



CHELA-PREG® FERTILITY SUPPORT

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

CHELA-PREG® FERTILITY SUPPORT (Chew Tablets).

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

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

CHELA-PREG® FERTILITY SUPPORT is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use CHELA-PREG® FERTILITY SUPPORT carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share CHELA-PREG® FERTILITY SUPPORT with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

WHAT CHELA-PREG® FERTILITY SUPPORT CONTAINS

The active substances are:
Folic acid (Vitamin B₉) 500,0 µg
Cyanocobalamin (Vitamin B₁₂) 30,0 µg

The other ingredients are:
Magnesium stearate, maltodextrin, mannitol, modified maize starch, orange flavour, sorbitol and sucrose.

WHAT CHELA-PREG® FERTILITY SUPPORT IS USED FOR

Category D Complementary Medicine
Discipline 34.11 Health Supplements.
Vitamins.

CHELA-PREG® FERTILITY SUPPORT helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy, it helps the body to metabolise proteins and to form red blood cells.

BEFORE YOU TAKE CHELA-PREG® FERTILITY SUPPORT

Do not take CHELA-PREG® FERTILITY SUPPORT if you are hypersensitive (allergic) to any of the ingredients.

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

Taking CHELA-PREG® FERTILITY SUPPORT with food and drink

Take CHELA-PREG® FERTILITY SUPPORT with a meal.

Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking CHELA-PREG® FERTILITY SUPPORT.

CHELA-PREG® FERTILITY SUPPORT is safe for use during pregnancy and breastfeeding.

Important information about some of the ingredients of CHELA-PREG® FERTILITY SUPPORT

Suitable for vegans and vegetarians.
Sugar free.
(Contains sucrose 0,3 mg/tablet, an insignificant amount of sugar).
Contains sweetener: Sorbitol 0,3 g/tablet.
CHELA-PREG® FERTILITY SUPPORT contains sorbitol. If you have been told that you have an intolerance to some sugars, you should not take CHELA-PREG® FERTILITY SUPPORT.

Taking other medicines with CHELA-PREG FERTILITY SUPPORT

Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE CHELA-PREG® FERTILITY SUPPORT

Do not share medicines prescribed for you with any other person.
Always take CHELA-PREG® FERTILITY SUPPORT exactly as instructed.
You should check with your doctor or pharmacist if you are unsure.
The usual dosage is:
Adults: Chew 1 tablet once daily with a meal, or as directed by a healthcare provider.

If you take more CHELA-PREG® FERTILITY SUPPORT than you should

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

If you forget to take a dose of CHELA-PREG® FERTILITY SUPPORT

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

POSSIBLE SIDE EFFECTS

CHELA-PREG® FERTILITY SUPPORT can have side effects.
Not all side effects reported for CHELA-PREG® FERTILITY SUPPORT are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CHELA-PREG® FERTILITY SUPPORT, please consult your healthcare provider for advice.

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

STORING AND DISPOSING OF CHELA-PREG® FERTILITY SUPPORT

Store all medicines out of reach of children.
Store at or below 25 °C.
Keep the container in the outer carton.
Store in the original package / container.
Keep the container tightly closed.
Protect from moisture.
Do not store in a bathroom.
Do not use after the expiry date stated on the label / carton / bottle.
Do not use CHELA-PREG® FERTILITY SUPPORT if you notice visible signs of deterioration.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF CHELA-PREG® FERTILITY SUPPORT

A white plastic bottle containing 60 tablets, in an outer carton.

IDENTIFICATION OF CHELA-PREG® FERTILITY SUPPORT

A pink-orange, biconvex, round tablet.

REGISTRATION NUMBER

RSA: TBA

DATE OF REGISTRATION

TBA

PROFESSIONAL INFORMATION

For further information refer to the Professional Information of the product.

NAME AND ADDRESS OF REGISTRATION HOLDER

Ascendis Consumer Brands (Pty) Ltd
Wynberg, Gauteng 2090
South Africa
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA



CHELA-PREG® FERTILITY SUPPORT

PASIÉNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

CHELA-PREG® FERTILITY SUPPORT, koutablette

Lees die hele inligtingsblaadjie noukeurig deur, dit bevat belangrike inligting vir jou.

'n Gebalanseerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasies te bewerkstellig.

CHELA-PREG® FERTILITY SUPPORT is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter nogsteeds CHELA-PREG® FERTILITY SUPPORT versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljet want dit mag dalk nodig wees om dit weer te lees.
- Moenie CHELA-PREG® FERTILITY SUPPORT met enige iemand anders deel nie.
- Raadpleeg jou gesondheidsverskaffer of apteker indien jy meer inligting of advies benodig.

WAT CHELA-PREG® FERTILITY SUPPORT BEVAT

Die aktiewe bestanddele is:
Folien suur (Vitamiën B₉) 500,0 µg
Sianokobalamien (Vitamiën B₁₂) 30,0 µg

Die ander bestanddele is:
Magnesiumstearaat, maltodekstrien, mannitol, gemodifiseerde nielietstysel, lemoengur, sorbitol en suikrose.

WAARVOOR CHELA-PREG FERTILITY SUPPORT GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.11 Gesondheidsaanvulling.
Vitamiene.

CHELA-PREG® FERTILITY SUPPORT help om die risiko van

neuralebuis defekte te verminder wanneer dit daaglik gebruik word voor swangerskap en tydens vroeë swangerskap help dit die liggaam proteïene te metaboliseer en om rooi bloed selle te vorm.

VOORDAT CHELA-PREG® FERTILITY SUPPORT GEBRUIK WORD

Moenie CHELA-PREG® FERTILITY SUPPORT gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.

Hierdie ongeregisteerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Neem van CHELA-PREG® FERTILITY SUPPORT met voedsel en voelstief

Neem CHELA-PREG® FERTILITY SUPPORT met 'n maaltyd.

Swangerskap en Borsvoeding

As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheidsverskaffer voordat jy CHELA-PREG® FERTILITY SUPPORT gebruik.

CHELA-PREG® FERTILITY SUPPORT is veilig vir gebruik gedurende swangerskap en borsvoeding.

Belangrike inligting in verband met sommige van die bestanddele in CHELA-PREG® FERTILITY SUPPORT

Geskik vir vegane en vegetariërs.
Suikervry
(Bevat suikrose 0,3 mg/tablet, 'n onbeduidende hoeveelheid suiker).
Bevat versoeter: Sorbitol 0,3 g/tablet.
CHELA-PREG® FERTILITY SUPPORT bevat sorbitol. As jy vertel is dat jy 'n intoleransie vir sekere suikers het, moenie CHELA-PREG® FERTILITY SUPPORT.

As jy ander medisyne saam met CHELA-PREG® FERTILITY SUPPORT neem

Stel altyd jou gesondheidsverskaffer in kennis indien jy enige ander medisyne gebruik.

HOE OM CHELA-PREG® FERTILITY SUPPORT TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie.
Neem CHELA-PREG® FERTILITY SUPPORT altyd presies soos aanbeveel.
Bevestig met jou dokter of apteker indien jy onseker is.
Die normale dosering is:
Volwassenes: Kou 1 tablet een keer daaglik met 'n maaltyd of soos voorgeskryf deur 'n gesondheidsverskaffer.

Indien jy meer CHELA-PREG® FERTILITY SUPPORT gebruik as wat jy behoort

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geen een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien jy vergeet het om CHELA-PREG® FERTILITY SUPPORT te neem

Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

CHELA-PREG® FERTILITY SUPPORT kan moontlik newe-effekte veroorsaak.

Nie alle newe-effekte wat vir CHELA-PREG® FERTILITY SUPPORT aangemeld is word in hierdie voubljet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy CHELA-PREG® FERTILITY SUPPORT gebruik, moet jy asseblief jou gesondheidsverskaffer raadpleeg.
Indien jy enige newe-effekte ervaar waarmee wat nie in hierdie voubljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN CHELA-PREG FERTILITY SUPPORT

Bewaar alle medisyne buite bereik van kinders.
Bewaar teen of benede 25 °C.
Bewaar die houer in die kartonverpakking.

Bewaar in die oorspronklike houer.
Maak die houer dig toe.
Beskerm teen vog.
Moenie die produk in die badkamer bewaar nie.
Moenie gebruik na die vervaldatum wat op die etiket / karton / bottel aangedui is nie.
Moenie CHELA-PREG® FERTILITY SUPPORT gebruik indien jy enige sigbare tekens van produkafbraak opmerk nie.
Besorg enige ongebruikte medisyne terug aan jou apteker.
Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette).

AANBIEDING VAN CHELA-PREG FERTILITY SUPPORT

'n witkleurige plastiekbottel gevul met 60 tablette in 'n kartonverpakking.

IDENTIFIKASIE VAN CHELA-PREG FERTILITY SUPPORT

'n Pink-oranje, bikonvekse, ronde tablet.

REGISTRASIE-NOMMER

RSA: TBA

DATUM VAN REGISTRASIE

TBA

PROFESSIONELE INLIGTING

Vervys na die voubljet met Professionele Inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIE

Ascendis Consumer Brands (Pty) Ltd
Gauteng 2090

South Africa
+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

TBA

905M267/00



CHELA-PREG® FERTILITY SUPPORT

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

CHELA-PREG® FERTILITY SUPPORT, chew tablets

COMPOSITION

Each capsule contains:
Folic acid (Vitamin B₉) 500,0 µg
Cyanocobalamin (Vitamin B₁₂) 30,0 µg

Inactive ingredients:
Magnesium stearate, maltodextrin, mannitol, modified maize starch, orange flavour, sorbitol and sucrose.
Sugar free (Contains sucrose 0,3 mg/tablet, an insignificant amount of sugar).
Contains sweetener: Sorbitol 0,3 g/tablet.
Suitable for vegans and vegetarians.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 34.11 Health Supplements. Vitamins

PHARMACOLOGICAL ACTION

Folic Acid and Vitamin B₁₂ are factors in the reduction of neural tube defects.
Research indicates that women who supplemented with vitamin B complex and folic acid had a higher number of oocytes, thus hypothesizing a higher chance of achieving pregnancy.
Studies show that women with higher concentrations of both serum folate and vitamin B₁₂ had a higher chance of reproductive success.
Vitamin B₁₂ is essential for folate utilisation, and its absence can result in a functional folate deficiency.
The enzyme methionine synthase, which converts homocysteine to methionine, requires both folate and vitamin B₁₂ as cofactors, and low maternal vitamin B₁₂ concentrations may be an independent risk factor for neural tube defects.
Vitamin B₁₂ also contributes to normal red blood cell formation.
Folic acid helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy. It also helps the body to metabolise proteins and to form red blood cells.

INDICATIONS

CHELA-PREG® FERTILITY SUPPORT contributes to maternal tissue growth during pregnancy. Plays a role in the process of cell division. A factor in the maintenance of good health. Helps the body to metabolise proteins and to form red blood cells. Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.

CONTRAINDICATIONS

Hypersensitive (allergic) to any of the ingredients of CHELA-PREG® FERTILITY SUPPORT.

WARNINGS and SPECIAL PRECAUTIONS

CHELA-PREG® FERTILITY SUPPORT contains sorbitol. Patients with the rare hereditary condition of sorbitol intolerance should not take CHELA-PREG® FERTILITY SUPPORT.
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

INTERACTIONS

There are no known interactions.

HUMAN REPRODUCTION

CHELA-PREG® FERTILITY SUPPORT is safe for use during pregnancy and lactation.

DOSAGE AND DIRECTIONS FOR USE

Adults: Chew 1 tablet once daily with a meal, or as directed by a healthcare provider.

SIDE EFFECTS

There are no known side effects.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.

IDENTIFICATION

A pink-orange, biconvex, round tablet.

PRESENTATION

A white plastic bottle containing 60 tablets, in an outer carton.

STORAGE INSTRUCTIONS

Store at or below 25 °C.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

TBA

DATE OF REGISTRATION

TBA

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

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