



PROFESSIONAL INFORMATION

Scheduling Status: **SO**

1. Proprietary Name

Vitamin C Complex

2. Qualitative and Quantitative Composition

Each capsule contains the composition as per table 2.1 below.

2.1 Composition

Each white capsule contains	
Vitamin C (<i>Malpighia glabra</i>) Acerola cherry extract providing elemental Vitamin C 50 mg	200 mg
Citrus iunos (Blood orange) Fruit extract, as 5 mg of a 10:1 extract providing 50 mg dried herb equivalent	50 mg
Emblica officinalis (Amla) Fruit powder	50 mg

2.2 Sugar Free.

2.3 For full list of excipients see section 7.1.

3. Pharmaceutical Form

60 white size 0 capsules containing cream coloured, free-flowing powder.

4. Clinical Information

4.1 Indications for Use

Indicated for individuals who may have a Vitamin C deficiency. May contribute to the protection of cells from oxidative stress and aid immune health.

4.2 Method of Administration and Posology

4.2.1 Administration

Orally.

4.2.2 Posology

Adults and children over 18 only.

Take 2 capsules daily.

Take capsules with a sufficient quantity of water.

Do not chew the capsules swallow whole.

Take capsules at approximately the same time every day.

4.3 Contraindications

Not recommended for individuals who are hypersensitive (allergic) to any of the ingredients contained in the product.

4.4 Special Warnings and Precautions

Not recommended for individuals who are under the age of 18.

4.5 Interactions

Acerola Cherry Extract: Moderate risk of interactions with alkylating agents and antitumour antibiotics.

Blood Orange Extract: Major risk of interactions with beta-blockers (celiprolol), ivermectin, organic anion-transporting polypeptide substrates (OATP) and pravastatin. Moderate risk of interactions with fexofenadine (antihistamine), p-glycoprotein substrates and quinolone antibiotics.



Amla Powder: Moderate risk of interaction with anticoagulant drugs, antidiabetic drugs, aspirin and clopidogrel.	37
4.6 Pregnancy and Lactation	38
No known effects on pregnancy and breastfeeding. Consult a relevant healthcare practitioner prior to use.	39
4.7 Effects on ability to drive and use machinery.	40
None.	41
4.8 Side Effects	42
Large doses may result in abdominal cramps, esophagitis, heartburn, headache, osmotic diarrhoea, nausea, and vomiting.	43 44
5 Pharmacological Classification	45
Category D: 33.7 Combination Product.	46
Complementary Medicine.	47
6 Pharmacokinetic Properties	48
Absorption: Some evidence shows that Vit C is more bioavailable when ingested in acerola than when taken as an ascorbic form.	49 50
7. Pharmaceutical Information	51
7.1 List of Excipients	52
Vegetarian capsules, milled rice flour.	53
7.2 Incompatibilities	54
None noted.	55
7.3 Shelf Life	56
24 months from date of manufacture.	57
7.4 Storage	58
Store in a cool dry place, between 15°C-25°C. Store in original container.	59
7.5 Presentation	60
60 white capsules packed in a 300 ml cylindrical white container with a lid and packaged in a single carton.	61
7.6 Disposal and handling of product	62
All unused medication should be disposed of in accordance with local regulatory authority.	63
8. Holder of certificate of registration	64
FoodGrown™©	65
371 Angus Crescent	66
Northlands Business Park	67
North Riding	68
Gauteng	69
South Africa	70
9. Registration Number	71
Still to be allocated	72
10. Date of first authorisation	73
Still to be allocated	74
11. Date of review	75
New	76
12. Reference: https://naturalmedicines.therapeuticresearch.com/	77
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FOODGROWN™©

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APPLICANT DETAILS:

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