



PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

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

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

WHAT CHELA-PREG® CONTAINS

The active substances are:

Calcium carbonate	313,0 mg
providing Calcium	125,2 mg
Calcium ascorbate	60,5 mg
providing Vitamin C and Calcium	50,0 mg
Calcium	5,6 mg
Magnesium oxide	33,2 mg
providing Magnesium	20,0 mg
Iron (from Ferrochel™ ferrous bisglycinate chelate 75,0 mg)	15,0 mg
Nicotinamide (Vitamin B ₃)	10,0 mg
Thiamine mononitrate	3,0 mg
providing Thiamine (Vitamin B ₁)	2,4 mg
Riboflavin (Vitamin B ₂)	2,0 mg
Copper amino acid chelate	1,5 mg
providing Copper	150,0 µg
Pyridoxine hydrochloride	1,0 mg
providing Pyridoxine (Vitamin B ₆)	800,0 µg
Zinc oxide	875,0 µg
providing Zinc	700,0 µg
Folic acid (Vitamin B ₉)	500,0 µg
Cyanocobalamin (Vitamin B ₁₂)	2,0 µg
Vitamin A acetate (Vitamin A)	1000 IU
Cholecalciferol (Vitamin D ₃)	400 IU

The other ingredients are:

Calcium carbonate, gelatine, gum acacia, magnesium stearate, maize starch, methyl paraben, polyethylene glycol, povidone, shellac, Erythrosine (E124), sucrose, talc and titanium dioxide.

WHAT CHELA-PREG® IS USED FOR

Category D Complementary Medicine
Discipline 34.12 Health Supplements.
Multiple substance formulation
CHELA-PREG® is recommended for use before, during and three (3) months after pregnancy, while the mother continues to breastfeed.

BEFORE YOU TAKE CHELA-PREG®

Do not take CHELA-PREG® 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® with food and drink

Take CHELA-PREG® with or without food.

Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking this medicine.
CHELA-PREG® is safe for use during pregnancy and while breastfeeding.

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

Contains sugar: Sucrose 0,2 g per tablet
If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking CHELA-PREG®.

CHELA-PREG® contains sucrose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

Taking other medicines with CHELA-PREG®

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

HOW TO TAKE CHELA-PREG®

Do not share medicines prescribed for you with any other person.
Always take CHELA-PREG® exactly as instructed. You should check with your doctor or pharmacist if you are unsure.
The usual dosage is: Take 1 tablet daily.

If you take more CHELA-PREG® than you should

In the event of overdose, 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®

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

POSSIBLE SIDE EFFECTS

CHELA-PREG® can have side effects.
Side effects may include gastrointestinal complaints.
Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, 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®

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® 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®

A white plastic container with a screw cap containing 30 or 90 tablets in a carton.

IDENTIFICATION OF CHELA-PREG®

A round, pale-pink sugar-coated tablet.

REGISTRATION NUMBER

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
1 Carey Street
Wynberg, Gauteng 2090
South Africa
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA



PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

CHELA-PREG®, suiker-bedekte tablette

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU.

'n Dieët met verskeidenheid is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasies te bewerkstellig.
CHELA-PREG® is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter nogsteeds CHELA-PREG® versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljiet, dit mag dalk nodig wees om dit weer te lees.
- Moenie CHELA-PREG® met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig.

WAT CHELA-PREG® BEVAT

Kalsiumkarbonaat	313,0 mg
verskaf Kalsium	125,2 mg
Kalsiumaskorbaat	60,5 mg
verskaf Vitamien C en Kalsium	50,0 mg
Kalsium	5,6 mg
Magnesiumoksied	33,2 mg
verskaf Magnesium	20,0 mg
Yster (van Ferrochel™ yster-bisglisinaat-chelate 75,0 mg)	15,0 mg
Nikotienamied (Vitamien B ₃)	10,0 mg
Tiamienmononitrat	3,0 mg
verskaf Tiamien (Vitamien B ₁)	2,4 mg
Riboflavin (Vitamien B ₂)	2,0 mg
Koper-aminosuurchelate	1,5 mg
verskaf Koper	150,0 µg
Piridoksienhidrochloried	1,0 mg
verskaf Piridoksien (Vitamien B ₆)	800,0 µg
Sinkoksied	875,0 µg
verskaf Sink	700,0 µg
Foliensuur (Vitamien B ₉)	500,0 µg
Sianokobalamien (Vitamien B ₁₂)	2,0 µg
Vitamien A asetaat (Vitamien A)	1000 IU
Cholekalsiferol (Vitamien D ₃)	400 IU

Die ander bestanddele is:

Kalsiumkarbonaat, gelatien, gom akasia, magnesiumstearaat, meliestysel, metielparabeen, polietileenlikol, povidoon, shellak, Eritrosien (E124), sukrose, talk en titaniumdioksied

WAARVOOR CHELA-PREG® GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling.
Veelvuldige middel formulase
CHELA-PREG® word aanbeveel vir gebruik voor, gedurende en drie (3) maande na swangerskap, terwyl die moeder aanhou om te borsvoed.

VOORDAT CHELA-PREG® GEBRUIK WORD

Moenie CHELA-PREG® 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® met voedsel en vloeistof
Neem CHELA-PREG® met of sonder voedsel.

Swangerskap en Borsvoeding

As jy swanger is of jou baba borsvoed, raadpleeg jou dokter, apteker of gesondheidsorgverskaffer voordat jy hierdie medisyne gebruik.
CHELA-PREG® is veilig vir gebruik tydens swangerskap of borsvoeding.

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

Bevat suiker: Sukrose 0,2 g per tablet
Indien jy deur jou dokter vertel is dat jy 'n intoleransie vir sekere suikers het, kontak jou dokter voordat jy CHELA-PREG® neem.
CHELA-PREG® bevat sukrose wat dalk 'n effek op die beheer van jou bloedsuiker kan hê indien jy diabetes mellitus het.

As jy ander medisyne saam met CHELA-PREG® neem

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

HOE OM CHELA-PREG® TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie.
Neem CHELA-PREG® altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.
Die normale dosering is: Neem 1 tablet daagliks.

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

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

Indien jy vergeet het om CHELA-PREG® te neem

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

MOONTLIKE NEWE-EFFEKTE

CHELA-PREG® kan moontlik newe-effekte veroorsaak.
Newe-effekte mag insluit gastrointestinale klages.
Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie voubljiet genoem nie. Indien jy enige nadelige effekte ondervind terwyl jy hierdie medikasie gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg.
Indien jy enige newe-effekte waarneem wat nie in hierdie voubljiet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN CHELA-PREG®

Bewaar alle medikasie 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 na die vervaldatum wat op die etiket / karton / bottel aangedui is, gebruik nie.
Moenie CHELA-PREG® gebruik indien jy enige sigbare tekens van produktafbraak 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®

'n Wit plastiek houer met 'n skroetdeksel in 'n karton, wat 30 of 90 tablette bevat.

IDENTIFIKASIE VAN CHELA-PREG®

'n Ronde, vaal-pienk, suiker-bedekte tablet.

REGISTRASIONOMMER

TBA

DATUM VAN REGISTRASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voubljiet met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSDRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

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

DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

TBA



PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

CHELA-PREG®, sugar-coated tablets

COMPOSITION

Each tablet contains:	
Calcium carbonate	313,0 mg
providing Calcium	125,2 mg
Calcium ascorbate	60,5 mg
providing Vitamin C and Calcium	50,0 mg
Calcium	5,6 mg
Magnesium oxide	33,2 mg
providing Magnesium	20,0 mg
Iron (from Ferrochel™ ferrous bisglycinate chelate 75,0 mg)	15,0 mg
Nicotinamide (Vitamin B ₃)	10,0 mg
Thiamine mononitrate	3,0 mg
providing Thiamine (Vitamin B ₁)	2,4 mg
Riboflavin (Vitamin B ₂)	2,0 mg
Copper amino acid chelate	1,5 mg
providing Copper	150,0 µg
Pyridoxine hydrochloride	1,0 mg
providing Pyridoxine (Vitamin B ₆)	800,0 µg
Zinc oxide	875,0 µg
providing Zinc	700,0 µg
Folic acid (Vitamin B ₉)	500,0 µg
Cyanocobalamin (Vitamin B ₁₂)	2,0 µg
Vitamin A acetate (Vitamin A)	1000 IU
Cholecalciferol (Vitamin D ₃)	400 IU

Inactive ingredients:

Calcium carbonate, gelatine, gum acacia, magnesium stearate, maize starch, methyl paraben, polyethylene glycol, povidone, shellac, Erythrosine (E124), sucrose, talc and titanium dioxide.

Contains sugar: Sucrose 0,2 g per tablet

Ferrochel™ is a trademark of Balchem Corp. or Albion Labs.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 34.12 Health Supplements. Multiple substance formulation

PHARMACOLOGICAL ACTION

CHELA-PREG® is an everyday multivitamin and mineral supplement formulated for pregnant women.
CHELA-PREG® contains essential nutrients including Iron (from Ferrochel™ ferrous bisglycinate chelate), calcium, folic acid as well as other recommended vitamins and minerals for a healthy mother and baby.
Folic acid contributes to maternal tissue growth during pregnancy and it helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.

INDICATIONS

CHELA-PREG® is indicated for use before, during and three (3) months after pregnancy, while the mother continues to breastfeed.

CONTRAINDICATIONS

Do not use CHELA-PREG® if you are hypersensitive (allergic) to any of the ingredients including the excipients.

WARNINGS and SPECIAL PRECAUTIONS

Contains sucrose. Patients with rare hereditary conditions such as fructose intolerance, glucose - galactose malabsorption or sucrose isomaltase insufficiency should not take CHELA-PREG®

Contains sucrose which may have an effect on the glycaemic control of patients with diabetes mellitus.
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® is safe for use during pregnancy and lactation.

DOSAGE AND DIRECTIONS FOR USE

Take 1 tablet daily.

SIDE EFFECTS

Side effects may include gastrointestinal complaints.

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 round, pale-pink sugar-coated tablet.

PRESENTATION

A white plastic bottle with a screw cap containing 30 or 90 tablets in a 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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