

### SCHEDULING STATUS

Not scheduled

### HERBIEVITE ZINC & D COMPLEX (capsules)

Each capsule contains Zinc 25mg and Vitamin D 12,5 µg

Western Herbal Complementary Medicine and Health Supplement.

HERBIEVITE ZINC & D COMPLEX is unregistered and has not been evaluated by SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

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

HERBIEVITE ZINC & D COMPLEX is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use HERBIEVITE ZINC & D COMPLEX carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share HERBIEVITE ZINC & D COMPLEX 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 HERBIEVITE ZINC & D COMPLEX is and what it is used for.
2. What you need to know before you take HERBIEVITE ZINC & D COMPLEX.
3. How to take HERBIEVITE ZINC & D COMPLEX.
4. Possible side effects.
5. How to store HERBIEVITE ZINC & D COMPLEX.
6. Contents of the pack and other information.

### 1. What HERBIEVITE ZINC & D COMPLEX is and what it is used for

HERBIEVITE ZINC & D COMPLEX is a Western Herbal Complementary and Health Supplement that is used for the following:

- Treatment and prevention of zinc deficiency and its consequences.
- Zinc is needed for the proper growth and maintenance of the human body.
- Vitamin D plays an important role in maintaining proper bone structure.
- Vitamin D may enhance the anti-inflammatory effects lowering inflammation in the body and suppressing the immune system activity.

### 2. What you need to know before you take HERBIEVITE ZINC & D COMPLEX

Do not take HERBIEVITE ZINC & D COMPLEX:

- If you are hypersensitive (allergic) to the zinc, vitamin D or to any of the excipients of HERBIEVITE ZINC & D COMPLEX.

Warnings and precautions

Take special care with HERBIEVITE ZINC & D COMPLEX:

- If you are a diabetic. Large doses of zinc can lower blood sugar in people with diabetes.
- If you are a long-term, excessive alcohol drinker. It is linked to poor absorption of zinc in the body.
- If you are diagnosed with Rheumatoid arthritis (RA). People with RA absorb less zinc.
- If you are diagnosed with atherosclerosis (hardening of the arteries). Vitamin D could make this condition worse, especially in people with kidney disease.
- If you are diagnosed with:
  - histoplasmosis (type of lung infection),
  - hyperparathyroidism (condition in which one or more of the parathyroid glands become overactive and secrete too much parathyroid hormone (PTH)),
  - lymphoma (cancer that begins in infection-fighting cells of the immune system) or
  - sarcoidosis (inflammatory disease that affects multiple organs in the body, but mostly the lungs and lymph glands).

Vitamin D may increase calcium levels and could lead to kidney stones and other problems.

Other medicines and HERBIEVITE ZINC & D COMPLEX

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines)

- Taking zinc along with some antibiotics might decrease the effectiveness of some antibiotics that include ciprofloxacin (Cipro), enoxacin (Penetrex), norfloxacin (Chibroxin, Noroxin), sparfloxacin (Zagam), trovafloxacin (Trovan), and grepafloxacin (Raxar). To avoid this interaction, take zinc supplements at least 1 hour after antibiotics.
- Taking zinc with tetracyclines that include demeclocycline (Declomycin), minocycline (Minocin), and tetracycline (Achromycin), might decrease the effectiveness of tetracyclines. To avoid this interaction, take zinc 2 hours before or 4 hours after taking tetracyclines.
- Cisplatin (Platinol-AQ) is used to treat cancer. Taking zinc along with EDTA and cisplatin (Platinol-AQ) might increase the effects and side effects of cisplatin (Platinol-AQ).
- Penicillamine is used for Wilson's disease and rheumatoid arthritis. Zinc might decrease how much penicillamine your body absorbs and decrease the effectiveness of penicillamine.
- Amiloride (Midamor) is used as a "water pill" to help remove excess water from the body. Another effect of amiloride (Midamor) is that it can increase the amount of zinc in the body. Taking zinc supplements with amiloride (Midamor) might cause you to have too much zinc in your body.
- Vitamin D can increase how much aluminum the body absorbs. This might be a problem for people with kidney disease. Take vitamin D two hours before, or four hours after antacids.
- Taking vitamin D along with calcipotriene (Dovonex) might increase the effects and side effects of calcipotriene (Dovonex). Avoid taking vitamin D supplements if you are taking calcipotriene (Dovonex).
- Taking large amounts of vitamin D along with diltiazem (Cardizem, Dilacor, Tiazac) might decrease the effectiveness of diltiazem.
- Do not take large amounts of vitamin D if you are taking verapamil (Calan, Covera, Isoptin, Verelan).
- Taking large amounts of vitamin D along with some "water pills" that include chlorothiazide (Diuril), hydrochlorothiazide (HydroDIURIL, Esidrix), indapamide (Lozol), metolazone (Zaroxolyn), and chlorthalidone (Hygroton), might cause to be too much calcium in the body. This could cause serious side effects including kidney problems.
- Cimetidine might decrease how well the body changes vitamin D.
- Heparin slows blood clotting and can increase the risk of breaking a bone when used for a long period of time. People taking these medications should eat a diet rich in calcium and vitamin D.
- People taking medications that include enoxaparin (Lovenox), dalteparin (Fragmin), and tinzaparin (Innohep), should eat a diet rich in calcium and vitamin D.

### Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Driving and using machines

HERBIEVITE ZINC & D COMPLEX should not affect your ability to drive or operate machinery.

It is not always possible to predict to what extent HERBIEVITE ZINC & D COMPLEX may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above

activities until they are aware of the measure to which HERBIEVITE ZINC& DCOMPLEX affect them.

### 3. How to Take HERBIEVITE ZINC & D COMPLEX

Do not share medicines prescribed for you with any other person.

Always take HERBIEVITE ZINC & D COMPLEX exactly as described in this leaflet or as your doctor, pharmacist or nurse have told you. Check with your doctor, pharmacist or nurse if you are not sure. The usual dose is:

Take 1 capsule daily or as directed by your healthcare practitioner.

If you take more HERBIEVITE ZINC & D COMPLEX than you should

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control center.

Excessive intake of zinc can cause zinc toxicity with the following symptoms:

- nausea
- vomiting
- loss of appetite
- stomach cramps
- diarrhea
- headaches

When people take too much zinc for a long time, they sometimes have problems such as low copper levels, lower immunity, and low levels of HDL cholesterol (the "good" cholesterol).

Unless a poison control representative or a healthcare professional provides alternative advice, the person should drink a glass of milk.

Some side effects of taking too much vitamin D include:

- weakness
- fatigue
- sleepiness
- headache
- loss of appetite
- dry mouth
- metallic taste
- nausea
- vomiting

Vitamin D toxicity might progress to bone pain and kidney problems, such as the formation of calcium stones.

Treatment includes stopping vitamin D intake and restricting dietary calcium. Your doctor might also prescribe intravenous fluids and medications, such as corticosteroids or bisphosphonates.

If you forget to take HERBIEVITE ZINC & D COMPLEX

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

### 4. Possible Side Effects

HERBIEVITE ZINC & D COMPLEX can have side effects.

Not all side effects reported for HERBIEVITE ZINC & D COMPLEX are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking HERBIEVITE ZINC & D COMPLEX, please consult your doctor, pharmacist or other health care professional for advice.

Routine zinc supplementation is not recommended without the advice of a healthcare professional.

In some people, zinc might cause:

- nausea
- vomiting
- diarrhea
- metallic taste
- kidney and stomach damage

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse.

You can also report side effects to:

- SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under

SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>

- Contego Pharmaceuticals (Pty) Ltd

250 Nadine Street

Robertville, Roodepoort

South Africa

By reporting side effects, you can help provide more information on the safety of HERBIEVITE ZINC & D COMPLEX.

### 5. How to store HERBIEVITE ZINC & D COMPLEX

KEEP OUT OF REACH OF CHILDREN.

Store at or below 25 °C protected from light and moisture. Keep container tightly closed.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

### 6. Contents of the pack and other information

#### What HERBIEVITE ZINC & D COMPLEX contains

The active substance is:

Zinc 25 mg

Vitamin D 12,5 µg

The other ingredients are:

Corn Starch

Magnesium Stearate

Silicon Dioxide

What HERBIEVITE ZINC & D COMPLEX looks like and content of the pack

HERBIEVITE ZINC & D COMPLEX are white shaped capsules.

HERBIEVITE ZINC & D COMPLEX are packed in white plastic containers with screw on cap containing 30 capsules.

#### Holder of Certificate of Registration

Contego Pharmaceuticals (Pty) Ltd

250 Nadine Street

Robertville, Roodepoort

South Africa

#### This leaflet was last revised in

To be allocated.

#### NAPPI CODE

3002102001

#### Registration Number

To be allocated.