

A. SCHEDULING: Schedule 0

B. PROPRIETARY NAME AND DOSAGE FORM: Cal Mag C 780mg

C. COMPOSITION:

Nutritional information per 1 capsule:

Vitamin C (Ascorbic Acid)	300 mg
Calcium Lactate	300 mg
Total Magnesium Oxide	150 mg
of which elemental Magnesium	90 mg

D. PHARMACOLOGICAL CLASSIFICATION: Category D.

E. PHARMACOLOGICAL ACTION: A supplement which aids in the treatment of Calcium deficiencies.

F. INDICATIONS: For individuals requiring extra supplementation of Calcium.

G. CONTRA-INDICATION: None known

H. WARNINGS AND SPECIAL PRECAUTIONS: This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of the reach of children.

I. INTERACTIONS: No known interactions.

J. PREGNANCY AND LACTATION: Suitable during pregnancy. If you are pregnant or breast feeding consult your healthcare practitioner before taking this product.

K. DOSAGE AND DIRECTION FOR USE: Take 1 capsule daily with cold water during meals, or as advised by your practitioner.

L. INSTRUCTIONS:

- Do not share medicines prescribed for you with any other person.
- In the event of over dosage, immediately consult your doctor, pharmacist or the nearest hospital.

M. SIDE EFFECTS: Should your general health worsen or if you experience any untoward side effects while taking this product, discontinue immediately. Thereafter, consult your health care professional for advice.

N. KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF TREATMENTS: None known.

O. IDENTIFICATION: White capsules.

P. PRESENTATION: White capsules packaged in a white container with a sponge, silica gel and sealed with a yellow lid. The container together with a product insert is then packaged into a clearly marked carton.

Q. STORAGE INSTRUCTIONS: Store in a cool, dry place, out of the reach of children. Store below 25°C.

R. NAME & BUSINESS ADDRESS: Sport Health & Fitness Technologies (Pty) Ltd., 61 Main Street, Bordeaux Randburg, 2194. South Africa

S. DATE OF PUBLICATION OF THE INSERT: June 2015.

T. DISCIPLINE OF MEDICINE: Complementary Medicine.

U. DISCLAIMER: This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

A. SKEDULERING: Skedule 0

B. EIENDOMSNAAM (EN DOSEERVORM): Cal Mag C

C. SAMESTELLING:

Voedingswaarde per 1 kapsule:

Vitamiën C (Askorbienzuur)	300 mg
Kalsium Laktaat	300 mg
Totale Magnesium Oksied	150 mg
waarvan elementele Magnesium	90 mg

D. FARMAKOLOGIESE KLASSIFIKASIE: Kategorie D.

E. FARMAKOLOGIESE WERKING: 'n Aanvulling wat help met die behandeling van Kalsium tekorte.

F. INDIKASIES: Vir individue wat ekstra aanvulling van Kalsium benodig.

G. KONTRA-INDIKASIES: Geen bekend

H. WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS:

Die produk is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie. Hou buite bereik van kinders.

I. INTERAKSIES: Geen bekend.

J. SWANGERSKAP EN LAKTASIE: Geskik tydens swangerskap. As jy swanger is of borsvoed, raadpleeg jou praktisyn voor jy hierdie produk gebruik.

K. DOSIS EN GEBRUIKSAANWYSINGS: Neem 1 kapsule daagliks tydens maaltye of soos deur jou praktisyn aangewys.

L. INSTRUKSIES:

- U moet nie medisyne wat vir u voorgeskryf is met ander persone deel nie.
- In geval van oordosering moet u dokter, apteker of naaste hospital onmiddellik geraadpleeg word.

M. NEWE-EFFEKTE: Indien u gesondheid verswak of enige ongewenste effekte waargeneem word tydens die gebruik van hierdie produk, moet u geneesheer of apteker geraadpleeg word.

N. BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN: Geen bekend.

O. IDENTIFIKASIE: Wit kapsule.

P. AANBIEDING: Wit kapsule. Verpak in 'n wit houër met 'n spons en silica gel en verseël met 'n geel deksel. Herverpak met 'n insetsel in 'n duidelike gemerkte karteron.

Q. BERGINGSAAANWYSINGS: Bewaar benede 25°C. Hou buite bereik van kinders.

R. NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT: Sport Health & Fitness Technologies (Edms) Bpk, Mainstraat 61, Bordeaux, Randburg 2194. Suid Afrika.

S. DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET: Junie 2015

T. DISSIPLINE VAN MEDISYNE: Komplimentêre Medisyne.

U. VRYWARING: Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel vir die diagnose, behandeling, genesing of voorkoming van enige siektetoestand nie.