11 5/8
[295.27]

1 29/64
[36.91]

5 1/2
[139.7]

PROFESSIONAL INFORMATION LEAFLET FOR GNC MULTIVITAMIN PRENATAL

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

This information is intended for use by health professionals.

D.34.12 Multiple Substance Formulation – Health Supplement

SCHEDULING STATUS: S0

1. NAME OF THE MEDICINE: GNC MULTIVITAMIN PRENATAL

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each serving (2 tablets) contains	Quantity	%NRV*
Vitamin A	4500 IU	150.0 %
Vitamin C	120 mg	120.0 %
Vitamin D	400 IU	400.0 %
Vitamin E	30 IU	134.3 %
Vitamin B1 (Thiamine)	1.4 mg	116.7 %
Vitamin B2 (Riboflavin)	1.6 mg	123.1 %
Niacin	18 mg	112.5 %
Vitamin B6 (Pyridoxine)	10 mg	588.0 %
Folic Acid	400 µg	100.1 %
Vitamin B12	8 µg	333.6 %
Biotin	35 µg	116.7 %
Pantothenic Acid	7 mg	140.0 %
Calcium	600 mg	46.30 %
Iron	18 mg	100.1 %
Iodine	150 µg	100.1 %
Magnesium	200 mg	47.6 %
Zinc	15 mg	136.5 %
Copper	1.3 mg	144.6 %
Manganese	2.6 mg	113.1 %
Molybdenum	50 µg	111.1 %

*NRV (Nutrient Reference Value) for individuals 4 years and older. * NRV not established.

Excipients with known effect: GNC MULTIVITAMIN PRENATAL Tablets contain Soya Beal Oil and Colourants. For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM: Tablet. An oblong, slightly mottled off-white to pale yellow tablet.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications: **GNC MULTIVITAMIN PRENATAL** is a mineral and multivitamin supplement which contains essential vitamins and minerals required by the body before, during and after pregnancy.

4.2 Posology and method of administration

Posology

Adults and the Elderly: Take two tablets daily with food or as directed by your doctor or pharmacist. Take two hours before or after taking any other medications.

Do not exceed the recommended daily dosage.

Children under 18 years of age: **GNC MULTIVITAMIN PRENATAL** Tablets are not recommended for children under 18 years of age.

Method of Administration: Oral route.

GNC MULTIVITAMIN PRENATAL should be taken at least 3 months prior to falling pregnant, during pregnancy and for at least 6 months after giving birth.

4.3 Contraindications

- Hypersensitivity to any of the active or inactive ingredients as listed in section 6.1.
- Hypersensitivity to soya and fish.
- Patients with hypervitaminoses A or D.
- Patients with hypercalcaemia.
- Patients with hemochromatosis and other iron-storage disorders.
- Patients with calcium renal calculi or history of renal calculi.
- Patients with low degree or abnormal intestinal motility.
- Patients with a bleeding disorder or patients scheduled for surgery.

4.4 Special warnings and precautions for use: Do not exceed the recommended daily dose.

GNC MULTIVITAMIN PRENATAL is not recommended for use by children under 18 years of age.
Do not take **GNC MULTIVITAMIN PRENATAL** on an empty stomach.
GNC MULTIVITAMIN PRENATAL contains iron. Keep out of reach of children as an overdose may be fatal.
This product contains titanium dioxide, fish and soya which may cause allergic reactions.
Patients with thyroid disorders should seek medical advice before taking **GNC MULTIVITAMIN PRENATAL.**
An allowance should be made for vitamins or minerals obtained from other sources.

4.5 Interaction with other medicinal products and other forms of interaction: Always check with your doctor or pharmacist before taking any medicines if you are pregnant or breastfeeding.

Bisphosphonates: calcium may reduce absorption of bisphosphonates such as etidronate.
4-Quinolones antibiotics: calcium and magnesium may reduce absorption of 4-quinolones such as nalidixic acid, nedocromil, etc.
Tamoxifen: calcium may increase the risk of hypercalcaemia which is a rare side effect associated with Tamoxifen therapy.
Tetracycline antibiotics: calcium and magnesium may reduce the absorption of tetracycline antibiotics such as doxycycline, minocycline and oxytetracycline.
Iron: calcium supplements such as calcium carbonate or calcium sulphate may reduce the absorption of iron.
Zinc: calcium may reduce the absorption of zinc.
Calcitonin: vitamin D may antagonize the effects of calcitonin.
Digoxin: vitamin D supplementation may result in hypercalcaemia which may potentiate the effects of digoxin, resulting in cardiac arrhythmias. Please exercise caution in patients taking digoxin.
Thiazide diuretics: concomitant use of vitamin D with thiazide diuretics may increase the risk of hypercalcaemia.
Vitamin D analogues: concomitant use of Vitamin D with Vitamin D analogues may increase the risk of vitamin D toxicity. Vitamin D analogues include alfacalcidol, calcitrol and dihydrotachysterol.
Phenytoin: folic acid may reduce the plasma concentration of phenytoin.

4.6 Fertility, pregnancy and lactation: GNC MULTIVITAMIN PRENATAL is suitable for use before and during pregnancy and while breastfeeding.

4.7 Effects on ability to drive and use machines: GNC MULTIVITAMIN PRENATAL should not affect the ability of individuals to drive or operate machinery. However special care should be taken not to take **GNC MULTIVITAMIN PRENATAL** until one knows how they react to it.

4.8 Undesirable effects
Undesirable effects are listed according to the (MedDRA) System Organ Classes and have been ranked under headings of frequency using the following convention: Very Frequent (≥ 1/10); Frequent (≥ 1/100, < 1/10); Less Frequent (≥ 1/1000, <1/100); rare (≥ 1/10000, <1/1000); very rare (<1/10000); unknown – cannot be estimated from the available data.

System Organ	Class Frequency	Side Effects
Immune System Disorder	Unknown	Hypersensitivity reaction (such as rash)
Gastrointestinal Disorder	Unknown	Gastrointestinal disturbances (such as nausea, vomiting and abdominal pain)

Reporting of suspected adverse reactions: Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the "604 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8.

4.9 Overdose: No cases of overdose due to **GNC MULTIVITAMIN** Prenatal therapy have been reported. In exceptional circumstance vitamin D could cause toxicity although the margin of safety is very narrow.
Excessive intake could lead to hypercalcaemia, metabolic acidosis and iron toxicity.
Symptoms of excessive intake may include abdominal pain, apathy, anorexia, constipation, diarrhoea, rectal bleeding, dry mouth, fatigue, headaches, nausea, vomiting and lethargy.
If an overdose is suspected, the medicine should be stopped immediately and treatment should be implemented immediately. In severe case, after a latent phase, relapse may occur after 24 – 48 hours, manifested by hypotension, coma, bone pain, cardiac arrhythmias, renal damage (characterised by increased urinary frequency, decreased urinary concentrating ability, nocturia and proteinuria), psychosis although very rare and weight loss.

Treatment
The following steps are recommended to minimise or prevent further absorption of the medication:
1. Administer an emetic.
2. Gastric lavage may be necessary to remove drug already released into the stomach. This should be undertaken using desferrioxamine solution (2g/l). Desferrioxamine 5g in 50 - 100ml water should be introduced into the stomach following gastric emptying. Keep the patient under constant surveillance to detect possible aspiration of vomitus; maintain suction apparatus and standby emergency oxygen in case of need.
3. A drink of mannitol or sorbitol should be given to induce small bowel emptying.
4. Severe poisoning: in the presence of shock and/or coma with high serum iron levels (>142µmol/l) immediate supportive measures plus i.v. infusion of desferrioxamine should be instituted. The recommended dose of desferrioxamine is 5mg/kg/h by slow i.v. infusion up to a maximum of 80mg/kg/24 hours. Warning: hypotension may occur if the infusion rate is too rapid.
5. Less severe poisoning: i.m. desferrioxamine 90mg/kg up to a maximum dose of 4g should be given.
6. Serum iron levels should be monitored throughout.
7. Any fluid or electrolyte imbalance should be corrected.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties: The following account summarises the pharmacological effects of the vitamins and minerals in **GNC MULTIVITAMIN PRENATAL** and describes the conditions caused by deficiency of these.
Vitamin A (β-Carotene): is essential for growth, maintenance of skin and mucous membranes such as the linings of the mouth, nose, lungs, digestive system, colon and for vision, particularly at night.
Vitamin C: is an essential vitamin that plays an important role in maintaining the health of our cells, blood vessels and our resistance to infection. Vitamin C also helps bones, teeth, gums, skin and assists the absorption of iron from the blood.
Vitamin D: helps the body absorb calcium, potassium and phosphorous, all of which are vital for healthy bones and teeth. Together with parathyroid hormone (PTH) and calcitonin, it regulates serum calcium concentration by altering serum calcium and phosphate blood vessels as needed, and mobilising calcium from bone.
Vitamin E: is a nutrient your body needs to support your immune system and help your cells to regenerate. It is a highly effective antioxidant, helping to protect the body from the effects of free radicals. It also helps to maintain healthy skin and blood cells.
Vitamin B1 (Thiamine): is involved in the proper functioning of the heart muscles and for the release of energy from protein, fat and carbohydrate, needed for growth, normal appetite and digestion. Thiamine has also been shown to play a vital role in the normal functioning of the nervous system.
Vitamin B2 (Riboflavin): plays a key role in energy metabolism, and is required for the metabolism of fats, carbohydrates and protein. It is crucial for breaking down food components, absorbing other nutrients and maintaining tissues.
Niacin: is essential for a healthy nervous system.
Vitamin B6 (Pyridoxine): helps protein metabolism, along with the maintenance of the nervous and immune systems. It is also used as an effective treatment for nausea and vomiting during pregnancy.
Folic Acid: is required to regulate the growth of cells including red blood cells and protein synthesis.
Vitamin B12: is often called the "red vitamin" because it is required for regulating and producing red blood cells. They're important for the prevention of brain and spinal cord birth defects.
Biotin: is needed for normal growth and development of the skin and hair, the maintenance of a healthy nervous system and the healthy functioning of bone marrow. It helps manage blood sugar levels.
Pantothenic Acid: plays a vital role in the process of releasing energy from foods, the role of fat metabolism and the provision of the immune system with antibodies.
The main functions of the minerals and trace elements are:
Calcium: is necessary for the formation of bones and teeth and plays a vital role in cell function, muscle contraction, the nervous system and developing a normal heart rhythm.
Iron: forms part of red blood cells which carry oxygen round the body.
Iodine: involved in functioning of the thyroid gland which regulates many of the metabolic processes in the body.
Magnesium: is essential for the formation of bones and teeth, and for the release of energy from food.
Zinc: is required for growth and cell function, bone metabolism, taste, insulin production and the body's immune system which fights infection.
Copper: is required for growth and forms part of enzymes involved in blood and bone formation.
Manganese: helps the body to utilise calcium and potassium and maintain the structure of cells.
Molybdenum: is involved in the enzyme processes for protein metabolism.

5.2 Pharmacokinetic properties
The following account describes the absorption and fate of each of the active constituents of **GNC MULTIVITAMIN PRENATAL.**
Vitamin A: Except when liver function is impaired, Vitamin A is readily absorbed and emulsified by bile salts and phospholipids and absorbed in a micellar form. Part is conjugated with glucuronic acid in the kidney and part is metabolised in the liver and kidney, leaving 30 to 50% of the dose for storage in the liver. It is bound to a globulin in the blood. Metabolites of Vitamin A are excreted in the faeces and the urine.
Vitamin C (Ascorbic Acid): Vitamin C is readily absorbed from the gastro-intestinal tract and is widely distributed in the body tissues. Vitamin C in excess of the body's needs is rapidly eliminated in the urine and this elimination is usually accompanied by a mild diuresis.
Vitamin D: Cholecalciferol is absorbed from the gastro-intestinal tract into the circulation. In the liver, it is hydroxylated to 25-hydroxycholecalciferol, is subject to entero-hepatic circulation and is further hydroxylated to 1,25-dihydroxycholecalciferol in the renal tubule cells. Vitamin D metabolites are bound to specific plasma proteins.
Vitamin E: Vitamin E is absorbed from the gastro-intestinal tract. Most appears in the lymph and is then widely distributed to all tissues. Most of a dose is slowly excreted in the bile and the remainder is eliminated in the urine as glucuronides of tocopheronic acid or other metabolites.
Vitamin B1 (Thiamine): Thiamine is absorbed from the gastro-intestinal tract and is widely distributed to most body tissues. Amounts in excess of the body's requirements are not stored but excreted in the urine as unchanged thiamine or its metabolites.
Vitamin B2 (Riboflavin): Riboflavin is absorbed from the gastro-intestinal tract and in the circulation is bound to plasma proteins. It is widely distributed. Little is stored and, excess amounts are excreted in the urine. In the body riboflavin is converted to flavine mononucleotide (FMN) and then to flavine adenine dinucleotide (FAD).
Niacin: Niacin is rapidly and extensively absorbed (at least 60 to 76% of dose) when administered orally. Niacin is then metabolised to Nicotinamide through the formation of Nicotinamide adenine dinucleotide (NAD). Nicotinamide is absorbed from the gastro-intestinal tract, is widely distributed in the body tissues and has a short half-life.
Vitamin B6 (Pyridoxine): Pyridoxine is absorbed from the gastro-intestinal tract and converted to the active pyridoxal phosphate which is bound to plasma proteins. It is excreted in the urine as 4 pyridoxic acid.
Folic Acid: Folic acid is absorbed mainly from the proximal part of the small intestine. Folate polyglutamates are considered to be deconjugated to monoglutamates during absorption. Folic acid rapidly appears in the blood where it is extensively bound to plasma proteins. Some folic acid is distributed in body tissues, some is excreted as folate in the urine and some is stored in the liver as folate.
Vitamin B12 (Cyanocobalamin): Cyanocobalamin is absorbed from the gastro-intestinal tract and is extensively bound to specific plasma proteins. A study with labelled Vitamin B12 showed it was quickly taken up by the intestinal mucosa and held there for 2 - 3 hours. Peak concentrations in the blood and tissues do not occur until 8 - 12 hours after dosage with maximum concentrations in the liver within 24 hours. Cobalamins are stored in the liver, excreted in the bile and undergo enterohepatic recycling. Part of a dose is excreted in the urine, most of it in the first eight hours.
Biotin (Vitamin H): Following absorption, biotin is stored in the liver, kidney and pancreas.
Pantothenic Acid (Calcium Pantothenate): Pantothenic acid is readily absorbed from the gastro-intestinal tract and is widely distributed in the body tissues. About 70% of pantothenic acid is excreted unchanged in the urine and about 30% in the faeces.
Calcium: A third of ingested calcium is absorbed from the small intestine. Absorption of calcium decreases with age.
Iron: Iron is absorbed chiefly in the duodenum and jejunum. Absorption is aided by the acid secretion of the stomach and if the iron is in the ferrous state as in ferrous fumarate. In conditions of iron deficiency, absorption is increased and, conversely, it is decreased in iron overload. Iron is stored as ferritin.
Iodine: Iodides are absorbed and stored in the thyroid gland as thyroglobulin. Iodides are excreted in the urine with smaller amounts appearing in the faeces, saliva and sweat.
Magnesium (Magnesium Oxide): Magnesium salts are poorly absorbed from the gastro-intestinal tract; however, sufficient magnesium will normally be absorbed to replace deficiency states. Magnesium is excreted in both the urine and the faeces but excretion is reduced in deficiency states.
Zinc (Zinc Sulfate): Zinc is poorly absorbed from the gastro-intestinal tract. It is widely distributed throughout the body. It is excreted in the faeces with traces appearing in the urine.
Copper (Copper Sulfate): Copper is absorbed from the gastro-intestinal tract and its major route of excretion is in the bile.
Manganese (Manganese Sulfate): Manganese salts are poorly absorbed.
Molybdenum (Sodium Molybdate): Although it has been established that molybdenum is essential to human life, little information is available on its function and metabolism.

5.3 Preclinical safety data: There are no pre-clinical data of relevance to the prescriber which are additional to that already included in other sections of the PI.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients: Gelatine, Soybean Oil, Glycerine, Yellow Beeswax, Caramel Colour, Soy Lecithin, Titanium Dioxide (Mineral Whitener).

6.2 Incompatibilities: Unknown.

6.3 Shelf life: 2 years.

6.4 Special precautions for storage: Store in a cool, dry place below 25°C.

6.5 Nature and contents of container: 30-day supply. 60 tablets in a white HDPE bottle sealed with a white child resistant screw on cap and a tamper-evident seal with an accompanying package insert.

6.6 Special precautions for disposal and other handling: No special requirements.

7 HOLDER OF CERTIFICATE OF REGISTRATION
Unicorn Pharmaceuticals (Pty) Ltd, Corner of Searle and Pontac Streets, Woodstock, Cape Town, 8001, SOUTH AFRICA, TEL: +27 (0) 860 154 257; enquiries@unicornpharma.co.za

8 REGISTRATION NUMBER: To be allocated.

DATE OF PUBLICATION OF PROFESSIONAL INFORMATION: April 2021

10 DATE OF REVISION OF THE TEXT: March 2023

PIL

Red Line indicate fold lines

11 5/8
[295.27]

1 29/64
[36.91]

5 1/2
[139.7]

PATIENT INFORMATION LEAFLET FOR GNC MULTIVITAMIN PRENATAL

This leaflet tells you about GNC MULTIVITAMIN PRENATAL

SCHEDULING STATUS: S0

PROPRIETARY NAME AND DOSAGE FORM: GNC MULTIVITAMIN PRENATAL

Complementary Medicine
D.34.12 Multiple Substance Formulation. Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you.
GNC MULTIVITAMIN PRENATAL is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use **GNC MULTIVITAMIN PRENATAL** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **GNC MULTIVITAMIN PRENATAL** with any other person.
- Ask your doctor or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

1. What GNC MULTIVITAMIN PRENATAL is and what it is used for
GNC MULTIVITAMIN PRENATAL is a mineral and multivitamin supplement which contain a combination of essential vitamins and minerals required by your body before, during and after pregnancy.

2. What you need to know before you take GNC MULTIVITAMIN PRENATAL
Do not take GNC MULTIVITAMIN PRENATAL:
- if you are allergic to any of the ingredients or any of the other ingredients of **GNC MULTIVITAMIN PRENATAL** as listed in section 6.
- if you suffer from hypercalcaemia (high level of calcium in the blood).
- if you suffer from iron storage disorders such as bronzed diabetes (hemochromatosis).
- if you are allergic to soya, fish, wheat and peanuts.
- If you have a bleeding disorder or are scheduled for an operation/surgery.
- If you suffer from hypervitaminosis A (high levels of vitamin A in the blood).
- If you suffer from hypervitaminosis D (high levels of Vitamin D in the blood).
- If you have a kidney disorder.
- If you have an intestinal disorder.

Warnings and precautions
Take special care with GNC MULTIVITAMIN PRENATAL:
If you are taking any other medication, take this medicine at least 2 hours before or after any medications.
Do not exceed the recommended daily dosage.

Children and Adolescents
Do not give **GNC MULTIVITAMIN PRENATAL** to children under the age of 18 years.

Other medicines and GNC MULTIVITAMIN PRENATAL
Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)
Always check with your Doctor or Pharmacist before taking any medicines if you are pregnant or breastfeeding.

Bisphosphonates used in the treatment of osteoporosis: calcium may reduce absorption of bisphosphonates such as etidronate.

4-Quinolone Antibiotics: calcium and magnesium may reduce absorption of 4-Quinolone antibiotics.
Tamoxifen used in the prevention and treatment of certain cancers: calcium supplements may increase the risk of developing high levels of calcium in the blood (hypercalcaemia).

Tetracycline Antibiotics used to treat infections: calcium and magnesium may reduce absorption of tetracycline antibiotics.

Iron: calcium supplements such as calcium carbonate or calcium sulphate may reduce the absorption of iron.

Zinc: calcium may reduce the absorption of zinc.

Calcitonin a hormone: vitamin D may antagonize the effects of calcitonin.

Digoxin used to treat heart failure: Vitamin D supplementation may result in high levels of calcium in the blood (hypercalcaemia) which may potentiate the effects of digoxin, resulting in abnormal heart rhythm (cardiac arrhythmias).

Thiazide diuretics used to treat high blood pressure and water retention or swelling: Concomitant use of vitamin D with thiazide diuretics may increase the risk of developing high levels of calcium in the blood (hypercalcaemia).

Vitamin D analogues: Concomitant use of Vitamin D with Vitamin D analogues may increase the risk of vitamin D toxicity. Vitamin D analogues include alfacalcidol, calcitrol and dihydrotachysterol.

Phenytoin used to treat epilepsy, folic acid may reduce the plasma concentration of phenytoin.

Please tell your doctor if you are taking or have recently taken/used any other medicines including other vitamin or mineral products obtained without a prescription.

GNC MULTIVITAMIN PRENATAL with food and drink: GNC MULTIVITAMIN PRENATAL must be taken with food.

Important information about some of the ingredients of GNC MULTIVITAMIN PRENATAL: This medicine contains titanium dioxide which may cause allergic reactions.

GNC MULTIVITAMIN PRENATAL contains soya bean oil, fish, wheat and peanut. If you are allergic to peanut, wheat, fish or soya, do not take this medicinal product.

GNC MULTIVITAMIN PRENATAL contains iron; an overdose could be fatal in children under 12 years.

Pregnancy, breastfeeding and fertility: GNC MULTIVITAMIN PRENATAL should be safe to use during pregnancy and breastfeeding, but always tell your doctor that you are using this product.

Driving and using machines
GNC MULTIVITAMIN PRENATAL should not affect the ability to drive or use machinery. It is not always possible to predict to what extent **GNC MULTIVITAMIN PRENATAL** may interfere with the daily activities of any individual. You should ensure that you do not engage in the above activities until you know how **GNC MULTIVITAMIN PRENATAL** affects you.

3. How to take GNC MULTIVITAMIN PRENATAL

Do not share medicines with any other person.
Always take **GNC MULTIVITAMIN PRENATAL** exactly as described in this leaflet or as your doctor or pharmacist told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is two tablets daily with or after meals.

Take this medication 2 hours before or after taking other medications.

If you take more GNC MULTIVITAMIN PRENATAL than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take GNC MULTIVITAMIN PRENATAL
If you forget to take a dose, take it as soon as possible, unless it is almost time to take the next dose (within 1-2 hours). Do not take a double dose to make up for a forgotten dose. Then go on as usual with 2 tablets daily.

4. Possible side effects
GNC MULTIVITAMIN PRENATAL can have side effects.
Not all side effects reported for **GNC MULTIVITAMIN PRENATAL** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **GNC MULTIVITAMIN PRENATAL**, please consult your health care provider for advice.

You may experience allergic reactions (such as rash) and problems related to your stomach and intestines such as nausea, diarrhoea, constipation, indigestion and flatulence while taking **GNC MULTIVITAMIN PRENATAL.**

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

Reporting of side effects
If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of **GNC MULTIVITAMIN PRENATAL**.

5. How to store GNC MULTIVITAMIN PRENATAL
- Store in a cool, dry place at or below 25°C.
- Store in the original container.
- Keep the container tightly closed.
- Protect from light, heat and moisture.
- Do not use after the expiry date stated on the label or bottle.

How to dispose of unused or expired GNC MULTIVITAMIN PRENATAL
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What GNC MULTIVITAMIN PRENATAL contains
The active substances are (per dose = 2 tablets): Vitamin A 4500 IU, Vitamin C 120 mg, Vitamin D 400 IU, Vitamin E 30 IU, Vitamin B1 (Thiamine) 1.4 mg, Vitamin B2 (Riboflavin) 1.6 mg, Niacin 18 mg, Vitamin B6 (Pyridoxine) 10 mg, Folic Acid 400 µg, Vitamin B12 8 µg, Biotin 35 µg, Pantothenic Acid 7 mg, Calcium 600 mg, Iron 18 mg, Iodine 150 µg, Magnesium 200 mg, Zinc 15 mg, Copper 1.3 mg, Manganese 2.6 mg and Molybdenum 50 µg.

The other ingredients are gelatine, soybean oil, glycerine, yellow beeswax, caramel colour, soy lecithin, and titanium dioxide (mineral whitener).

What GNC MULTIVITAMIN PRENATAL looks like and contents of the pack
GNC MULTIVITAMIN PRENATAL tablets are oblong, slightly mottled off-white to pale yellow tablets. They are packed in white HDPE bottle sealed with a white child resistant screw-on cap and a tamper-evident seal with an accompanying package insert. Each bottle contains 60 tablets.

Holder of Certificate of Registration
Unicorn Pharmaceuticals (Pty) Ltd
Corner of Searle and Pontac Streets
Woodstock
Cape Town
8001
SOUTH AFRICA
TEL: +27 (0) 860 254 257
enquiries@unicornpharma.co.za

This leaflet was last revised in:
April 2021
Registration Number:
To be allocated.

Access to the corresponding Professional Information:
www.clicks.co.za

602601 HVG

PIL

Red Line indicate fold lines

GNC LIVE WELL
300 Sixth Avenue #2
Pittsburgh, PA 15222

Round: RELEASE - AP

Revise Date: 7/27/22

File name: 602601_HVG_PrenatalwithIron_Insert.indd

Application: Adobe Illustrator CC

Artwork is set up at 100%

Color Pallette
4 Color Process + 1 Spot

PMS 425 | Black | Yellow | Cyan | Magenta

COLORS ARE COMPUTER SIMULATED AND ARE NOT FOR COLOR MATCHING.
Varnishes/Coatings may not be included in color palette specifications. Refer to print specifications .

Supplier is responsible for checking files for accuracy in:
- measurements
- print tolerance requirements
- registration
- construction of artwork

* Changes made to suit production requirements must be approved by GNC.
* Proofs and copy changes must be sent to GNCPackaging@gnc-hq.com for review.