

PROFESSIONAL INFORMATION

SCHEDULING STATUS

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1 NAME OF THE MEDICINE

BONVIT (soft gel capsules)

2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Ingredients	Per capsule
Calcium (from calcium carbonate)	230 mg
Vitamin C (from calcium ascorbate) Calcium (from calcium ascorbate) 5,69 mg	50 mg
Vitamin B3 (as nicotinamide)	10 mg
Iron (from ferrous fumarate)	10 mg
Vitamin B1 (from thiamine mononitrate)	3 mg
Vitamin B2 (as riboflavin)	2 mg
Vitamin B6 (from pyridoxine hydrochloride)	1 mg
Magnesium (from magnesium oxide)	0,5 mg
Copper (from copper glycinate 10 %) Glycine (from copper glycinate 10%) 53,2 ug	0,15 mg
Zinc (from zinc oxide)	0,085 mg
Potassium (from potassium phosphate monobasic) Phosphorus (from potassium phosphate monobasic) 0,066 mg	0,084 mg
Manganese (from manganese sulphate monohydrate)	0,05 mg
Molybdenum (from molybdenum glycinate 0,2 %) Glycine (from molybdenum glycinate 0,2%) 5,9 ug	0,025 mg
Iodine (from potassium iodide) Potassium (from potassium iodide) 0,0031 mg	0,01 mg
Vitamin A (from vitamin A palmitate)	2666 IU
Vitamin D3 (as cholecalciferol)	400 IU
Folic Acid	500 ug
Vitamin B12 (as cyanocobalamin)	2 ug

For full list of excipients, see section 6.1

3 PHARMACEUTICAL FORM

Red oblong soft gel capsules.

4 CLINICAL PARTICULARS

4.1 Therapeutic indication

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

4.2 Posology and method of administration

Adults: Take 1 capsule daily with food, or as recommended by a healthcare provider.

The recommended dose should not be exceeded.

4.3 Contraindications

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

4.4 Special warnings and precautions for use

BONVIT contains small amounts of sorbitol and glycerol which may have an effect on the glycaemic control of patients with *Diabetes Mellitus*. Patients with the rare hereditary condition of sorbitol or glycerol intolerance should not take this medicine.

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. The following interactions are noted in the monographs of the active ingredients:

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

4.6 Fertility, pregnancy and lactation

Safety of BONVIT 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, 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.
- Copper, Vitamin C 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.
- Molybdenum helps the body to metabolize proteins.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Beeswax, lecithin, sunflower seed oil, unsaturated oil (hardened)
Capsule: cochineal red, gelatine (bovine), glycerine, iron oxide black, purified water, simethicone, titanium dioxide. Contains sugar: glycerol 0,111 g and sorbitol 0,013 g per capsule.

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 capsules, packed in cartons with 30 capsules.

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

9 DATE OF PUBLICATION OF PROFESSIONAL INFORMATION

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