

PATIENT INFORMATION LEAFLET
ViralChoice® Vitamin C + Zinc (chewable tablets)
Contains sugar and non-nutritive sweetener

SCHEDULING STATUS: [S0]

CATEGORY AND CLASS:

Class D: Complementary Medicines:

Health supplement 34.12 Multiple substance formulation

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

PROPRIETARY NAME AND DOSAGE FORM:

VIRALCHOICE® VITAMIN C + ZINC (chewable tablets)

The active substances per tablet are:

Ascorbic Acid (Vitamin C) 150.00 mg

Sodium Ascorbate (Vitamin C) 112.50 mg

Zinc Gluconate 45.00 mg
Providing Zinc 6.5 mg

Contains Sugar (Glucose monohydrate) 370 mg

Contains sweetener (Sucralose) 4 mg

Excipients.

Glucose monohydrate, Microcrystalline Cellulose, Sucralose, Cognis Betatene Dunaliella Salina Natural Mixed Carotenoids 1% [antioxidant] excipient), Silicon Dioxide, Trusil Natural Orange Flavour, Magnesium Stearate (Vegetable)

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

ViralChoice® Vitamin C + Zinc chewable tablets are available without a doctor's prescription for you to maintain your health. Nevertheless, you still need to take **ViralChoice® Vitamin C + Zinc** chewable tablets carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share ViralChoice® Vitamin C + Zinc chewable tablets 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 ViralChoice® Vitamin C + Zinc chewable tablets are and what it is used for.
2. What you need to know before you take **ViralChoice® Vitamin C + Zinc** chewable tablets
 - a. Contra-indications
 - b. Warnings and precautions
 - c. Possible side effects.
 - d. Interactions
3. How to take ViralChoice® Vitamin C + Zinc chewable tablets
4. Possible Side effects when taking ViralChoice® Vitamin C + Zinc chewable tablets
5. How to store ViralChoice® Vitamin C + Zinc chewable tablets
6. Description of contents of the pack and container information.

1. What ViralChoice® Vitamin C + Zinc chewable tablets are and what it is used for.

ViralChoice® Vitamin C + Zinc chewable tablets, is a Health supplement, is formulated to support immune system function.

- Assists in reducing duration and relieves severity of common cold symptoms
- An antioxidant for the maintenance of good health
- Helps to maintain and support healthy immune system function
- Helps to maintain healthy skin
- Supports wound healing

ViralChoice® Vitamin C + Zinc chewable tablets are indicated for adult and children older than 1 year of age.

Not for children younger than 1 year of age

If symptoms persist, talk to your health care provider.

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

2. What you need to know before you take ViralChoice® Vitamin C + Zinc chewable tablets

Do not take ViralChoice® Vitamin C + Zinc chewable tablets:

If you are allergic to any of the ingredients as listed in this Patient Information Leaflet.

Contra-indications

Contra-indicated in diabetics.

Contains glucose monohydrate.

Contains sweetener:

ViralChoice Zinc + C Chewable tablets -

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Date: 14 April 2021

Warnings and precautions

ViralChoice® Vitamin C + Zinc chewable tablets contain Zinc, which may be dangerous when taken in large amounts for long periods of time. Not for children under 1 year of age.

Pregnancy, breastfeeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your health care provider for advice before taking this medicine.

Pregnancy

Safety during pregnancy has not been established.

Breast-feeding

Safety during breast feeding has not been established.

Fertility

No information available on fertility.

Driving and using machines

No studies on the effect on the ability to drive and use machines have been performed.

Possible 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 effects while taking this medicine, please consult your health care provider for advice

Interactions.

Interactions

Always tell your health care provider if you are taking any other medicines.

3. How to take ViralChoice® Vitamin C + Zinc chewable tablets

Do not share medicines with any other person.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

Always with food or as recommended by your health care provide

Adults and children older than 14 years: Chew 1 tablet three times daily with food or as recommended by your health care provider.

Children 1 – 13 years: Chew 1 tablet once daily with food.

If symptoms persist, see your health care provider.

Not to be used in children under 1 year of age.

ViralChoice Zinc + C Chewable tablets -

PIL Patient Information leaflet Final V7

Date: 14 April 2021

Vitamin and mineral supplements should not replace a balanced diet.

Method of administration

Do not swallow whole.

Chew tablet with food.

If you take more ViralChoice® Vitamin C + Zinc chewable tablets than you should.

Do not take a double dose to make up for a forgotten dose, take your usual dose at the usual time.

In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

4. How to store ViralChoice® Vitamin C + Zinc chewable tablets:

- Store at or below 25 °C.
- Keep in the original container
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the container/label.
- Return all unused medicine to your pharmacist for safe disposal.

5. What ViralChoice® Vitamin C + Zinc chewable tablets look like and contents of the pack.

ViralChoice® Vitamin C + Zinc chewable tablets are speckled, orange, round tablet with flat bevelled edge and break line on one side.

60 tablets inside 227 ml white HDPE bottle.

Registration No:

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

Holder of Certificate of Registration

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This leaflet was last revised in

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Registration number

N/A