

SCHEDULE STATUS: NOT APPLICABLE HEALTH SUPPLEMENT**PROPIETY NAME AND DOSAGE FORM:**

VITA GARD D

COMPOSITION

Each capsule contains 25ug of VitaminD3 Cholecalciferol (equivalent to 1000 IU of Vitamin D3) and 400mg of Calcium Carbonate.

Each capsule contains:

ACTIVE INGREDIENT	AMOUNT	RDA(AI)	SAFE UPPER LIMIT
Vitamin D3 (Cholecalciferol)	1000 IU (25ug)	600 IU (15ug)	4000 IU (100ug)
Calcium Carbonate	400mg	1000mg	2000-3000mg

This product contains no: preservatives, tartrazine or added sugar (sucrose)

PHARMACOLOGICAL – CLASSIFICATION)

A32.16 other substances or agents, other

PHARMACOLOGICAL ACTION

Vitamin D is best known as a positive regulator of calcium homeostasis. Vitamin D deficiency has been reported in several chronic conditions associated with increased inflammation and deregulation of the immune system such as diabetes, asthma and rheumatoid arthritis. This suggests a critical role for Vitamin D in the modulation of immune function.²

INDICATIONS

VITA GARD D is a nutritional supplement recommended to prevent or treat VITAMIN D deficiency. This deficiency may occur when your diet or lifestyle does not provide enough Vitamin D that the body requires or when the body requires more Vitamin D.

CONTRA-INDICATIONS

Hypersensitivity to any of the ingredients. Vitamin D should not be taken by patients with hypercalcaemia.

WARNINGS

The safety of this medicine in pregnancy has not been established. Effect of Vitamin D may be reduced in patients taking barbiturates and anticonvulsants. Cholestyramine, Orlistat, Mineral oil (liquid paraffin) inhibit Vitamin D absorption (should be separated by interval of at least 2 hours)¹.

DOSAGE AND DIRECTIONS FOR USE (FOR ADULTS ONLY)

For Adults over 12 years:

1 capsule which is equivalent to 1000 IU Vitamin D per day or as directed by a doctor/pharmacist.

SIDE EFFECTS AND SPECIAL PRECAUTIONS

SPECIAL PRECAUTIONS

Like all medicines, this medicine can cause side effects, although not everybody gets them. Stop taking Vita Gard D and seek immediate medical help if you experience symptoms of serious Allergic reaction such as

- > Swollen face, lips, tongue and throat
- > Difficulty swallowing
- > Hives and difficulty breathing

Excessive intake of vitamin D leads to the development of hypercalcaemia¹ and its associated symptoms including hypercalciuria, ectopic calcification and renal cardiovascular damage. Plasma phosphate concentrations must be controlled during Vitamin D supplementation to reduce the risk of ectopic calcification. Dietary supplementation with Vitamin D may be detrimental in persons receiving adequate intake through their diet and sunlight since the difference between therapeutic and toxic concentration is relatively small.

SIDE EFFECTS

UNCOMMON

Too much calcium in the blood (hypercalcaemia) symptoms include nausea, vomiting¹, lack of appetite, constipation, stomach ache, bone pain, extreme thirst, a need to pass more water than usual, muscle weakness, drowsiness and confusion

Too much calcium in your urine (hypercalciuria)

RARE SIDE EFFECTS

Pruritus, rash and urticarial. If you get any side effects report immediately to your doctor or your pharmacist. This includes side effects not on the leaflet

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT

Vitamin D is the most likely of all vitamins to cause overt toxicity, Vitamin D should be immediately withdrawn if toxicity occurs. Initial signs of toxicity are associated with hypercalcaemia. Other signs include muscle weakness, apathy, headache, anorexia, nausea and vomiting, bone pain, ectopic calcification, proteinuria, hypertension and cardiac arrhythmias. Chronic hypercalcaemia can lead to generalised vascular calcification, nephrocalcinosis and rapid deterioration of renal function. Treatment of hypervitaminosis D consists of immediate withdrawal of the vitamin, a low calcium diet, administration of glucocorticoids and vigorous fluid support fluid support.

PRESENTATION

VITA GARD D is available in 30's white capsules (Halaal).

STORAGE INSTRUCTION

Store below 25°C

Protect from light

KEEP OUT OF REACH OF CHILDREN

NAME AND ADDRESS OF PUBLISHER

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REFERENCES

1. Division of Pharmacology, Faculty of Health Sciences, University of Cape Town (2014), South Africa Medicines Formulary 11th ed, South Africa : South African Medical Association 2.
2. F.Sassi, C. Tamone, P.D Amelio, Vitamin D: Nutrient, Hormone and Immunomodulator : Nutrients 2018,10,1656, www.mdpi.com