

Teen Guard Girls Capsules

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: Scheduled 0

PROPRIETY NAME AND DOSAGE FORM: Teen Guard Girls Capsules

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

Teen Guard Girls Capsules is available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.
- Do not share Teen Guard Girls Capsules with any other person.
- Ask your pharmacist if you need more information or advice.

1. WHAT TEEN GUARD CAPSULES CONTAINS:

Each capsule contains:

Ascorbic Acid	Vitamin C	125mg
Magnesium oxide	Magnesium	125mg
Pyridoxine	Vitamin B6	12,5mg
Iron AAC 10%	Iron	37,5mg
Oenothera biennia	Evening Primrose Oil	25mg
Choline bitrate	Choline bitrate	25mg
Zinc AAC 20%	Zinc	15mg
Thiamine	Vitamin B1	12,5mg
Pantothenic acid	Vitamin B5	12,5mg
L-Carnitine tartrate	Carnitine	12,5mg
Riboflavin	Vitamin B2	10mg
D-alpha-tocopherol	Vitamin E	4mg
Lycopene Extract 10%	Lycopene	2,5mg
Copper Sulphate	Copper	1mg
Cyanocobalamin	Vitamin B12	0,025mg
Methyl folate	Folic acid	0,01mg

Biotin	Vitamin H	0,005mg
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Inactive: Magnesium Stearate

Gluten and Tartrazine free

2. WHAT TEEN GUARD GIRLS CAPSULES IS USED FOR:

Teen Guard Girls Capsules is a multivitamin supplement for teenage girls, 13 years and older.

3. BEFORE YOU TAKE/ USE/ ARE GIVEN/ ADMINISTERED TEEN GUARD GIRLS CAPSULES:

Do not take Teen Guard Girls Capsules:

- If you are known to be hypersensitive (allergic) to (active ingredient) or any of the ingredients. (see; COMPOSITION)

Always tell your health care provider if you are taking any other medicine. If you are pregnant or breastfeeding your baby, please consult your health care provider for advice before taking this medicine.

Pregnancy and breastfeeding:

Teen Guard Girls Capsules is not to be taken or used during pregnancy. Safety and efficacy on these conditions has not been investigated.

Important information about some of the ingredients of Teen Guard Girls Capsules:

In-actives: All inactive ingredient added on the formulation of Teen Guard Girls Capsules are known to be well tolerated.

Always tell your healthcare provider if you are taking any other complementary or traditional medicine before giving you kid Teen Guard Girls Capsules.

Taking/Giving / Using other medicines with Teen Guard Girls Capsules:

Always tell your healthcare provider if you are taking any other complementary or traditional medicine before giving you kid Teen Guard Girls Capsules.

4. HOW TO TAKE/ USE TEEN GUARD GIRLS CAPSULES

Do not share medicine with any other person.

Take two capsules daily after breakfast.

Do not take Teen Guard Girls tablets on an empty stomach.

Take Teen Guard Girls Capsules at the same time each day to have the best effect.

Take the Capsule with sufficient quantity of liquid (e.g. one glass of water)

Always take Teen Guard Girls Capsules exactly as per recommendation of the Package Insert or by your health care provider and if you are unsure.

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

If you take/ use/ more Teen Guard Girls Capsules than you should:

Do not take more than recommended dose. (See Package Insert)

In the event of over dose, consult your doctor, pharmacist or healthcare provider. If neither is available, contact the nearest hospital or poison center.

If you forget to take / missed a dose of Teen Guard Girls Capsules:

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

5. POSSIBLE SIDE EFFECTS

There has not been a case of any side effects reported when taking Teen Guard Girls Capsules as yet. However, cases of over dose or hypersensitivity your teen may experience the following side effects:

- vomiting,
- nausea,

However you should consult with your healthcare provider before taking any dietary supplement ingredient.

If you notice any side effects not mentioned in this leaflet after taking Teen Guard Girls Capsules, stop immediately the use of the product and consult your healthcare provider, please inform your healthcare provider for advice.

6. STORAGE CONDITION

Store all medicines out of reach of children

Store in a cool, dry place below or at 25°C.

Keep the container in the original packaging and in an outer carton.

Protect from light.

Do not store in a bathroom.

Do not use after expiry date stated on the label /carton and on the bottle.

Do not use Teen Guard Girls Capsules if you notice any visible signs of deterioration.

Return all unused medicine to your pharmacist/ supplier.

Do not dispose of unused medicines in drains or sewage systems.

7. PRESENTATION AND IDENTIFICATION OF TEEN GUARD GIRLS CAPSULES

Pink capsules packed in a silver plastic bottle in an outer carton.

8. REGISTRATION NUMBER

Registration number: [Will be allocated by SAHPRA upon registration]

9. NAME AND ADDRESS OF REGISTRATION HOLDER

Kenza Health (Pty) Ltd, Suite 177, Private BagX7, Northriding 2162

10. DATE OF PUBLICATION:

September 2023

Ver: V4

Teen Guard Girls Capsules

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS: Geskeduleer 0

EIENDOM NAAM EN DOSISVORM: Teen Guard Girls Kapsules

Lees hierdie blaadjie sorgvuldig deur, want dit bevat belangrike inligting vir u

Teen Guard Girls kapsules is beskikbaar sonder n' voorskrif van 'n dokter.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moet nie Teen Guard Girls Kapsule met enige ander persoon deel nie.
- Vra jou apteker as jy meer inligting of advies benodig.

1. WATTER TEEN GUARD GIRLS KAPSULES BEHOU:

Elke kapsule bevat:

Ascorbic Acid	Vitamin C	125mg
Magnesium oxide	Magnesium	125mg
Pyridoxine	Vitamin B6	12,5mg
Iron AAC 10%	Iron	37,5mg

Oenothera biennia	Evening Primrose Oil	25mg
Choline bitrate	Choline bitrate	25mg
Zinc AAC 20%	Zinc	15mg
Thiamine	Vitamin B1	12,5mg
Pantothenic acid	Vitamin B5	12,5mg
L-Carnitine tartrate	Carnitine	12,5mg
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D-alpha-tocopherol	Vitamin E	4mg
Lycopene Extract 10%	Lycopene	2,5mg
Copper Sulphate	Copper	1mg
Cyanocobalamin	Vitamin B12	0,025mg
Methyl folate	Folic acid	0,01mg
Biotin	Vitamin H	0,005mg

Onaktiewe: Magnesium Stearate

Gluten en Tartrasien vry

2. WATTER TIENERVLAKKAPPE VIR GEBRUIK WORD:

Teen Guard Girls Kapsules is 'n multi-vitamien aanvulling vir tienermeisies, 18 jaar en ouer.

3. VOORDAT JY TEEN GUARD GIRLS KAPSULES NEEM/GBRUIK/GEADMINISTREER WORD:

Moenie Teen Guard Girls Kapsules neem nie:

As jy bekend is dat dit hipersensitief (allergies) is vir (aktiewe bestanddeel) of enige van die bestanddele. (sien; SAMESTELLING)

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik. As u swanger is of borsvoed, raadpleeg u gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

Swangerskap en borsvoeding:

Teen Guard Girls Kapsules moet nie geneem of gebruik word deur swangerskap nie. Veiligheid en doeltreffendheid onder hierdie toestande is nie ondersoek nie.

Belangrike inligting oor sommige van die bestanddele van Teen Guard Girls Kapsules:

on-aktiewe: Al die onaktiewe bestanddele wat op die formulering van Teen Guard Girls Kapsules bygevoeg word, is goed geduld.

Vertel altyd aan u gesondheidsorgverskaffer as u enige ander aanvullende of tradisionele medisyne gebruik voordat u die Kindjie Teen Guard Girls Kapsules gee.

Neem / Gee / Gebruik van ander medisyne met Teen Guard Girls Kapsules:

Vertel altyd aan u gesondheidsorgverskaffer as u enige ander aanvullende of tradisionele medisyne gebruik voordat u die Teen Guard Girls Kapsules gee.

4. HOE OM TEEN GUARD GIRLS KAPSULES TE GEBRUIK / GEBRUIK

Moenie medisyne met enige ander persoon deel nie.

Neem twee Kapsules daaglik na ontbyt.

Moenie Teen Guard Girls Kapsules op 'n leë maag neem nie.

Neem Teen Guard Girls kapsules op dieselfde tyd elke dag om die beste uitwerking te hê.

Neem die Capsule met voldoende hoeveelheid vloeistof (bv. Een glas water)

Neem altyd Tiener Guard Girls kapsules presies volgens aanbevelings van die pakket invoegsel of deur u gesondheidsorgverskaffer en indien u onseker is.

In geval van oordosering, raadpleeg u dokter of apteker. Indien nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As jy / meer / Teen Guard Girls kapsules gebruik / gebruik as wat jy moet:

Moenie meer as die aanbevole dosis inneem nie. (Sien pakketinvoegsel)

Raadpleeg u dokter, apteker of gesondheidsorgverskaffer in die geval van oordosering. As hul nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As jy vergeet om 'n dosis Teen Guard Girls te neem dosis orgeslaan:

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

5. MOONTLIKE NEWE EFFEKTE

Daar was nog nie 'n geval van enige nowe-effekte wat gerapporteer is toe tienerswagmeisieskapules geneem is nie. Egter gevalle van oordosering of hipersensitiwiteit kan jou tiener die volgende nowe-effekte ervaar:

- braking,
- naarheid,

U moet egter met u gesondheidsorgverskaffer konsulteer voordat u enige voedingsaanvullings bestanddele neem.

As u enige newe-effekte sien wat nie in hierdie pamflet genoem word nie, nadat u Teen Guard Girls kapsules geneem het, stop onmiddellik die gebruik van die produk en raadpleeg u gesondheidsorgverskaffer. Stel asseblief u gesondheidsorgverskaffer in kennis.

6. BERGINGSAAWYSINGS

Bewaar alle medisyne buite bereik van kinders

Berg in 'n koel, droë plek onder of by 25 ° C.

Hou die houer in die oorspronklike verpakking en in 'n buitenste karton.

Beskerm teen lig. Moenie in 'n badkamer stoor nie.

Moet nie gebruik word na die vervaldatum wat op die etiket / karton en op die bottel aangedui word nie.

Moenie Teen Guard Girls kapsules gebruik as u enige sigbare tekens van agteruitgang sien nie.

Stuur alle ongebruikte medisyne na u apteker / verskaffer terug.

Moet nie ongebruikte medisyne in riool- of rioolstelsels weggooi nie.

7. AANBIEDING EN IDENTIFIKASIE VAN TEEN VOOGMEISKAPSULES

Pienk kapsules verpak in 'n silwer plastiekbottel in 'n buitenste karton.

8. REGISTRASIENOMMER

Registrasienommer: [Sal deur die Raad toegeken word by registrasie]

9. NAAM EN ADRES VAN REGISTRASIEHOUER

Kenza Health (Edms) Bpk Suite 177, Private BagX7, Northriding 2162

10. DATUM VAN PUBLIKASIE:

September 2023

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