SWISSGARDE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde Kids Multivitamin Syrup

Active substances: Ascorbic acid 10 mg; Vitamin B1 0,3 mg; Vitamin B2 0,25 mg; Vitamin B3 2 mg; Vitamin A (Retinyl palmitate) 0,12 mg (360 IU); Vitamin D (Cholecalciferol) 80 IU; Vitamin B6 0,2 mg; Fucoidan (Fucus vesiculosus) 0,1 mg.

Category D: Complementary Medicine, D33.12 Combination Medicine

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 Kids Multivitamin Syrup is available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Swissgarde Kids Multivitamin Syrup carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Swissgarde Kids Multivitamin Syrup with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet:

1. **What Swissgarde Kids Multivitamin Syrup is and what it is used for**
2. **What you need to know before you use Swissgarde Kids Multivitamin Syrup**
3. **How to use Swissgarde Kids Multivitamin Syrup**
4. **Possible side effects**
5. **How to store Swissgarde Kids Multivitamin Syrup**
6. **Contents of the pack and other information**

1. WHAT SWISSGARDE KIDS MULTIVITAMIN SYRUP IS AND WHAT IT IS USED FOR

Swissgarde Kids Multivitamin Syrup is used to promote health and wellness daily.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SWISSGARDE KIDS MULTIVITAMIN SYRUP

Do not use Swissgarde Kids Multivitamin Syrup if you are hypersensitive (allergic) to any ingredients.

If you are unsure if you should use Swissgarde Kids Multivitamin Syrup, talk to your doctor or pharmacist.

Warnings and precautions:

Swissgarde Kids Multivitamin Syrup is for oral 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 Kids Multivitamin Syrup should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Swissgarde Kids Multivitamin Syrup when breastfeeding.

Driving and using machines

Swissgarde Kids Multivitamin Syrup has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Swissgarde Kids Multivitamin Syrup

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Kids Multivitamin Syrup is not known to react badly with any types or food or drink but may affect absorption of nutrients and medications.

3. HOW TO USE SWISSGARDE KIDS MULTIVITAMIN SYRUP

The usual dose is:

Children 5 – 7 years: 10 ml

Children 12 years and older: 20 ml

OR as recommended by your health practitioner

Method of administration

Swissgarde Kids Multivitamin Syrup should preferably be taken after a meal and kept in refrigerator after opening.

If you take more Swissgarde Kids Multivitamin Syrup than you should:

If anyone, especially a child, accidentally takes too much Swissgarde Kids Multivitamin Syrup contact your doctor or local poison center immediately. 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 Kids Multivitamin Syrup:

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 Kids Multivitamin Syrup is not known to react badly with any other medicines or any types or 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 Kids Multivitamin Syrup.

5. HOW TO STORE SWISSGARDE KIDS MULTIVITAMIN SYRUP

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 Kids Multivitamin Syrup 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 Kids Multivitamin Syrup contains:

Active ingredient per ml: Ascorbic acid 10 mg; Vitamin B1 0,3 mg; Vitamin B2 0,25 mg; Vitamin B3 2 mg; Vitamin A (Retinyl palmitate) 0,12 mg (360 IU); Vitamin D (Cholecalciferol) 80 IU; Vitamin B6 0,2 mg; Fucoidan (Fucus vesiculosus) 0,1 mg.

Inactive ingredients: Stevia, flavouring, food colourant, Potatssium Sorbate, Methyl parben, Propyl Paraben, EDTA2Na, Acesulfame, Sodium Saccharin, Citric Acid Sodium Citrate.

What Swissgarde Kids Multivitamin Syrup looks like and contents of the pack:

Swissgarde Kids Multivitamin Syrup is a bright orange syrup.

Distributed by:

The Sportron Group

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,

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This leaflet was last revised

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Registration/Application number

Application Number: TBC

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

PASIÈNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Swissgarde Kids Multivitamien Stroop

Aktiewe stowwe per ml: Askorbiensuur 10 mg; Vitamien B1 0,3 mg; Vitamien B2 0,25 mg; Vitamien B3 2 mg; Vitamien A (Retinylpalmitaat) 0,12 mg (360 IE); Vitamien D (Cholecalciferol) 80 IE; Vitamien B6 0,2 mg; Fucoidan (Fucus vesiculosus) 0,1 mg.

Kategorie D: Komplementêre Medisyne. D 33.12 Kombinasie medisyne.

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

Lees di hele pamflet aandagtig deur, dit bevat belangrike inligting.

Swissgarde Kids Multivitamien Stroop is beskikbaar sonder ‘n voorskrif van die dokter, vir sypsverteringsondersteuning. Nietemin, **Swissgarde Kids Multivitamien Stroop** 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 Kids Multivitamien Stroop met enige ander person deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat is in hierdie pamflet

1. **Wat Swissgarde Kids Multivitamien Stroop is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Swissgarde Kids Multivitamien Stroop gebruik.**
3. **Hoe om Swissgarde Kids Multivitamien Stroop te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergingsaanwysings vir Swissgarde Kids Multivitamien Stroop.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SWISSGARDE KIDS MULTIVITAMIEN STROOP IS EN WAARVOOR DIT GEBRUIK WORD

Swissgarde Kids Multivitamien Stroop word daagliks gebruik om gesondheid en welstand te bevorder.

2. WAT U MOET WEET VOORDAT SWISSGARDE KIDS MULTIVITAMIEN STROOP GEBRUIK WORD

Moenie **Swissgarde Kids Multivitamien Stroop** gebruik indien u hipersensitief (allergies) is vir enige bestanddele.

Indien u onseker is om Swissgarde Kids Multivitamien Stroop te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls

Swissgarde Kids Multivitamien Stroop is slegs vir orale 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 volassenes 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 Kids Multivitamien Stroop moet nie tydens swangerskap gebruik word nie en 'n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Swissgarde Kids Multivitamien Stroop geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Swissgarde Kids Multivitamien Stroop 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 Kids Multivitamien Stroop

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie neem. Dit is nie bekend dat Swissgarde Kids Multivitamien Stroop sleg reageer met enige soorte kos of drank nie, maar kan die opname van voedingstowwe en medikasie beïnvloed.

3. HOE OM SWISSGARDE MARINA SPA TE GEBRUIK

Die gewone dosis is:

Kinders 5 – 7 jaar: 10 ml

Kinders 12 jaar en ouer: 20 ml.

OF soos aanbeveel deur jou gesondheidspraktisyn.

Metode van toediening:

Swissgarde Kids Multivitamien Stroop moet verkieslik na ‘n maaltyd geneem word en na opmaak in die yskas gehou word.

As jy meer Swissgarde Kids Multivitamien Stroop neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Swissgarde Kids Multivitamien Stroop neem, kontak jou dokter of plaaslike gif sentrum onmiddellik. 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 Kids Multivitamien Stroop 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 Kids Multivitamien Stroop 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 asselief jou dokter, apteker of ander gesondheidswerker vir advies. As jy enige newe-effkete 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 Kids Multivitamien Stroop te verskaf.

5. BERGINGSAANWYSINGS VIR SWISSGARDE KIDS MULTIVITAMIEN STROOP

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 bottles gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Swissgarde Kids Multivitamien Stroop 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 Kids Multivitamien Stroop bevat, elke 1 ml:

Aktiewe bestanddele: Askorbiensuur 10 mg; Vitamien B1 0,3 mg; Vitamien B2 0,25 mg; Vitamien B3 2 mg; Vitamien A (Retinylpalmitaat) 0,12 mg (360 IE); Vitamien D (Cholecalciferol) 80 IE; Vitamien B6 0,2 mg; Fucoidan (Fucus vesiculosus) 0,1 mg.

Onaktiewe bestanddele: Stevia, Geurmiddels, Voedselkleurstof, Potatssium Sorbate, Metielparben, Propyl Paraben, EDT2Na, Acesulfame, Natriumsakkarien, Sitroensuurnatriumsitraat.

Voorkoms van Swissgarde Kids Multivitamien Stroop en inhoud van die verpakking:

Swissgarde Kids Multivitamien Stroop is ‘n helder oranje stroop.

Versprei deur:

The Sportron Group

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

Tel: +27 (11) 317 8500

www.sportron.co.za

N**aam en adres van houer van registrasiesertifikaat**

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Datum van laaste hersiening

Augustus 2025

Registrasie/Aansoeknommer:

TBA.

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