

PROFESSIONAL INFORMATION

SCHEDULING STATUS

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1 NAME OF THE MEDICINE

BONVIT PLUS (tablets)

2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Ingredients	Per tablet
Calcium (from calcium carbonate)	150 mg
Magnesium (from magnesium oxide)	100 mg
Vitamin C (as ascorbic acid)	100 mg
Potassium (from potassium sulphate)	40 mg
Vitamin B3 (as nicotinamide)	20 mg
Zinc (from zinc oxide)	20 mg
Iron (from ferrous bisglycinate 20 %) Glycine (from ferrous bisglycinate 20 %) 5,52 mg	15 mg
Vitamin B5 (from calcium-d-pantothenate) Calcium (from calcium-d-pantothenate) 0,735 mg	7 mg
Vitamin B6 (from pyridoxine hydrochloride)	5,1 mg
Vitamin B1 (from thiamine hydrochloride)	4 mg
Vitamin B2 (as riboflavin)	4 mg
Copper (from copper bisglycinate 10 %) Glycine (from copper bisglycinate 10 %) 0,354 mg	1 mg
Manganese (from manganese bisglycinate 10 %) Glycine (from manganese bisglycinate 10 %) 0,3697 mg	1 mg
Folic Acid	500 µg
Biotin	150 µg
Selenium (from selenium bisglycinate 2%) Glycine (from selenium bisglycinate 2%) 19,8 µg	60 µg
Chromium (from chromium picolinate)	50 µg
Molybdenum (from molybdenum bisglycinate 2 %) Glycine (from molybdenum bisglycinate 2 %)	50 µg 11,8 µg
Vitamin B12 (as cyanocobalamin)	7,2 µg
Vitamin A (from vitamin A acetate 325 CWS)	1000 IU
Vitamin D3 (as cholecalciferol)	500 IU
Vitamin E (from vitamin E 50% CWS)	20 IU

Sugar free

For full list of excipients, see section 6.1

3 PHARMACEUTICAL FORM

Oval shaped, maroon coloured, film coated tablet.

4 CLINICAL PARTICULARS

4.1 Therapeutic indication

BONVIT PLUS is a health supplement that provides the body with vitamins and minerals for the maintenance of good health.

4.2 Posology and method of administration

Adults: Take 1 tablet daily with food, or as recommended by a healthcare provider. The recommended dose should not be exceeded.

4.3 Contraindications

Do not use BONVIT PLUS in patients who are hypersensitive to any of the ingredients, including excipients.

4.4 Special warnings and precautions for use

Caution is advised in patients with kidney impairment. Use in children under the age of 18 years is at the discretion of a healthcare professional.

4.5 Interaction with other medicines and other forms of interaction

No interaction studies were performed on BONVIT PLUS. The following interactions are noted on the monographs of the active ingredients:

Antacids should be taken at least 2 hours before or after BONVIT PLUS, as they may reduce the absorption of vitamins and minerals.

4.6 Fertility, pregnancy and lactation

Safety of BONVIT PLUS during pregnancy and lactation has not been established.

4.7 Effects on ability to drive and use machines

The effects on ability to drive and use machines has not been studied.

4.8 Undesirable effects

Possible side effects include gastrointestinal discomfort (nausea, vomiting, abdominal pain, heartburn, diarrhoea, constipation, bloating)

4.9 Overdose

Treatment is symptomatic and supportive.

5 PHARMACOLOGICAL PROPERTIES

5.1 PHARMACOLOGICAL CLASSIFICATION

Complementary Medicines: Health Supplement
D34.12 Multiple substance formulation

5.2 PHARMACOLOGICAL ACTION

- B-vitamins help to metabolise carbohydrates, fats and proteins, contribute to normal psychological function, normal functioning of the nervous system, maintenance of normal mucous membranes, maintenance of normal skin, regulation of hormonal activity, normal function of the heart, and the reduction of tiredness and fatigue.
- Calcium and Vitamin D contribute to the maintenance of normal muscle function and help in the development of healthy bones and teeth.
- Chromium contributes to normal blood glucose levels and helps the body to metabolise carbohydrates and fats.
- Copper, Manganese, Vitamin C, Vitamin E, Selenium and Zinc are antioxidants which contribute to the protection of cells from oxidative stress and to normal function of the immune system.
- Folic Acid helps to form red blood cells and contributes to maternal tissue growth during pregnancy.
- Iron contributes to normal formation of red blood cells and haemoglobin and their proper function, normal oxygen transport in the body, cognitive function and immune system function.
- Magnesium contributes to normal electrolyte balance, muscle function, psychological function, and the reduction of tiredness and fatigue.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Colloidal silica, croscarmellose sodium, magnesium stearate, microcrystalline cellulose, isopropyl alcohol, povidone polyvinylpyrrolidone, sodium starch glycolate and talc.

Coating: Opadry AMB II Maroon.

Sugar free

6.2 Incompatibilities

Unknown

6.3 Shelf life

2 years

6.4 Special precautions for storage

Store at or below 25 °C. Store blisters in carton to protect from sunlight and moisture.

KEEP OUT OF THE REACH OF CHILDREN.

6.5 Nature and contents of container

Blister packs of 10 tablets, packed in cartons with 30 tablets.

6.6 Special precautions for disposal and other handling

No special requirements

7 HOLDER OF CERTIFICATE OF REGISTRATION

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8 REGISTRATION NUMBER

To be allocated

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

9 DATE OF PUBLICATION OF PROFESSIONAL INFORMATION

September 2020