

SCHEDULING STATUS

(S0)

1. NAME OF THE MEDICINE AND DOSAGE FORM

OptiHealth Vitamin K2 + D3 Complex Capsules

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

2.1 List of active ingredients

ELEMENTAL ACTIVE INGREDIENT	QUANTITY PER CAPSULE
Vitamin K2 Vital Delta 0,2%	100 µg
Vitamin D3 Type 100 CWS	500 IU

2.2 List of excipients (inactive ingredients)

Excipients: Calcium Carbonate, Microcrystalline Cellulose, Magnesium Stearate BP, Vegi Capsule

3. MEDICINE INFORMATION

3.1 Category

Category D - Multiple substances formulation, complementary medicines.

3.2 Dosage and Route of Administration

3.2.1 Dosage

Adults only.

Take 1 capsule per day with a glass of water after a meal or as directed by a healthcare professional.

DO NOT give this medicine to children under the age of 12.

3.2.2 Route of Administration

For oral administration only.

3.3 Indications

- Plays essential role in calcium metabolism, bone robustness, and heart health.

3.4 Contraindications

- Hypersensitivity to any of the active ingredients or to any of the excipients.
- It is contraindicated in individuals with hypercalcemia (high levels of calcium in the blood) or severe renal impairment.

3.5 Special warnings and precautions for use

- Do not exceed the recommended daily dose.

- Patients on chronic medication or with a chronic condition should consult their healthcare practitioner before taking any supplements/medicine.
- Consult a healthcare provider before using this product if you:
 - have a history of kidney stones, heart disease, or are taking anticoagulant medications.
- Regular monitoring of calcium levels is recommended to avoid hypercalcemia.

3.6 Interaction

- Some ingredients may interact with other medication.
- Always consult your healthcare professional if you are taking any other drugs before taking this medication:
 - OptiHealth Vitamin K2 + D3 Complex Capsules can interact with anticoagulants (e.g., warfarin), potentially reducing their effectiveness.
 - OptiHealth Vitamin K2 + D3 Complex Capsules Vitamin D may interact with certain medications such as corticosteroids, orlistat, and cholesterol-lowering drugs.

3.7 Fertility, Pregnancy and lactation

- Do not use during pregnancy or whilst breast feeding.
- Consult your healthcare professional if you fall pregnant whilst taking this medication.

3.8 Effects on ability to drive and use of machinery.

- The effect of OptiHealth Vitamin K2 + D3 Capsules on the ability to drive a vehicle and use machines has not been established.
- If you experience any unusual side effects, it is best to avoid such activities until you know how the supplement affects you.

3.9 Side effects

Common side effects of OptiHealth Vitamin K2 + D3 Capsules may include:

- Mild stomach upset, nausea or diarrhoea.
- Not all side effects reported for this medicine are included in this leaflet.
- Please consult your healthcare practitioner if your general health worsens whilst taking this medicine.

3.10 Reporting of suspected adverse reactions

If you experience an adverse reaction, immediately stop taking this medicine and seek advice by consulting your pharmacist or healthcare provider.

3.11 Overdose

In the event of an overdosage, immediately seek help at the nearest hospital or poison control centre on 086 155 5777 or alternatively contact 021 938 6084.

4. CONTENT OF THE PACK AND OTHER INFORMATION

4.3 Shelf life

2 Years

4.2 Special precautions for storage

Store in the original container.

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

KEEP OUT OF THE REACH OF CHILDREN.

KEEP OUT OF DIRECT SUNLIGHT.

4.3 Nature and contents of container

A clear capsule packed in a brown 175 ml PET amber bottle with a white 45 mm ribbed cap. Each container contains 30 clear capsules.

4.4 Special precautions for disposal

- Remove the label from the container.
- Recycle the container and cap.
- Do not dispose any unused or expired medicine in the sink, toilet or dustbin, return it to the nearest retail pharmacy for proper medical disposal.

4.4 Holder of certificate of registration

Triton Pharmaceuticals

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4.6 Registration number

- To be allocated.
- This medicine has not been evaluated by the South African Health Products Regulatory Authority for its quality, safety or intended use.

5 DATE OF PUBLICATION OF PROFESSIONAL INFORMATION

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