

ZéNERGI® MULTIMINERAL TABLETS

PATIENT INFORMATION LEAFLET

ZéNERGI® MULTIMINERAL TABLETS

Complementary Medicine:
Multimineral supplement

SCHEDULING STATUS
Unscheduled

PROPRIETARY NAME AND PHARMACEUTICAL FORM
Zénergi® Multi-mineral tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

Zénergi® Multi-mineral tablets is available without a doctor's prescription.
Nevertheless you still need to use Zénergi® Multi-mineral tablets carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Zénergi® Multi-mineral tablets with any other person.
- Ask your pharmacist of healthcare practitioner if you need more information or advice.

What is in this leaflet

1. What Zénergi® Multi-mineral tablets is and what it is used for
2. What you need to know before you take Zénergi® Multi-mineral tablets
3. How to take Zénergi® Multi-mineral tablets
4. Possible side effects
5. How to store Zénergi® Multi-mineral tablets
6. Contents of the pack and other information

WHAT ZÉNERGI® MULTI MINERAL TABLETS CONTAINS

The active ingredients are:

Boron (amino acid chelate)	1.5mg
Chromium (polynicotinate form)	25 µg
Copper (amino acid chelate)	1.5 mg
Manganese (amino acid chelate)	2 mg
Molybdenum (amino acid chelate)	25 µg
Selenium (methylselenocysteine form)	30 µg
Vanadium (amino acid chelate)	25 µg
Zinc (amino acid chelate)	10 mg
Iodine (potassium iodate)	70 µg
Silicon (amino acid chelate)	5 mg

Other ingredients:

magnesium silicate, magnesium stearate, microcrystalline cellulose, copovidone, silicone dioxide and croscarmellose sodium

1. What Zénergi® Multi-mineral tablets is used for
Category D: Health Supplement

Minerals are micronutrients, essential for all metabolic processes and are vital components or enzymes required for life.
Minerals also form part of healthy tissue such as skin, hair, nails and connective tissue.
Minerals contributes to the development and maintenance of

- bones and teeth
- normal muscle function
- normal blood clotting
- healthy calcium metabolism
- normal functioning of the nervous system
- normal function of the immune system
- helps to form red blood cells
- helps to metabolise carbohydrates, fats and proteins

2. What you need to know before you take Zénergi® Multi-mineral tablets

Do not take Zénergi® Multi-mineral tablets, if you are hyper-sensitive (allergic) to any of the ingredients. (This medicine has not been evaluated by the South African Health Products Regulatory Authority.)
This medicine is not intended to diagnose, treat, cure or prevent any disease.
Health supplements are intended only to complement health or supplement the diet.

3. How to take Zénergi® Multi-mineral tablets

Do not share medicines prescribed for you with any other person.
Always take Zénergi® Multi-mineral tablets exactly as your healthcare professional has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults: Take two (2) tablets daily with or after food
Zénergi® Multi-mineral tablets can be taken with food and drink.

Pregnancy and breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

Taking other medicines with Zénergi® Multi-mineral tablets

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

If you take more Zénergi® Multi-mineral tablets than you should:

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

If you forget to take a dose of Zénergi® Multi-mineral tablets:
Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

Zénergi® Multi-mineral tablets can have side effects.
Not all side effects reported for Zénergi® Multi-mineral tablets are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Zénergi® Multi-mineral tablets, please consult your health care provider for advice.

If any of the following happens, stop taking Zénergi® Multi-mineral tablets and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to Zénergi® Multi-mineral tablets. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Side effects occurring frequently:

- Pain in your stomach area, bloated stomach, diarrhoea, indigestion, flatulence (wind), nausea (feeling sick), vomiting (being sick).

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Common side effects

Constipation, diarrhea, or upset stomach may occur. These effects are usually temporary and may disappear as your body adjusts to this medication.

Minerals (especially taken in large doses) can cause side effects such as tooth staining, increased urination, stomach bleeding, uneven heart rate, confusion, and muscle weakness or limp feeling.

When taken as directed, multi-minerals are not expected to cause serious side effects.

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 Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of Zénergi® Multi-mineral tablets

5. Storing and disposing of Zénergi® Multi-mineral tablets

Store all medicines out of reach of children.
Store at or below 25 °C
Store in the original package/container
Keep the container tightly closed
Do not store in a bathroom
Do not use after the expiry date stated on the label/carton/bottle
Return all unused medicine to your pharmacist.
Do not dispose unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

White plastic jar containing 60 tablets

What Zénergi® Multi-mineral tablets look like

A light blue mottled shallow concave tablet with a breakline.

7. Registration Number

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

8. Name and Address of Registration Holder

Biotech Laboratories (Pty) Ltd
Ground Floor, Block K West, Central park,
400 16th Road, Randjespark, Midrand
1685

9. Date of Publication

August 2024

ZéNERGI® MULTIMINERAL TABLETS

PASIËNT INLIGTINGSPAMFLET

ZéNERGI® * MULTI-MINERALE TABLETTE

Komplementêre medisyne:
Multi-minerale aanvulling

SKEDULERINGSSTATUS
Ongeskeduleerd

EIENDOMSNAAM EN FARMASEUTIESE VORM
Zénergi® Multi-mineraal tablette

LEES HIERDIE PAMFLET SORGVULDIG WANT DIT BEVAT BELANGRIKE INLIGTING VIR JOU

Zénergi® Multi-mineraal tablette is beskikbaar sonder 'n dokter se voorskrif.
Nietemin moet jy steeds Zénergi® Multi-mineral tablette versigtig gebruik om die beste resultate daaruit te kry.

- Bewaar hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie Zénergi® Multi-mineral tablette met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktikant of jy meer inligting of advies benodig.

Wat hierdie pamflet bevat

1. Wat Zénergi® Multi-mineraal tablette is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy Zénergi® Multi-mineraal tablette neem
3. Hoe om Zénergi® Multi-mineraal tablette te neem
4. Moontlike nuwe-effekte
5. Hoe om Zénergi® Multi-mineraal tablette te bewaar
6. Inhoud van die pakkie en ander inligting

WAT ZÉNERGI® * MULTI MINERALE TABLETTE BEVAT

<i>Die aktiewe bestanddele is:</i>	
Boor (aminozuurchemikaal)	1,5mg
Chroom (polynikotinaatvorm)	25 µg
Koper (aminozuurchemikaal)	1,5mg
Mangaan (aminozuurchemikaal)	2 mg
Molibdeen (aminozuurchemikaal)	25 µg
Selenium (metielseleenoosisteienvorm)	30 µg
Vanadium (aminozuurchemikaal)	25 µg
Sink (aminozuurchemikaal)	10 mg
Jodium (kaliumjodaat)	70 µg
Silikon (aminozuurchemikaal)	5 mg

Ander bestanddele:
magnesiumsilikaat, magnesiumstearaat, mikrokristallyne sellulose, copovidoon, silikoondioksied en kroskarmellose natrium

- 1. Waarvoor Zénergi® * Multi-mineraal tablette gebruik word**
Kategorie D: Gesondheidsaanvulling
Minerale is mikrovodingsowwe, noodsaaklik vir alle metabolismiese prosesse en is noodsaaklike komponente van ensieme wat nodig is vir die lewe.
Minerale vorm ook deel van gesonde weefsel soos vel, hare, naels en bindweefsel.
Minerale dra by tot die ontwikkeling en instandhouding van
- bene en tande
 - normale spierfunksie
 - normale bloedstolling
 - gesonde kalsiummetabolisme
 - normale funksionering van die senuweestelsel
 - normale funksie van die immuunstelsel
 - help om rooibloedselle te vorm
 - help om koolhidrate, vette en proteïene te metaboliseer

2. Wat jy moet weet voordat jy Zénergi® * Multi-mineraal tablette neem

Moenie Zénergi® Multi-mineral tablette neem as jy hipersensitief (allergies) vir enige van die bestanddele is nie. (Hierdie medisyne is nie deur die Suid-Afrikaanse Reguleringsoowerheid vir Gesondheidsprodukte geëvalueer nie.)
Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, te behandel, te genees of te voorkom nie.
Gesondheidsaanvullings is slegs bedoel om gesondheid aan te vul of die dieet aan te vul.

3. Hoe om Zénergi® * Multi-mineraal tablette te neem

Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie. Neem altyd Zénergi® * Multi-mineraal tablette presies soos jou gesondheidswerker jou verduidelik het. Jy moet jou dokter of apteker raadpleeg as jy onseker is.

Die normale dosis is:
Volwassenes: Neem twee (2) tablette daagliks met of sonder kos
Zénergi® * Multi-mineraal tablette kan saam met kos en drank geneem word.

Swangerskap en borsvoeding:

As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou dokter, apteker of ander gesondheidswerker vir advies voordat jy hierdie medisyne gebruik.

Neem ander medisyne saam met Zénergi® * Multi-mineraal tablette

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik (dit sluit komplementêre of tradisionele medisyne in).

As jy meer Zénergi® * Multi-mineraal tablette neem as wat jy moet:

In die geval van oordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As jy vergeet om 'n dosis Zénergi® * Multi-mineraal tablette te neem:

Moenie 'n dubbeldosis neem om vergete individuele dosisse in te haal nie.

4. Moontlike nuwe-effekte

Zénergi® * Multi-mineraal tablette kan nuwe-effekte hê.
Nie alle nuwe-effekte wat vir Zénergi® * Multi-mineraal tablette aangemeld word, is in hierdie pamflet ingesluit nie. Indien u algemene gesondheid versleg of as u enige nadelige effekte ervaar tydens die neem van Zénergi® * Multi-mineral tablette, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

As enige van die volgende gebeur, hou op om Zénergi® * Multi-mineral tablette te neem en vertel jou dokter dadelik of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak om te sluk of asem te haal.
- Uitslag of jeuk.
- Floute.

Dit is alles baie ernstige nuwe-effekte. As jy dit het, het jy dalk 'n ernstige allergiese reaksie op Zénergi® * Multi-mineraal tablette gehad. Jy mag dalk dringende mediese aandag of hospitalisasie benodig.

Vertel jou dokter as jy enige van die volgende opmerk:

Nuwe-effekte wat gereeld voorkom:
• Pyn in jou maagarea, opgeblase maag, diarree, spysvertering, winderigheid (wind), naarheid (siek voel), braking (siek wees).

Indien u enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief u dokter of apteker in kennis.

Algemene nuwe-effekte

Hardlywigheid, diarree of omgekapte maag kan voorkom. Hierdie effekte is gewoonlik tydelik en kan verdwyn soos jou liggaam aanpas by hierdie medikasie.
Minerale (veral in groot dosisse geneem) kan nuwe-effekte veroorsaak soos tandverkleuring, verhoogde urinering, maagbloeding, ongelyke hartklop, verwarring en spierswakheid of slap gevoel.
Wanneer dit geneem word soos aangedui, word daar nie verwag dat multiminerale ernstige nuwe-effekte sal veroorsaak nie.

Aanmelding van nuwe-effekte

As jy nuwe-effekte kry, praat met jou dokter, apteker of verpleegster. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en eReporting platform (who-umc.org) wat op SAHPRA webwerf gevind word. Deur nuwe-effekte aan te meld, kan jy meer inligting verskaf oor die veiligheid van Zénergi® * Multi-mineraal tablette

5. Berging en wegdoen van Zénergi® * Multi-mineraal tablette

Berg alle medisyne buite bereik van kinders.
Berg by of benede 25 °C
Berg in die oorspronklike verpakking/houer
Hou die houer dig toe
Moenie in 'n badkamer bêre nie
Moet nie gebruik nie as dit na die vervaldatum, soos aangedui op die etiket/karton/bottel aangedui is nie
Gee alle ongebruikte medisyne terug na jou apteker.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting

Wit plastiekfles met 60 tablette

Hoe Zénergi® * Multi-mineraal tablette lyk

'n Ligblou gevlekte vlak konkawe tablet met 'n breeklyn.

7. Registrasienuommer

Om toe te gaan tot die medisyne se ooreenstemmende medisyne is nie deur die SAHPRA vir sy kwaliteit, veiligheid of beoogde gebruik geëvalueer nie.

8. Naam en adres van Registrasiehouer

Biotech Laboratories (Edms.) Bpk
Grondvloer, Blok K Wes, Central Park,
400 16^{de} Weg, Randjespark, Midrand
1685

9. Datum van publikasie

Augustus 2024