgarde Multi Vite Men & Women Capsules**
4. **Possible side effects**
5. **How to store Swissgarde Multi Vite Men & Women Capsules**
6. **Contents of the pack and other information**

## 1. WHAT SWISSGARDE MULTI VITE MEN & WOMEN CAPSULES ARE AND WHAT THEY ARE USED FOR

Swissgarde Multi Vite Men & Women Capsules are used for boost energy, strengthen immunity and support overall being. This product may be used by adults aged 18 years and over.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU USE SWISSGARDE MULTI VITE MEN & WOMEN CAPSULES

- Do not use Swissgarde Multi Vite Men & Women Capsules if you are hypersensitive (allergic) to any ingredients.
- If you are unsure if you should use Swissgarde Multi Vite Men & Women Capsules, talk to your doctor or pharmacist.

### Warnings and precautions:

Swissgarde Multi Vite Men & Women Capsules are for ingestion only.

If you are taking prescription medication, consult a healthcare practitioner prior to use. If any unwanted/adverse effect develops, discontinue use and consult your doctor or pharmacist. Use is described in adults aged 18 years and older.

### Tell your healthcare provider prior to use

- If you are taking any prescription medication
- If you are pregnant, trying to become pregnant or are breast-feeding ask your doctor or pharmacist for advice

### Pregnancy and Breastfeeding

Swissgarde Multi Vite Men & Women Capsules should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Swissgarde Multi Vite Men & Women Capsules when breastfeeding.

### Driving and using machines

Swissgarde Multi Vite Men & Women Capsules has no known effect on an individual’s ability to drive or operate machinery.

**Taking other medicines or food and drink with Swissgarde Multi Vite Men & Women Capsules.**

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Multi Vite Men & Women Capsules is not known to react badly with any type of food or drink but may affect absorption of nutrients and medications.

## 3. HOW TO USE SWISSGARDE MULTI VITE MEN & WOMEN CAPSULES

**The usual dose is:**

Standard Adult dose:

Take one capsule per day with a meal or as directed by your health practitioner.

**Method of administration:**

Swissgarde Multi Vite Men & Women Capsules are for ingestion only.

**If you take more Swissgarde Multi Vite Men & Women Capsules than you should:**

If anyone, especially a child, accidentally takes too much Swissgarde Multi Vite Men & Women Capsules contact your doctor or local poison centre immediately. Swissgarde Multi Vite Men & Women Capsules should not be used continuously for longer than one week. If symptoms persist consult your doctor. If you see a doctor or have to go to hospital for any reason, tell them what medicines you are taking.

**If you forget to take a dose of Swissgarde Multi Vite Men & Women Capsules:**

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

## 4. POSSIBLE SIDE EFFECTS

None known. If any side effects are experienced, please tell your doctor or pharmacist.

Swissgarde Multi Vite Men & Women Capsules is not known to react badly with any other medicines or any types of food or drink.

Should your general health worsen, or if you experience any untoward effects while using this product, please consult your doctor, pharmacist, or other health care professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist. 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/document/adverse-drug-reactions-and-quality-problem-reporting-form/. By reporting side effects, you can help provide more information on the safety of Swissgarde Multi Vite Men & Women Capsules.

## 5. HOW TO STORE SWISSGARDE MULTI VITE MEN & WOMEN CAPSULES

Store below 30 ˚C in a cool, dry place. Store out of reach of children. Store out of reach of children. Store in the original package / container. Do not store in a bathroom. Do not use after the expiry date printed on the bottle. The expiry date refers to the last day of that month. Do not use Swissgarde Multi Vite Men & Women Capsules if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets). Shelf life: 2 years

## 6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Swissgarde Multi Vite Men & Women Capsules contain:

Active Ingredients per serving (1 capsule): Vitamin C (Ascorbic Acid) 90 mg, Vitamin B3 (Niacin) 16 mg, Vitamin B5 (Pantothenic Acid) 5 mg, Vitamin B1 (Thiamine Hydrochloride) 1.20 mg, Vitamin B2 (Riboflavin) 1.30 mg, Vitamin B6 (Pyridoxine) 1.70 mg, Vitamin B7 (Biotin) 30 mcg, Vitamin B9 (Folic Acid) 235 mcg, Vitamin B12 (Cobalamin) 2.40 mcg, Vitamin A (Retinyl Palmitate) 3000 IU, Vitamin D (Cholecalciferol) 800 IU, Vitamin E (Tocopherol) 22 IU, Vitamin K2 (Menaquinone) 30 mcg, Calcium Carbonate 397 mg (containing 158.8 mg elemental Calcium), Iron Amino Acid Chelate 8.7 mg (containing 1.74 mg elemental Iron), Zinc Oxide 14 mg (containing 11.24 mg elemental Zinc), Chromium Picolinate 35 mcg (containing 4.34 mcg elemental Chromium), Mineral-Rich Seaweed Extract (Containing Manganese, Copper, Iodine, Molybdenum, Selenium, Boron & Phosphorus) 15 mg, Fucoidan (Fucus vesiculosus) 15 mg.

Inactive ingredients: Magnesium Stearate, HPMC Vegan Vegetable Capsules.

**What Swissgarde Multi Vite Men & Women Capsules looks like and contents of the pack:**

Swissgarde Multi Vite Men & Women Capsules are a clear capsule with white powder in a white container with a white pressure liner cap, containing 30 veggie-capsules.

**Distributed by:**

Sportron Group (Pty) Ltd

Route 21 Business Park, 59 Regency Drive, Centurion, South Africa, 0157.

Tel: +27 (11) 317 8500

www.sportron.co.za

**Name and Address of Holder of Certificate of Registration**

Microbel Laboratories (Pty) Ltd,

86 Gazelle Ave, Corporate Park South,

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**This leaflet was last revised**

February 2026

**Registration/Application number**

Application Number: TBC

Access to the corresponding Professional Information (PI): www.sportron.co.za

**PASIËNTINLIGTINGSPAMFLET**

**SKEDULERINGSTATUS:** S0

**EIENDOMSNAAM (STERKTE EN DOSEERVORM)**

**Swissgarde Multi Vite Mans & Vroue Kapsules**

Aktiewe bestanddele per porsie (1 kapsule): Vitamien C (Askorbiensuur) 90 mg, Vitamien B3 (Niacin) 16 mg, Vitamien B5 (Pantotheniese Suur) 5 mg, Vitamien B1 (Tiamienhidrochloried) 1.20 mg, Vitamien B2 (Riboflavien) 1.30 mg, Vitamien B6 (Piridoksien) 1.70 mg, Vitamien B7 (Biotien) 30 mcg, Vitamien B9 (Foliensuur) 235 mcg, Vitamien B12 (Kobalamien) 2.40 mcg, Vitamien A (Retinylpalmitaat) 3000 IE, Vitamien D (Cholecalciferol) 800 IE, Vitamien E (Tocopherol) 22 IE, Vitamien K2 (Menaquinone) 30 mcg, Kalsiumkarbonaat 397 mg (bevat 158,8 mg elementêre kalsium), Ysteraminosuur Chelate 8,7 mg (bevat 1,74 mg elementêre yster), Sinkoksied 14 mg (bevat 11,24 mg elementêre sink), Chroompikolinaat 35 mcg (bevat 4,34 mcg elementêre chroom), Mineraalryke Seewier-ekstrak (bevat mangaan, koper, jodium, molibdeen, Seleenium, boor en fosfor) 15 mg, Fucoidan (Fucus vesiculosus) 15 mg.

**Kategorie D: Komplementêre Medisyne. D 34.12 Gesondheid aanvullings**

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer ten opsigte van kwaliteit, veiligheid of voorgenome gebruik nie.

**Lees dié hele pamflet aandagtig deur, dit bevat belangrike inligting.**

Swissgarde Multi Vite Mans & Vroue Kapsules is beskikbaar sonder ‘n voorskrif van die dokter, om energie te verhoog, immuniteit te versterk en algehele welstand te ondersteun. Nietemin, Swissgarde Multi Vite Mans & Vroue Kapsules moet nogtans versigtig gebruik word om die beste resultate te verkry.

- Moenie hierdie pamflet weggooi nie. U mag dit moontlik weer moet lees.
- Moenie Swissgarde Multi Vite Mans & Vroue Kapsules met enige ander person deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.
- Jy moet ‘n dokter raadpleeg as jou toestand vererger of nie verbeter na 7 dae nie.

**WAT IS IN HIERDIE PAMFLET**


1. **Wat Swissgarde Multi Vite Mans & Vroue Kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Swissgarde Multi Vite Mans & Vroue Kapsules gebruik.**
3. **Hoe om Swissgarde Multi Vite Mans & Vroue Kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Swissgarde Multi Vite Mans & Vroue Kapsules .**
6. **Inhoud van die verpakking en ander inligting.**

## 1. WAT SWISSGARDE MULTI VITE MAND & VROUE KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD:

Swissgarde Multi Vite Mans & Vroue Kapsules word gebruik om energie te verhoog, immuniteit te versterk en algehele welstand te ondersteun. Hierdie produk kan deur volwassenes van 18 jaar en ouer gebruik word.

## 2. WAT U MOET WEET VOORDAT SWISSGARDE MULTI VITE MANS & VROUE KAPSULES GEBRUIK WORD:

- Moenie Swissgarde Multi Vite Mans & Vroue Kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele.
- Indien u onseker is om Swissgarde Multi Vite Mans & Vroue Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

### Waarskuwings en voorsorgmaatreëls:

Swissgarde Multi Vite Mans & Vroue Kapsules is slegs vir inname.

As u voorskrif medikasie neem, raadpleeg ‘n gesondheidsorgpraktisyn voor gebruik. As enige ongewenste / nadelige effek ontwikkel, staak die gebruik en raadpleeg jou dokter of apteker. Gebruik word beskryf in volwassenes van 18 jaar en ouer.

### Vertel jou gesondheidsorg voor gebruik

- As jy enige voorskrif medikasie neem
- As jy swanger is, probeer om swanger te raak of borsvoed, vra jou dokter of apteker vir raad.

### Swangerskap en borsvoeding

Swissgarde Multi Vite Mans & Vroue Kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Swissgarde Multi Vite Mans & Vroue Kapsules geneem word tydens borsvoeding.

### Bestuur en gebruik van masjinerie

Swissgarde Multi Vite Mans & Vroue Kapsules het geen bekende effek op ‘n individu se vermoë om te bestuur of masjinerie te bestuur nie.

### Neem ander medisyne of kos en drank saam met Swissgarde Multi Vite Mans & Vroue Kapsules

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie neem. Dit is nie bekend dat Swissgarde Multi Vite Mans & Vroue Kapsules sleg reageer met enige soorte kos of drank nie, maar kan die opname van voedingstowwe en medikasie beïnvloed.

## 3. HOE OM SWISSGARDE MULTI VITE MANS & VROUE KAPSULES TE GEBRUIK

Die gewone dosis is:

**Volwassenes:**

Standaard volwasse dosis: Neem een kapsule per dag saam met 'n maaltyd of soos deur jou gesondheidspraktisyn voorgeskryf.

**Metode van toediening:**

Swissgarde Multi Vite Mans & Vroue Kapsules is slegs vir inname.

**As jy meer Swissgarde Multi Vite Mans & Vroue Kapsules neem as wat jy moet:**

As iemand, veral 'n kind per ongeluk te veel Swissgarde Multi Vite Mans & Vroue Kapsules neem, kontak jou dokter of plaaslike gif sentrum onmiddellik. Swissgarde Multi Vite Mans & Vroue Kapsules moet nie langer as een week aaneenlopend gebruik word nie. As simptome voortduur, raadpleeg jou dokter. As jy 'n dokter sien of om een of ander rede hospitaal toe moet gaan, vertel hulle watter medisyne jy neem.

**As jy vergeet om 'n dosis Swissgarde Multi Vite Mans & Vroue Kapsules te neem:**

Moenie 'n dubbele dosis neem om op te maak vir vergete individuele dosisse nie.

## 4. MOONTLIKE NEWE-EFFEKTE:

Niks bekend nie. As enige newe-effekte ervaar word, vertel asseblief jou dokter of apteker.

Dit is nie bekend dat Swissgarde Multi Vite Mans & Vroue Kapsules sleg reageer met enige ander medisyne of enige soorte kos of drank nie.

As jou algemene gesondheid vererger, of as jy enige ongewenste effekte ervaar terwyl jy hierdie produk gebruik, raadpleeg asseblief jou dokter, apteker of ander gesondheidswerker vir advies. As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief jou dokter of apteker in kennis. Jy kan ook newe-effekte aan SAHPRA rapporteer via die 6.04 "Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies: https://www.sahpra.org.za/document/adverse-drug-reactions-and-quality-problem-reporting-form/. Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Swissgarde Multi Vite Mans & Vroue Kapsules te verskaf.

## 5. BERGINGSAANWYSINGS VIR SWISSGARDE MULTI VITE MANS & VROUE KAPSULES

Bewaar in 'n koel, droë plek, teen of benede 30 °C. Bêre buite bereik van kinders. Berg in die oorspronklike verpakking. Moet nie in 'n badkamer bêre nie. Moet dit nie gebruik na die vervaldatum wat op die bottels gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Swissgarde Multi Vite Mans & Vroue Kapsules gebruik as jy sigbare tekens van agteruitgang opmerk nie. Stuur alle ongebruikte medisyne terug na jou apteker.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie. Raklewe: 2 jaar.

## 6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

**Wat Swissgarde Multi Vite Mans & Vroue Kapsules bevat**

Aktiewe bestanddele per porsie (1 kapsule): Vitamien C (Askorbiensuur) 90 mg, Vitamien B3 (Niasien) 16 mg, Vitamien B5 (Pantotheniese Suur) 5 mg, Vitamien B1 (Tiamienhydrochloried) 1.20 mg, Vitamien B2 (Riboflavien) 1.30 mg, Vitamien B6 (Pyridoksien) 1.70 mg, Vitamien B7 (Biotien) 30 mcg, Vitamien B9 (Foliensuur) 235 mcg, Vitamien B12 (Kobalamien) 2.40 mcg, Vitamien A (Retinylpalmitaat) 3000 IE, Vitamien D (Cholecalciferol) 800 IE, Vitamien E (Tocopherol) 22 IE, Vitamien K2 (Menaquinone) 30 mcg, Kalsiumkarbonaat 397 mg (bevat 158,8 mg elementêre kalsium), Ysteraminosuur Chelate 8,7 mg (bevat 1,74 mg elementêre yster), Sinkoksied 14 mg (bevat 11,24 mg elementêre sink), Chroompikolinaat 35 mcg (bevat 4,34 mcg elementêre chroom), Minerale-ryke seewier-ekstrak (bevat mangaan), Koper, jodium, molibdeen, seleenium, boor en fosfor) 15 mg, Fucoidan (Fucus vesiculosus) 15 mg.

Onaktiewe bestanddele: Magnesiumstearaat, HPMC-groente kapsules.

**Voorkoms van Swissgarde Multi Vite Mans & Vroue Kapsules en inhoud van die verpakking:**

Swissgarde Multi Vite Mans & Vroue Kapsules is ‘n deursigtige kapsule met wit poeier in ‘n wit houwer met ‘n wit druk voering kapsule, wat 30 groente kapsules bevat.

**Versprei deur:**

Sportron Group (Pty) Ltd

Route 21 Business Park, 59 Regency Drive, Centurion, South Africa, 0157.

Tel: +27 (11) 317 8500

www.sportron.co.za

**Naam en adres van houer van registrasiesertifikaat**

Microbel Laboratories (Pty) Ltd

86 Gazelle Avenue, Corporate Park South,

Midrand, Gauteng, 1685, South Africa.

Email: info@microbel.co.za

+27 11 076 4000

**Datum van laaste hersiening**

Februarie 2026

**Registrasie/Aansoek nommer:**

TBA.

**Toegang tot ooreenstemmende Professionele Inligting (PI):** www.sportron.co.za