

## SOLAL® VITAMIN D<sub>3</sub> 1000 IU

### PATIENT INFORMATION LEAFLET

#### SCHEDULING STATUS Unscheduled

#### PROPRIETARY NAME AND DOSAGE FORM SOLAL® VITAMIN D<sub>3</sub> 1000 IU, 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.

SOLAL® VITAMIN D<sub>3</sub> 1000 IU is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use SOLAL® VITAMIN D<sub>3</sub> 1000 IU carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share SOLAL® VITAMIN D<sub>3</sub> 1000 IU with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

#### WHAT SOLAL® VITAMIN D<sub>3</sub> 1000 IU CONTAINS

The active substance is:  
Cholecalciferol (Vitamin D<sub>3</sub>) 1000 IU

The other ingredients are:  
All-rac- $\alpha$ -tocopherol, magnesium stearate, medium chain triglycerides, microcrystalline cellulose, modified food starch, silicon dioxide, sodium ascorbate, sodium starch glycolate and sucrose.

#### WHAT SOLAL® VITAMIN D<sub>3</sub> 1000 IU IS USED FOR

Category D Complementary Medicine  
D 34.11 Health Supplements. Vitamins  
Vitamin D<sub>3</sub> helps in the development and maintenance of bones and teeth.<sup>1</sup> Contributes to the normal function of the immune system and the maintenance of normal muscle function.

**BEFORE YOU TAKE SOLAL® VITAMIN D<sub>3</sub> 1000 IU**  
Do not take SOLAL® VITAMIN D<sub>3</sub> 1000 IU 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 SOLAL® VITAMIN D<sub>3</sub> 1000 IU with food and drink**  
Take 1 tablet daily with or without food.

**Pregnancy and Breastfeeding**  
If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking SOLAL® VITAMIN D<sub>3</sub> 1000 IU.  
SOLAL® Vitamin D<sub>3</sub> 1000 IU is safe for use during pregnancy and breastfeeding.

**Important information about some of the ingredients of SOLAL® VITAMIN D<sub>3</sub> 1000 IU**  
Suitable for vegetarians.  
Sugar free. (Contains sucrose 1.8 mg/tablet, an insignificant amount of sugar).

**Taking other medicines with SOLAL® VITAMIN D<sub>3</sub> 1000 IU**  
Ask your healthcare provider or pharmacist if you need more information or advice.

**HOW TO TAKE SOLAL® VITAMIN D<sub>3</sub> 1000 IU**  
Do not share medicines prescribed for you with any other person.

Always take SOLAL® VITAMIN D<sub>3</sub> 1000 IU exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dosage is:  
Adults: Take 1 tablet daily with or without food.  
Children over 1 year: Crush and mix 1 tablet daily in water.

**If you take more SOLAL® VITAMIN D<sub>3</sub> 1000 IU 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.

## SOLAL® VITAMIN D<sub>3</sub> 1000 IU

### PASIËNTINLIGTINGSBLAADJIE

#### SKEDULERINGSTATUS Ongekend

#### HANDELSNAAM EN DOSEERVORM SOLAL® VITAMIN D<sub>3</sub> 1000 IU, tablette

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

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

SOLAL® VITAMIN D<sub>3</sub> 1000 IU is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter noogsdat SOLAL® VITAMIN D<sub>3</sub> 1000 IU versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubiljet, dit mag dalk nodig wees om dit weer te lees.
- Moenie SOLAL® VITAMIN D<sub>3</sub> 1000 IU met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorgverskaffer of apoteker indien jy meer inligting van advies benodig.

#### WAT SOLAL® VITAMIN D<sub>3</sub> 1000 IU BEVAT

Die aktiewe bestanddele is:  
Cholecalciferol (Vitamin D<sub>3</sub>) 1000 IU

Die ander bestanddele is:  
All-rac- $\alpha$ -tocopherol, magnesium stearate, medium-ketting triglyceride, mikrokrystalline cellulose, gemodifiseerde voedselstysel, silikoniksied, natrium askorbaat, natrium siligellikolaat en sukrose.

#### WAARVOOR SOLAL® VITAMIN D<sub>3</sub> 1000 IU GEBRUIK WORD

Kategorie D Komplementêre Medisyne  
D 34.11 Gesondheidsaanvulling. Vitamine  
Vitamine D<sub>3</sub> help met die ontwikkeling en instandhouing van bene en tandte. Dra by tot die normale funksie van die immunsisteem en die instandhouing van normale spierfunksie.

#### VOORDAT SOLAL® VITAMIN D<sub>3</sub> 1000 IU GEBRUIK WORD

Moenie SOLAL® VITAMIN D<sub>3</sub> 1000 IU gebruik indien jy hypersensitief (allergies) is vir enige van die bestanddele nie.  
Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beogde gebruik nie.

#### Neem van SOLAL® VITAMIN D<sub>3</sub> 1000 IU met voedsel en vloeistof

Neem 1 tablet daagliks met of sonder voedsel.

**Swangerskap en borsoeding**  
As jy swanger is of jou baba borsoed, raadpleeg jou dokter, apoteker of gesondheidsorgverskaffer voor dat jy SOLAL® VITAMIN D<sub>3</sub> 1000 IU gebruik.  
SOLAL® Vitamin D<sub>3</sub> 1000 IU is veilig vir gebruik gedurende swangerskap en borsoeding.

#### Belangrike inligting in verband met sommige van die bestanddele in SOLAL® VITAMIN D<sub>3</sub> 1000 IU

Geskik vir vegetariërs.  
Suiker (Bevat sukrose 1.8 mg/tablet, 'n onbeduidende hoeveelheid suiker).

**As jy ander medisyne saam met SOLAL® VITAMIN D<sub>3</sub> 1000 IU neem**  
Raadpleeg jou gesondheidsorgverskaffer of apoteker indien jy meer inligting van adviesbenodig.

#### HOE OM SOLAL® VITAMIN D<sub>3</sub> 1000 IU TE GEBRUIK

Moet nie jou medisyne met enige lemand anders deel nie.  
Neem SOLAL® VITAMIN D<sub>3</sub> 1000 IU altyd presies soos aanbeveel. Bevestig met jou dokter of apoteker indien jy onseker is.

Die normale dosering is:

Volwassenes: Neem 1 tablet daagliks met of sonder voedsel.  
Kinders ouer as 1 jaar: Veropoeier en los een tablet daagliks op in water.

## Inien jy meer SOLAL® VITAMIN D<sub>3</sub> 1000 IU gebruik as wat jy behoort

Inien oordosering vermoeid word, raadpleeg onmiddellijk jou dokter of apoteker. Indien geenreens beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

## SOLAL® VITAMIN D<sub>3</sub> 1000 IU

### PROFESSIONAL INFORMATION

#### SCHEDULERINGSTATUS Unscheduled

#### PROPRIETARY NAME AND DOSAGE FORM SOLAL® Vitamin D<sub>3</sub> 1000 IU, tablets

#### COMPOSITION Each tablet contains: Cholecalciferol (Vitamin D<sub>3</sub>) 1000 IU

Inactive ingredients:  
All-rac- $\alpha$ -tocopherol, magnesium stearate, medium chain triglycerides, microcrystalline cellulose, modified food starch, silicon dioxide, sodium ascorbate, sodium starch glycolate and sucrose.  
Sugar free (Contains sucrose 1.8 mg/tablet, an insignificant amount of sugar).  
Suitable for vegetarians.

#### BERGING EN WEGDOEN VAN SOLAL® VITAMIN D<sub>3</sub> 1000 IU

Bewaar alle medikasie buite bereik van kinders.

Bewaar teen of benede 25 °C.

Bewaar in die oorspronklike houer.

Maak die houer dig toe.

Beskerm teen vog.

Moet nie die produk in die badkamer bewaar nie.

Moet nie die vervaldatum wat op die etiket/bottel aangedui is, gebruik nie.

Moet nie SOLAL® VITAMIN D<sub>3</sub> 1000 IU gebruik indien jy enige sigbare teken van produkafbraak opmerk nie.

Besorg enige ongebruikte medisyne terug aan jou apoteker.

Moet nie van ongebruikte medisyne ontslae raak in dreine of riuolstelsels nie (bv. toilette).

#### PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine  
Discipline 34.11 Health Supplements. Vitamins

**PHARMACOLOGICAL ACTION**  
Vitamin D is an essential fat-soluble vitamin. There are several forms of vitamin D, including ergocalciferol (vitamin D<sub>2</sub>) and cholecalciferol (vitamin D<sub>3</sub>). Both ergocalciferol and cholecalciferol are metabolised in the body to calcitriol, the active metabolite. However, research shows that cholecalciferol is significantly more potent than ergocalciferol and is more effective at improving total 25-hydroxyvitamin D levels. Since vitamin D is important for calcium homeostasis and for bone health, it is used to help prevent osteoporosis.

Vitamin D<sub>3</sub> (cholecalciferol) helps in the absorption and use of calcium and phosphorus. Contributes to normal cell division and normal blood calcium levels. Has a role in the process of cell division. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis. A factor in the maintenance of good health.

#### INDICATIONS

Vitamin D<sub>3</sub> helps in the development and maintenance of bones and teeth. Contributes to the normal function of the immune system and the maintenance of normal muscle function.

#### CONTRAINdications

Hypersensitivity (allergy) to any of the ingredients of SOLAL® Vitamin D<sub>3</sub> 1000 IU.

#### WARNINGS and SPECIAL PRECAUTIONS

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

#### INTERACTIONS

There are no known interactions.

#### HUMAN REPRODUCTION

SOLAL® Vitamin D<sub>3</sub> 1000 IU is safe for use during pregnancy and lactation.

#### DOSAGE AND DIRECTIONS FOR USE

Adults: Take 1 tablet daily with or without food.  
Children over 1 year: Crush and mix 1 tablet daily in water.

#### 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 round, white tablet.

#### PRESENTATION

A white plastic container with a white screw cap and a seal for protection, containing 60 tablets.

## SOLAL® VITAMIN D<sub>3</sub> 1000 IU

### 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

Ascendis Consumer Brands (Pty) Ltd

1 Carey Street

Wynberg, Gauteng 2090

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### DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

### PHARMACOLOGICAL CLASSIFICATION

Category D

Complementary Medicine

Discipline 34.11 Health Supplements. Vitamins

**SOLAL®**  
SPECIALISTS IN HEALTHY AGEING  
A PROUD BRAND OF  
**Ascendis**  
HEALTH