

PROFESSIONAL INFORMATION

SCHEDULING STATUS

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1 NAME OF THE MEDICINE

CRECHE GUARD GUMMIES

2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Ingredients	Per gummy
Vitamin C (as ascorbic acid)	20 mg
Vitamin B3 (as nicotinamide)	7,2 mg
Vitamin E (as alpha-tocopherol)	5,4 mg
Vitamin B5 (as calcium pantothenate)	2,2 mg
Vitamin B6 (as pyridoxine)	1,1 mg
Zinc as zinc citrate dihydrate)	1 mg
Vitamin B2 (as riboflavin)	0,7 mg
Vitamin B1 (as thiamine)	0,6 mg
Vitamin A (as retinol)	2012 IU
Vitamin D3 (as cholecalciferol)	400 IU
Folic Acid	144 ug
Biotin	108 ug
Vitamin B12 (as cyanocobalamin)	0,4 ug

For full list of excipients, see section 6.1

3 PHARMACEUTICAL FORM

Red coloured gummy with smell and taste of strawberries.

4 CLINICAL PARTICULARS

4.1 Therapeutic indication

CRECHE GUARD GUMMIES provide essential vitamins and minerals for the maintenance of good health and supports growth and development in children.

4.2 Posology and method of administration

Children 3 – 12 years: Chew one gummy daily after food, or as directed by a healthcare provider.

4.3 Contraindications

Patients who are hypersensitive to any of the ingredients, including the excipients.

Children under the age of 3 years due to the potential choking hazard.

4.4 Special warnings and precautions for use

CRECHE GUARD GUMMIES contain sugar which may have an effect on the glycaemic control of children with *diabetes mellitus*.

4.5 Interaction with other medicines and other forms of interaction

No interaction studies were performed on CRECHE GUARD GUMMIES.

4.6 Undesirable effects

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

4.9 Overdose

Symptoms of overdosage include severe stomach upset, nausea, diarrhoea or constipation. 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

- Vitamin C is an antioxidant for the maintenance of good health. It contributes to cell protection from free radical damage, helps in the development and maintenance of bones, cartilage, teeth and gums and helps with connective tissue formation.
- The 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 and the reduction of tiredness and fatigue.
- Vitamin E functions as a tissue antioxidant thereby maintaining healthy cells.
- Zinc is an essential element which contributes to the maintenance of immune function and the maintenance of normal skin.
- Vitamin A contributes to the maintenance of good eyesight, skin, membranes and immune function.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Citric acid, locust bean gum (carob gum), pectin, strawberry flavour, strawberry flavour colour, water.
Contains sugar: 1,53 g/gummy and liquid glucose 0,63g/gummy.

Alcohol and Tartrazine free

6.2 Incompatibilities

Unknown

6.3 Shelf life

2 years

6.4 Special precautions for storage

Store at or below 25 °C. Keep bottle tightly closed and protect from sunlight and moisture.

KEEP OUT OF THE REACH OF CHILDREN.

6.5 Nature and contents of container

CRECHE GUARD GUMMIES is available in containers with 30 gummies.

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

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 2021