

SAHPRA LICENCE NO.		DL01-5802B4	CM REF.	see Licence No.	Name of Licence Holder:	PhytoHealthcare (Pty) Ltd							Version:	01-042023
No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities	Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions	
1	Manufactured (including import and export)	AcneAway	Tablet	60 and 120	Zinc picolinate 39,6 mg; Selenium AAC 2 % 1,0 mg	Adults: take 3 tablets daily		Health Supplement	Multiple substance formulation	Oral	Low	AcneAway contributes to the maintenance of healthy skin and immune function.	At or below 25 ° C	
2	Manufactured (including import and export)	ADDaway	Capsule - Soft	90 and 180	Cold water fish oil 210 mg providing: Eicosapentaenoic acid (EPA) 54 mg; Docosahexaenoic acid (DHA) 37 mg; Vitamin A 880 µg; Vitamin D 200 µg; Oenothera biennis L. (Evening primrose) oil 60 mg providing: Linoleic acid (LA) 65 – 85 % (NMT 54 mg)* Gamma-linolenic acid (GLA) 7 – 14 % (NMT 8,4 mg)* Ascorbic acid (Vitamin C) 30 mg; Alpha-tocopherol (Vitamin E) 10 mg; Vitamin A palmitate 882 µg providing retinol (Vitamin A) 450 µg; Cholecalciferol (Vitamin D3) 5 µg Total Vitamin A (from cold water fish oil and Vitamin A palmitate) 1 330 µg	Children from the age of 9 years: Chew 1 capsule daily.		Health Supplement	Multiple substance formulation	Oral	Low	ADDaway is a source of EPA and DHA which helps to support cognitive health and brain function. ADDaway can be used as a supplement for both adults and children as it contains Vitamins A, D, E, and C, Omega 3 and 6 fatty acids.	At or below 25 ° C	
3	Manufactured (including import and export)	ArthrAway Chronic	Tablet	90 and 180	Glucosamine sulphate potassium chloride 500 mg; MSM (methyl sulphonyl methane) 160 mg; Collagen (hydrolysed) powder 30 mg; Chondroitin sulphate 10 mg	Adults: Take 1 tablet three times per day with meals and a glass of water.		Health Supplement	Multiple substance formulation	Oral	Low	ArthrAway Chronic is indicated for the improvement of joint mobility and the reduction in the severity of joint stiffness. It helps with the relief of joint aches and pain and protects against the deterioration of cartilage.	At or below 25 ° C	
4	Manufactured (including import and export)	ArthrAway Joint Relief Gel	Gels	100	Each 5 g gel contains: Methyl sulphonyl methane (MSM) 500,00 mg; Menthol 100,00 mg; Glucosamine sulphate 25,00 mg; Gaultheria procumbens (Wintergreen oil) 25,00 mg [providing 25,00 mg Methyl salicylate].	Apply generously to affected or painful areas and rub gently until completely absorbed. Repeat as needed.		Discipline specific	Combination product	Transdermal	Low	ArthrAway Joint Relief Gel is used to relieve joint pain and inflammation, as well as soothing tired, sore and tense muscles, and improves joint mobility.	At or below 25 ° C	
5	Manufactured (including import and export)	Biogen Vita Tonic	Other	20 and 60	Vitamin C 500 mg; Vitamin B1 2,0 mg; Adenosine triphosphate (ATP) 0,5 mg; L-Glutathione 0,5 mg; Calcium inositol hexaphosphate 100 mg	Adults and children older than 15 years: Dissolve 1 – 2 sachet(s) in water at breakfast; Children 5 – 15 years: Dissolve ½ sachet in water at breakfast and ½ sachet at lunch; Children 2 – 4 years: Dissolve ½ sachet in water at breakfast.		Health Supplement	Multiple substance formulation	Oral	Low	Biogen Vita Tonic is a supplement that assists in the maintenance of good health, normal muscle function and increased energy.	At or below 25 ° C	
6	Manufactured (including import and export)	Biogen Multi Mune Syrup	Liquid	200 and 500	Each 5ml contains: Ascorbic acid (Vitamin C) 32,00 mg; Zinc gluconate 25,00 mg (providing 3,59 mg elemental Zinc); Iron amino acid chelate 20 % 12,00 mg (providing 2,40 mg elemental Iron); D-α-tocopheryl (Vitamin E as DL-α-tocopheryl acetate) 1,99 mg; Pantothenic acid (Vitamin B5) 2,50 mg; Nicotinamide (Vitamin B3) 2,20 mg; Copper amino acid chelate 10 % 0,70 mg (providing 70,00 µg elemental Copper); Retinol (as Vitamin A acetate) 870 µg; Thiamine (Vitamin B1) 118,00 µg; Riboflavin (Vitamin B2) 110,00 µg; Biotin (Vitamin H) 110,00 µg; Cholecalciferol (Vitamin D3) 14,5 µg; Cyanocobalamin (Vitamin B12) 1,30 µg.	Children 1 - 3 years: 2,5 ml once daily; Children 4 - 12 years: 5 ml once daily; Children 13 years and older: 7,5 ml once daily.		Health Supplement	Multiple substance formulation	Oral	Low	Biogen Multivitamin & Mineral Syrup contains vitamins and minerals that may help support your child's immune and general wellbeing.	At or below 25 ° C	
7	Manufactured (including import and export)	Biogen Potassium Slow Release	Tablet	60	Potassium chloride 600 mg (providing 314,68 mg elemental potassium)	Adults: Take one (1) tablet twice daily with a full glass of water.		Health Supplement	Minerals	Oral	Low	Potassium contributes to normal nervous system and muscle functioning, as well as the maintenance of normal blood pressure. Biogen Potassium Slow Release is indicated in adults.	At or below 25 ° C	
8	Manufactured (including import and export)	Biogen Proanth Plus	Capsule - Hard	60	Vitis vinifera L. (grape seed) 131,58 mg [Seed, extract standardised to 95 % proanthocyanidin providing 125,00 mg proanthocyanidin]; Ascorbic acid (vitamin C from calcium ascorbate) 50,00 mg; Citrus bioflavonoids 30,00 mg; DL-α-tocopherol (vitamin E) 15,00 mg; Zinc (from zinc amino acid chelate 10 %) 8,33 mg	Persons weighing 40 to 70 kg: Take 3 capsules simultaneously in the morning after breakfast for 3 days, then 2 capsules in the morning for 5 days, thereafter, continue with 1 capsule per day. Persons weighing more than 70 kg: Take 3 capsules simultaneously in the morning after breakfast for 5 days, thereafter, continue with 2 capsules per day.		Health Supplement	Multiple substance formulation	Oral	Low	Biogen Proanth Plus is an antioxidant and immune enhancing formulation that protects the body against the harmful effects of free radicals and contributes to the maintenance of venous health.	At or below 25 ° C	
9	Manufactured (including import and export)	Biogen Zinc Complex Plus	Tablet	120	Zinc picolinate 39,60 mg (providing 8,30 mg elemental zinc); Copper amino acid chelate 10 % 10,00 mg (providing 1,00 mg elemental copper); Nicotinamide (Vitamin B3) 5,00 mg; Riboflavin (Vitamin B2) 5,00 mg; Selenium amino acid chelate 2 % 1,00 mg (providing 20,00 µg elemental selenium); Biotin (Vitamin H) 100,00 µg	Adults: take 3 tablets daily		Health Supplement	Multiple substance formulation	Oral	Low	Biogen Zinc Complex Plus is a combination of vitamins and minerals that can contribute to healthy skin, normal skin pigmentation and the maintenance of immune function.	At or below 25 ° C	
10	Manufactured (including import and export)	Biogen Zinc Mune Syrup	Liquid	200 and 500	Each 5 ml contains: Zinc gluconate 48,85 mg (providing 7,00 mg elemental zinc); Sodium ascorbate 38,89 mg (providing 35,00 mg elemental vitamin C) Cholecalciferol (Vitamin D3) 10,00 ug.	Children 3 – 12 months: take 1,25 ml daily; Children 1 – 3 years: take 5 ml daily; Children 4 – 8 years: take 7,5 ml daily; Children 9 – 13 years: take 10 ml daily		Health Supplement	Multiple substance formulation	Oral	Low	Biogen Zinc Mune Syrup contributes to the maintenance of good health and immune function, as well as healthy skin in growing children.	At or below 25 ° C	
11	Manufactured (including import and export)	Clicks Energy Granules	Other	20	Vitamin C 500 mg; Vitamin B1 2,0 mg; Adenosine triphosphate (ATP) 0,5 mg; L-Glutathione 0,5 mg; Calcium inositol hexaphosphate 100 mg	Adults and children older than 15 years: Dissolve 1 – 2 sachet(s) in water at breakfast; Children 5 – 15 years: Dissolve ½ sachet in water at breakfast and ½ sachet at lunch; Children 2 – 4 years: Dissolve ½ sachet in water at breakfast		Health Supplement	Multiple substance formulation	Oral	Low	Clicks Energy Granules is a supplement that assists in the maintenance of good health and increased energy.	At or below 25 ° C	

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12	Manufactured (including import and export)	Clicks Senna	Tablet	20 and 100	Sennoside B 7,5 mg [from 12,34 mg Calcium sennosides and 1,00 mg Cassia angustifolia (Senna) Leaf extract]		Adults: Take 2 to 4 tablets once daily; Children over the age of 6 years: Take 1 to 2 tablets once daily.		Discipline specific	Western Herbal Medicine	Oral	Low	For short-term relief of occasional constipation.	At or below 25 °C
13	Manufactured (including import and export)	Dis-Chem Arnica Massage Gel	Gels	100	Each 100 g tube contains: Arnica montana L. (Arnica oil) 1,112 g [flower extract]; Salvia rosmarinus (Rosemary oil) 1,665 g [flower/stem extract]; Lavendula angustifolia (Lavender oil) 0,618 g [flower/stem extract]; Calendula officinalis L. (Calendula oil) 0,376 g [flower extract]; Citrus limon (Lemon oil) 0,115 g [peel extract]		Apply generously to affected or painful areas and rub gently until completely absorbed. Repeat as needed.		Discipline specific	Western Herbal Medicine	Transdermal	Low	Dis-Chem Arnica Massage Gel is formulated with a combination of herbs for the relief of aching muscles and joints. This easily absorbed gel helps relieve muscular sprains, bruises and swelling and provides temporary relief of stiffness and pain in the muscles, joints and tendons.	At or below 25 °C
14	Manufactured (including import and export)	Dis-Chem Gold 5-HTP 220 mg	Capsule - Hard	30	5-hydroxy-L-tryptophan (5-HTP) from Griffonia simplicifolia seed extract 220 mg		Take one vegetable capsule at night with a meal or as recommended by your health care practitioner.		Health Supplement	Amino acids	Oral	Low	Dis-Chem Gold 5-HTP is a precursor to the neurotransmitter serotonin and may assist in the maintenance of good health and a healthy mood balance.	At or below 25 °C
15	Manufactured (including import and export)	Insolyn IR	Tablet	60	Berberis vulgaris (Barberry) 281,20 mg [root extract standardised to berberine HCl 97 %]; Chromium picolinate 0,10 mg (providing 13,00 µg elemental Chromium); Lagerstroemia speciosa (L.) Pers. (Banaba) 8,00 mg [leaf, dry extract providing not less than 1 % corosolic acid]; Inositol 8,75 mg		Adults: Take 2 tablets twice a day with meals.		Discipline specific	Combination product	Oral	Low	Insolyn IR provides support for healthy blood sugar metabolism and combats insulin resistance.	At or below 25 °C
16	Manufactured (including import and export)	PhytoLipid	Tablet	60	Berberis vulgaris (Barberry) 187,46 mg [root extract standardised to berberine HCl 97 %]; Phytosterols (plant sterols) 500,00 mg; Coenzyme Q10 15,00 mg; DL-α-tocopheryl acetate (Vitamin E) 3,75 mg; Nicotinamide (Vitamin B3) 12,00 mg		Adults: Take 2 tablets twice a day with meals.		Discipline specific	Combination product	Oral	Low	PhytoLipid is specifically formulated with therapeutic levels of barberry root, coenzyme Q10 and phytosterols to assist in the maintenance of normal cholesterol and triglyceride levels.	At or below 25 °C
17	Manufactured (including import and export)	Dis-Chem Granulax	Other	100, 250 and 1 000	Each 5 g granules contains: Plantago ovata seed powder 2,60 g; Cassia angustifolia powder (Senna) 0,50 - 0,66 g (equivalent to Sennoside B 15 mg); Plantago ovata husk powder (Isphagula) 0,11 g; Sugar (sucrose) 107 mg		Adults and children 12 years and older: 5 g to 10 g after the evening meal. If necessary the same dose may be taken before breakfast. Take approximately 30 to 60 minutes before or after the intake of other medicines. (5 g granules ≈ 7 ml ≈ approximately 1 heaped medicine measure).		Discipline specific	Western Herbal Medicine	Oral	Low	For the relief of constipation.	At or below 25 °C
18	Manufactured (including import and export)	Clicks Granular Laxative	Other	100 and 250	Each 5 g granules contains: Plantago ovata seed powder 2,60 g; Cassia angustifolia powder (Senna) 0,50 - 0,66 g (equivalent to Sennoside B 15 mg); Plantago ovata husk powder (Isphagula) 0,11 g; Sugar (sucrose) 107 mg		Adults and children 12 years and older: 5 g to 10 g after the evening meal. If necessary the same dose may be taken before breakfast. Take approximately 30 to 60 minutes before or after the intake of other medicines. (5 g granules ≈ 7 ml ≈ approximately 1 heaped medicine measure).		Discipline specific	Western Herbal Medicine	Oral	Low	For the relief of constipation.	At or below 25 °C
19	Manufactured (including import and export)	Clicks Vitamin C and Zinc Lozenges - Orange	Other	16 and 24	Sodium ascorbate 112,36 mg (providing 100,00 mg Vitamin C); Zinc gluconate 29,98 mg (providing 3,00 mg Zinc); Menthol crystals 5,00 mg; Eucalyptus oil 1,63 mg		Children 6 – 12 years: Dissolve 1 lozenge slowly in the mouth three times a day if needed; Adults: Dissolve 1 - 2 lozenges slowly in the mouth three times a day if needed.		Discipline specific	Combination product	Oral	Low	Clicks Vitamin C and Zinc Lozenges is indicated to soothe and relieve sore throat.	At or below 25 °C
20	Manufactured (including import and export)	Liversential	Capsule - Soft	20, 100 and 200	Polyunsaturated phospholipids (from lecithin) 175,00 mg; Thiamine (Vitamin B1) 3,00 mg; Riboflavin (Vitamin B2) 3,00 mg; Nicotinamide (Vitamin B3) 15,00 mg; Pyridoxine (Vitamin B6) 3,00 mg; Cyanocobalamin (Vitamin B12) 3,00 µg; α-Tocopherol (Vitamin E) 2,21 mg		Adults: Take one (1) to two (2) capsules three times a day with meals.		Health Supplement	Multiple substance formulation	Oral	Low	Liversential is a combination of phospholipids and vitamins that maintains and support normal functioning of liver cells.	At or below 25 °C
21	Manufactured (including import and export)	Proanthodin	Capsule - Hard	60 and 200	Vitis vinifera L. (grape seed) 74,00 mg [Seed, extract standardised to 95 % proanthocyanidin providing 70,00 mg proanthocyanidin]; Calcium ascorbate 29,00 mg (providing 26,00 mg vitamin C); Citrus bioflavonoids 30,00 mg; DL-α-tocopherol (vitamin E) 15,00 mg		Adults: Take 3 capsules simultaneously in the morning after breakfast for 3 days, thereafter, continue with 2 capsules per day.		Health Supplement	Multiple substance formulation	Oral	Low	Proanthodin is an antioxidant-containing medicine that enhances the immune system by protecting the body against the harmful effect of free radicals and contributes to the maintenance of venous health.	At or below 25 °C
22	Manufactured (including import and export)	VirAway	Capsule - Hard	120	Echinacea purpurea L. extract 10:1 (Echinacea) 125,00 mg [aerial parts, 10:1 extract providing 1 250,00 mg of dried herb equivalent]; Sambucus nigra L. extract 20:1 (Elderberry) 32,50 mg [fruit, 20:1 extract providing 650,00 mg of dried herb equivalent]; Allium sativum L. extract 4:1 (Garlic) 15,00 mg [bulb, 4:1 extract providing 60,00 mg of dried herb equivalent]; Retinol (Vitamin A) 207,00 µg; Pyridoxine (Vitamin B6) 1,65 mg; Cyanocobalamin (Vitamin B12) 2,20 µg; Folic acid 82,50 µg; Ascorbic acid (Vitamin C) 82,55 mg; Cholecalciferol (Vitamin D) 2,30 µg; α-Tocopherol (Vitamin E) 7,37 mg; Biotin (Vitamin H) 55,00 µg; Copper amino acid chelate 10 % 5,00 mg (providing 0,50 mg elemental copper); Iron amino acid chelate 20 % 5,00 mg (providing 1,00 mg elemental iron); Selenium amino acid chelate 0,2 % 5,00 mg (providing 10,00 µg elemental selenium); Zinc gluconate 17,50 mg (providing 2,51 mg elemental zinc)		Adults: Initial dose: Take one (1) capsule three times per day with meals for two weeks; Maintenance dose: Take one (1) to two (2) capsules once daily with meals.		Discipline specific	Combination product	Oral	Low	VirAway assists in reducing the severity and duration of colds and flu symptoms and associated conditions by supporting the immune system. VirAway contains vitamins, minerals and herbs that play a role in the maintenance of good health. Taken as per maintenance dose, VirAway supports and stimulates the immune system, thereby reducing the risk of infection.	At or below 25 °C

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23	Manufactured (including import and export)	VirAway Immune Junior	Liquid	200 and 500	Each 5 ml contains: Echinacea purpurea L. extract 10:1 (Echinacea) 45,00 mg [aerial parts, 10:1 extract providing 450,00 mg of dried herb equivalent]; Sambucus nigra L. extract 20:1 (Elderberry) 16,25 mg [fruit, 20:1 extract providing 352,00 mg of dried herb equivalent]; Retinol (Vitamin A) 40,50 µg; Cyanocobalamin (Vitamin B12) 2,40 µg; Cholecalciferol (Vitamin D) 6,00 µg; α-Tocopherol (Vitamin E) 5,95 mg; Copper amino acid chelate 10 % 350,00 µg (providing 35,00 µg elemental copper); Zinc amino acid chelate 10 % 20,00 mg (providing 2,00 mg elemental zinc)	Short-term immune protection: At the first signs of infection: Children 1 to 4 years: one medicine measure (5 ml) twice daily. Children 5 to 9 years: one and a half medicine measures (7,5 ml) twice daily. Children 10 to 13 years: two medicine measures (10 ml) twice daily. The above dosage should be taken for two weeks only, followed by the maintenance dose. Maintenance dose: To protect against infections and when generally run-down: Children 1 to 4 years: one medicine measure (5 ml) daily. Children 5 to 9 years: one and a half medicine measures (7,5 ml) daily. Children 10 to 13 years: three medicine measures (15 ml) daily.		Discipline specific	Combination product	Oral	Low	VirAway Immune Junior is an advanced immune boosting formula containing vitamins, minerals and herbs that play a role in the maintenance of good health for growing children. VirAway Immune Junior assists in reducing the severity and duration of colds and flu symptoms and associated conditions by supporting the immune system. Where the immune system is under threat from conditions such as stress and fatigue or when children are generally run-down, VirAway Immune Junior can assist by building and restoring the immune function.	At or below 25 ° C	
24	Manufactured (including import and export)	VirAway Vitamin C & Zinc Lozenges - Orange	Other	16 and 24	Sodium ascorbate 112,36 mg (providing 100,00 mg Vitamin C); Zinc gluconate 20,98 mg (providing 3,00 mg Zinc); Menthol crystals 5,00 mg; Eucalyptus oil 1,63 mg	Children 6 – 12 years: Dissolve 1 lozenge slowly in the mouth three times a day if needed; Adults: Dissolve 1 - 2 lozenges slowly in the mouth three times a day if needed.		Discipline specific	Combination product	Oral	Low	VirAway Vitamin C & Zinc Lozenges is indicated to soothe and relieve sore throat.	At or below 25 ° C	
25	Manufactured (including import and export)	FatigueAway	Other	20 and 60	Vitamin C 299 mg; Vitamin B1 2,0 mg; Adenosine triphosphate (ATP) 0,5 mg; L-Glutathione 0,5 mg; Calcium inositol hexaphosphate 100 mg	Adults and children older than 15 years of age: 1 - 2 sachets dissolved in water at breakfast; Children 2 - 5 years of age: Half a sachet at breakfast; Children 5 - 15 years of age: Half a sachet at breakfast and half a sachet at lunch.		Health Supplement	Multiple substance formulation	Oral	Low	An antioxidant; Source of energy; High in Vitamin B1 and Vitamin C	At or below 25 ° C	
26	Manufactured (including import and export)	Clicks Herbal Tranquilliser	Tablet	40	Valeriana officinalis L. (Valerian) dry root extract (4:1) 100,00 mg; Passiflora incarnata L. (Passiflora) dry aerial parts extract (6:1) 45,00 mg	Adults and children over 12 years of age: Initial dose: Take 2 tablets with water three times a day. After improvement and in less severe cases: Take 1 tablet with water three times a day.		Discipline specific	Western Herbal Medicine	Oral	Low	Clicks Herbal Tranquilliser is a mild tranquilliser indicated for nervous tension, nervous irritability, nervousness and mild anxiety.	At or below 25 ° C	
27	Manufactured (including import and export)	Clicks Herbal Sedative	Tablet	26 and 52	Valeriana officinalis L. (Valerian) dry root extract (4:1) 125,00 mg	Adults and children over 12 years of age: As an aid to sleep: Take 3 to 5 tablets half an hour before bedtime when necessary; For relief of nervous tension: Take 2 tablets 1 to 3 times daily.		Discipline specific	Western Herbal Medicine	Oral	Low	Clicks Herbal Sedative relieves sleeplessness and is indicated for temporary difficulty in falling asleep as well as for the relief of nervous tension, nervous irritability and simple nervousness.	At or below 25 ° C	
28	Manufactured (including import and export)	TensAway	Tablet	40 and 100	Valeriana officinalis L. (Valerian) dry root extract (4:1) 100,00 mg; Passiflora incarnata L. (Passiflora) dry aerial parts extract (6:1) 45,00 mg	Adults and children over 12 years of age: Initial dose: Take 2 tablets with water three times a day. After improvement and in less severe cases: Take 1 tablet with water three times a day.		Discipline specific	Western Herbal Medicine	Oral	Low	TensAway is a mild tranquilliser indicated for nervous tension, nervous irritability, nervousness and mild anxiety.	At or below 25 ° C	
29	Manufactured (including import and export)	InsomnAway	Tablet	26 and 52	Valeriana officinalis L. (Valerian) dry root extract (4:1) 125,00 mg	Adults and children over 12 years of age: As an aid to sleep: Take 3 to 5 tablets half an hour before bedtime when necessary; For relief of nervous tension: Take 2 tablets 1 to 3 times daily.		Discipline specific	Western Herbal Medicine	Oral	Low	InsomnAway relieves sleeplessness and is indicated for temporary difficulty in falling asleep as well as for the relief of nervous tension, nervous irritability and simple nervousness.	At or below 25 ° C	
30	Manufactured (including import and export)	Dis-Chem Senna	Tablet	20, 100 and 200	Sennoside B 7,5 mg [from 12,34 mg Calcium sennosides and 1,00 mg Cassia angustifolia (Senna) Leaf extract]	Adults: Take 2 to 4 tablets once daily; Children over the age of 6 years: Take 1 to 2 tablets once daily.		Discipline specific	Western Herbal Medicine	Oral	Low	For short-term relief of occasional constipation.	At or below 25 ° C	
31	Manufactured (including import and export)	Florin 250	Capsule - Hard	10	Saccharomyces boulardii 5 billion CFU	Adults: 1 – 2 capsules 2 – 4 times daily; Children: 1 – 2 capsules 2 – 4 times daily.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, FLORIN 250 should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract/gut. Florin 250 can be used as an adjunct to oral rehydration when treating acute diarrhoea.	At or below 25 ° C	
32	Manufactured (including import and export)	Myrtol 300	Capsule - Soft	30	Myrtol 300,00 mg [Eucalyptus oil 198,00 mg; Citrus sinensis (sweet orange oil) 96,00 mg; Myrtus communis (myrtle oil) 3,00 mg; Citrus limonum (lemon oil) 3,00 mg]	Initial dose: 1 capsule 3 to 4 times daily; Maintenance dose: 1 capsule twice daily.		Discipline specific	Western Herbal Medicine	Oral	Low	Assists with relief of cough associated with respiratory tract ailments and helps loosen mucus.	At or below 25 ° C	
33	Manufactured (including import and export)	VeinAway	Tablet	30 and 60	Vitis vinifera L. (Grapevine leaf) 360 mg [leaf, 4,5:1 extract, providing 1,6 g dried herb equivalent]	Adults: Take 1 film-coated tablet with water before breakfast. The dose may be increased to 2 film-coated tablets daily if necessary.		Discipline specific	Western Herbal Medicine	Oral	Low	VeinAway tablets are indicated to assist with the relief of symptoms associated with chronic venous insufficiency (CVI) such as swelling of the legs, tired or heavy legs, tension, itching, cramping and pain in the legs.	At or below 25 ° C	
34	Manufactured (including import and export)	XtensiFlora 9	Capsule - Hard	30 and 60	Lactobacillus rhamnosus 9,4 x 10 ⁸ CFU; Lactobacillus helveticus 9,4 x 10 ⁸ CFU; Bifidobacterium longum 7,0 x 10 ⁸ CFU; Lactococcus lactis 4,7 x 10 ⁸ CFU; Bifidobacterium breve 4,7 x 10 ⁸ CFU; Lactobacillus plantarum 4,7 x 10 ⁸ CFU; Bifidobacterium bifidum 2,3 x 10 ⁸ CFU; Lactobacillus casei 2,3 x 10 ⁸ CFU; Streptococcus thermophilus 1 x 10 ⁸ CFU	Adults: Take 1 capsule daily.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, XtensiFlora 9 should improve or normalise the microbial balance in the intestine and thereby improve the functioning of the digestive tract/gut.	At or below 25 ° C	
35	Manufactured (including import and export)	Clicks High Fibre	Powder	10	Plantago ovata (ispaghula) 3,5 g [husk powder]	Adults and children older than 12 years: Take one sachet in the morning and evening. Children 6 to 12 years: Take ½ to 1 teaspoon (2,5 – 5 mL) depending on body mass and age.		Discipline specific	Western Herbal Medicine	Oral	Low	Clicks High Fibre is indicated to assist with relief of constipation and/or irregularity. Clicks High Fibre may also assist with increasing daily fibre intake as an adjuvant in constipation-predominant irritable bowel syndrome (IBS), as well as alternating diarrhoea and constipation.	At or below 25 ° C	

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36	Manufactured (including import and export)	Dis-Chem Ispaghula Husk	Powder	10 and 30	Plantago ovata (ispaghula) 3,5 g [husk powder]	Adults and children older than 12 years: Take one sachet in the morning and evening. Children 6 to 12 years: Take ½ to 1 teaspoon (2,5 – 5 mL) depending on body mass and age.		Discipline specific	Western Herbal Medicine	Oral	Low	Dis-Chem Ispaghula Husk is indicated to assist with relief of constipation and/or irregularity. Dis-Chem Ispaghula Husk may also assist with increasing daily fibre intake as an adjuvant in constipation-predominant irritable bowel syndrome (IBS), as well as alternating diarrhoea and constipation.	At or below 25 ° C
37	Manufactured (including import and export)	Arthro Gen	Capsule - Hard	30	Avocado-soybean unsaponifiables (ASU) 300 mg Providing: Persea gratissima C.F.Gaertn. (avocado) oil unsaponifiable 100 mg; Glycine max (L.) Merr. (soybean) oil unsaponifiable 200 mg; Mixed tocopherol 0,5 mg providing alpha-tocopherol 90 % and non-alpha-tocopherol 72 %	Adults: Take one capsules daily with food.		Discipline specific	Combination product	Oral	High	Arthro Gen is indicated to assist with the management and relief of osteoarthritis symptoms such as painful joints and difficulty when moving.	At or below 25 ° C
38	Manufactured (including import and export)	PromuCoff	Liquid	100 and 200	Each 5 ml contains: Hedera helix L. (ivy) 7 mg [leaf, 5:1 extract standardised to hederacoside C 10 %]	Adults and children older than 12 years: 5 mL to 7,5 mL three times daily. Children 6 to 12 years: 5 mL three times daily. Children 2 to 5 years: 2,5 mL three times daily.		Discipline specific	Western Herbal Medicine	Oral	Low	PromuCoff is indicated as an expectorant to help loosen phlegm in the case of a productive cough.	At or below 25 ° C
39	Manufactured (including import and export)	ArthrAway SR	Tablet	60	Glucosamine sulphate KCl 750 mg; Chondroitin sulphate sodium 75 mg; Methyl sulphonyl methane (MSM) 375 mg; Zinc oxide 2,49 mg (providing 2,00 mg elemental Zinc); L-selenomethionine 31,00 µg (providing 12,5 µg elemental Selenium); Borax 8,82 mg (providing 1 mg elemental Boron); Manganese sulphate 3,08 mg (providing 1 mg elemental Manganese); Cupric sulphate 650,00 µg (providing 165 µg elemental Copper).	Adults: Initial dose: Take one tablet in the morning and one tablet in the evening with meals and a glass of water. Maintenance dose: Take one tablet daily with a meal and a glass of water.		Health Supplement	Multiple substance formulation	Oral	Low	ArthrAway SR releases the active substance in the body over a period of 24 hours to have its beneficial effect for the improvement of joint stiffness and helps in the relief of joint aches and pain.	At or below 25 ° C
40	Manufactured (including import and export)	Dis-Chem Inhalation Capsules	Capsule - Soft	10	Camphor 25 mg (from Cinnamomum camphora oil); Chlorothymol 5 mg (from Thymus vulgaris oil); Eucalyptol 125 mg (from Eucalyptus globulus oil); Menthol 65 mg (from Mentha piperita oil); Terpineol 120 mg (from Pinus oil).	Adults: Sniff off the tip of 1 or 2 capsules and squeeze the contents into 500 ml of hot water or onto a tissue and inhale the vapor. The inhalant can also be effectively used on bedding or in a humidifier. Children and babies over the age of 3 months: The contents of 1 capsule can be dabbed onto a hankerchief, which can be tied down securely in the vicinity, or used in a humidifier.		Discipline specific	Western Herbal Medicine	Inhalation	Low	Dis-Chem Inhalation Capsules are indicated for the temporary relief of blocked noses and assist in clearing nasal passages.	At or below 25 ° C
41	Manufactured (including import and export)	PhytFlu	Other	6	Anas Barbariae Hepatis et Cordis Extractum HPUS 200 K	Therapeutic: Adults and children older than 12 years: One vial at the onset of symptoms. Repeat twice at 6 hourly intervals. When flu is already in progress: One vial at 6 hourly intervals until fever has subsided. Preventative: Adults and children older than 12 years: One vial per week throughout the winter or for the duration of the flu epidemic. Children 6 to 12 years: Half a vial at the onset of symptoms. Repeat twice at 6 hourly intervals. When flu is already in progress: Half a vial at 6 hourly intervals until fever has subsided.		Discipline specific	Homeopathy	Oral	Low	PhytFlu is a homeopathic medicine based on homeopathic principles for the relief from flu and flu-related symptoms such as fever, chills, body aches and pains.	At or below 25 ° C
42	Manufactured (including import and export)	ADDaway Adult	Capsule - Soft	90 and 180	Cold water fish oil 210 mg providing: Eicosapentaenoic acid (EPA) 54 mg; Docosahexaenoic acid (DHA) 37 mg; Vitamin A 880 µg; Vitamin D 200 µg. Oenothera biennis L. (Evening primrose) oil 60 mg providing: Linoleic acid (LA) 65 – 85 % (NMT 54 mg)* Gamma-linolenic acid (GLA) 7 – 14 % (NMT 8,4 mg)* Ascorbic acid (Vitamin C) 30 mg; Alpha-tocopherol (Vitamin E) 10 mg; Vitamin A palmitate 882 µg providing retinol (Vitamin A) 450 µg; Cholecalciferol (Vitamin D3) 5 µg Total Vitamin A (from cold water fish oil and Vitamin A palmitate) 1 330 µg	Chew 1 capsules daily.		Health Supplement	Multiple substance formulation	Oral	Low	ADDaway Adult may help maintain concentration and memory levels. ADDaway Adult can be used as a supplement for both adults and children as it contains Vitamins A, D, E, and C, Omega 3 and 6 fatty acids.	At or below 25 ° C
43	Manufactured (including import and export)	VirAway Multivitamin & Mineral Syrup	Liquid	200 and 500	Each 5 ml Syrup contains: Ascorbic acid (Vitamin C) 32,00 mg; Zinc gluconate 25,00 mg (providing 3,59 mg elemental Zinc); Iron amino acid chelate 20 % 12,00 mg (providing 2,40 mg elemental Iron); Di-α-tocopheryl acetate (Vitamin E) 1,99 mg TE; Pantothenic acid (Vitamin B5) 2,50 mg; Nicotinamide (Vitamin B3) 2,20 mg; Copper amino acid chelate 10 % 0,70 mg (providing 70,00 µg elemental Copper); Thiamine (Vitamin B1) 118,00 µg; Riboflavin (Vitamin B2) 110,00 µg; Biotin (Vitamin H) 110,00 µg; Cyanocobalamin (Vitamin B12) 1,30 µg; Vitamin A (as acetate) 2900 IU; Vitamin D3 580 IU.	Children 1 - 3 years: 2,5 ml once daily; Children 4 - 12 years: 5 ml once daily; Children 13 years and older: 7,5 ml once daily.		Health Supplement	Multiple substance formulation	Oral	Low	VirAway Multivitamin & Mineral Syrup contains vitamins and minerals that may help support your child's immune and general wellbeing.	At or below 25 ° C

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No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities	Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions
44	Manufactured (including import and export)	Dis-Chem Gold 5-HTP 50 mg	Tablet	60	5-hydroxy-L-tryptophan (5-HTP) 50 mg (from Griffonia simplicifolia seed extract)	Adults: Take one (1) tablet two to three times daily with a meal.		Health Supplement	Amino acids	Oral	Low	Dis-Chem Gold 5-HTP 50 mg is a precursor to the neurotransmitter serotonin and may assist in the maintenance of good health and a healthy mood balance.	At or below 25 ° C
45	Manufactured (including import and export)	4UTI Acute	Capsule - Hard	6	Hibiscus sabdariffe (Extract 20:1) 200 mg	Adults: On the first sign of urinary discomfort: Take two (2) capsules orally. Thereafter take one (1) capsule once a day for four days. Complete the course.		Discipline specific	Western Herbal Medicine	Oral	Low	4UTI Acute is used to assists with the relief of the onset of lower urinary tract discomfort, including pain or burning sensation when urinating as well the urge to urinate frequently.	At or below 25 ° C
46	Manufactured (including import and export)	4UTI Maintenance	Capsule - Hard	30	Hibiscus sabdariffe (Extract 20:1) 100mg; Vaccinium macrocarpon (Cranberry) 75 mg.	Adults: Take one capsule daily.		Discipline specific	Western Herbal Medicine	Oral	Low	4UTI Maintenance assists in maintaining lower urinary tract health by helping to reduce the tendency for bacteria to grow in the area. 4UTI Maintenance may be used after relief of urinary tract discomfort with 4UTI Acute pack.	At or below 25 ° C
47	Manufactured (including import and export)	Clicks Vitamin C and Zinc Lozenges - Honey and Lemon	Other	16 and 24	Sodium ascorbate 112,36 mg (providing 100,00 mg Vitamin C); Zinc gluconate 20,98 mg (providing 3,00 mg Zinc); Menthol crystals 5,00 mg; Eucalyptus oil 1,63 mg	Children 6 – 12 years: Dissolve 1 lozenge slowly in the mouth three times a day if needed; Adults: Dissolve 1 - 2 lozenges slowly in the mouth three times a day if needed.		Discipline specific	Combination product	Oral	Low	Clicks Vitamin C & Zinc Lozenges is indicated to soothe and relieve sore throat.	At or below 25 ° C
48	Manufactured (including import and export)	VirAway Vitamin C & Zinc Lozenges - Honey & Lemon	Other	16 and 24	Sodium ascorbate 112,36 mg (providing 100,00 mg Vitamin C); Zinc gluconate 20,98 mg (providing 3,00 mg Zinc); Menthol crystals 5,00 mg; Eucalyptus oil 1,63 mg	Children 6 – 12 years: Dissolve 1 lozenge slowly in the mouth three times a day if needed; Adults: Dissolve 1 - 2 lozenges slowly in the mouth three times a day if needed.		Discipline specific	Combination product	Oral	Low	VirAway Vitamin C & Zinc Lozenges is indicated to soothe and relieve sore throat.	At or below 25 ° C
49	Manufactured (including import and export)	Myrtol 150	Capsule - Soft	30	Mentha piperita 150 mg [Eucalyptus oil 99,00 mg; Citrus sinensis (sweet orange oil) 48,00 mg; Myrtus communis (myrtle oil) 1,50 mg; Citrus limonum (lemon oil) 1,50 mg]	Initial dose: 1 capsule 3 to 4 times daily; Maintenance dose: 1 capsule twice daily.		Discipline specific	Western Herbal Medicine	Oral	Low	Assist with relief of cough associated with respiratory tract ailments and helps loosen mucus.	At or below 25 ° C
50	Manufactured (including import and export)	Dis-Chem Gold Slow Release Potassium	Tablet	60	Potassium chloride 600,00 mg (providing 314,68 mg elemental potassium)	Adults: Take 1 tablet twice daily with a full glass of water.		Health Supplement	Minerals	Oral	Low	Potassium is a mineral that contributes to normal nervous system and muscle function, as well as the maintenance of normal blood pressure.	At or below 25 ° C
51	Manufactured (including import and export)	Lifestyle Health Immune Syrup for Kids	Liquid	120	Each 5 ml syrup contains: Echinacea purpurea L. (Echinacea) 450,00 mg [aerial parts, as 45,00 mg of a 10:1 extract]; Sambucus nigra L. (Elderberry) 352,00 mg [fruit, as 16,25 mg of a 20:1 extract]; Zinc Amino Acid Chelate 20,00 mg (providing 2,00 mg elemental zinc); d-α-tocopherol (Vitamin E as dl-α-tocopheryl acetate) 5,95 mg; Copper Amino Acid Chelate 350,00 µg (providing 35,00 µg elemental copper); Retinol (as Vitamin A Acetate) 40,50 µg; Cholecalciferol (Vitamin D3) 6,00 µg; Cyanocobalamin (Vitamin B12) 2,40 µg	Short-term immune protection: At the first signs of infection: Children 1 to 4 years: one medicine measure (5 ml) twice daily. Children 5 to 9 years: one and a half medicine measures (7,5 ml) twice daily. Children 10 to 13 years: two medicine measures (10 ml) twice daily. The above dosage should be taken for two weeks only, followed by the maintenance dose. Maintenance dose: To protect against infections and when generally run-down: Children 1 to 4 years: one medicine measure (5 ml) daily. Children 5 to 9 years: one and a half medicine measures (7,5 ml) daily. Children 10 to 13 years: three medicine measures (15 ml) daily.		Discipline specific	Combination product	Oral	Low	Lifestyle Health Immune Syrup for Kids is an advanced immune boosting formula containing vitamins, minerals and herbs that play a role in the maintenance of good health for growing children. Lifestyle Health Immune Syrup for Kids assists in reducing the severity and duration of colds and flu symptoms and associated conditions by supporting the immune system. Where the immune system is under threat from conditions such as stress and fatigue or when children are generally run-down, Lifestyle Health Immune Syrup for Kids can assist by building and restoring the immune function.	At or below 25 ° C
52	Manufactured (including import and export)	Lifestyle Health Stress Support	Tablet	20 and 40	Valeriana officinalis L. (Valerian) 400,0 mg [dry root, as 100,00 mg of a 4:1 extract]; Passiflora incarnata L. (Passion Flower) 270,00 mg [dry aerial parts, as 45,00 mg of a 6:1 extract]	Adults and children 12 years and older: Initial dose: Take two tablets with water three times a day. After improvement and in less severe cases: Take one tablet with water threee times a day.		Discipline specific	Western Herbal Medicine	Oral	Low	Lifestyle Health Stress Support is a mild tranquilliser indicated for nervous tension, nervous irritability, nervousness and mild anxiety.	At or below 25 ° C
53	Manufactured (including import and export)	Biogen Immuno Boost	Capsule - Hard	60	Echinacea purpurea L. (Echinacea) 125,00 mg [aerial parts, 10:1 extract providing 1 250,00 mg of dried herb equivalent]; Sambucus nigra L. (Elderberry) 32,50 mg [fruit, 20:1 extract providing 650,00 mg of dried herb equivalent]; Allium sativum L. (Garlic) 15,00 mg [bulb, 4:1 extract providing 60,00 mg of dried herb equivalent]; Ascorbic acid (Vitamin C) 82,55 mg; Zinc gluconate 17,50 mg (providing 2,51 mg elemental Zinc); α-Tocopherol (Vitamin E) 7,37 mg; Copper amino acid chelate 5,00 mg (providing 0,50 mg elemental Copper); Iron amino acid chelate 5,00 mg (providing 1,00 mg elemental Iron); Selenium amino acid chelate 5,00 mg (providing 10,00 µg elemental Selenium); Pyridoxine (Vitamin B6) 1,65 mg; Retinol (Vitamin A) 207,00 µg; Folic acid 82,50 µg; Biotin (Vitamin H) 55,00 µg; Cholecalciferol (Vitamin D3) 2,30 µg; Cyanocobalamin (Vitamin B12) 2,20 µg.	Adults: Initial dose: Take 1 capsule three times per day with meals for two weeks; Maintenance dose: Take 1 to 2 capsules once daily with meals.		Discipline specific	Combination product	Oral	Low	Biogen Immuno Boosts assists in reducing the severity and duration of symptoms of colds and flu, upper respiratory tract infections and associated conditions by supporting the immune system. Biogen Immuno Boost contains vitamins, minerals and herbs that play a role in the maintenance of good health. Taken as per maintenance dose, Biogen Immuno Boost supports and stimulates the immune system, thereby reducing the risk of infection.	At or below 25 ° C

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No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities	Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions
54	Manufactured (including import and export)	Phyto Cramp Care Plus	Capsule - Hard	30 and 60	Magnesium oxide 112,75 mg; Magnesium citrate 56,25 mg; Magnesium gluconate 25,59 mg; (providing 78,61 mg elemental magnesium) Disodium phosphate 90,00 mg; Dipotassium phosphate 30,00 mg; (providing 44,61 mg elemental phosphorus); (providing 13,47 mg elemental potassium); Calcium carbonate 60,00 mg (providing 24,03 mg elemental calcium); L-glutamine 25,00 mg; L-aspartic acid 20,00 mg; Pyridoxine HCl (Vitamin B6) 5,00 mg; Cholecalciferol (Vitamin D3) 100 I.U.	Daily supplementation: Take 2 capsules daily after breakfast. Sports events: Take 2 capsules 30 to 45 minutes before the start of the event, take another capsule during endurance and stage events.		Health Supplement	Multiple substance formulation	Oral	Low	Phyto Cramp Care Plus contributes to the relief of muscle cramps, stiffness, stress and fatigue.	At or below 25 °C
55	Manufactured (including import and export)	Biogen Stress Relief	Tablet	60	Valeriana officinalis L. (Valerian) 100,00 mg (dry root, 4:1 extract providing 400,00 mg of dried herb equivalent); Passiflora incarnata L. (Passiflora) 45,00 mg (dry aerial parts, 6:1 extract providing 270,00 mg dried herb equivalent).	Adults and children over 12 years of age: Initial dose: Take 2 tablets with water three times a day. After improvement and in less severe cases: Take 1 tablet with water three times a day.		Discipline specific	Western Herbal Medicine	Oral	Low	Biogen Stress Relief is a mild tranquilliser indicated for nervous tension, nervous irritability, nervousness, restlessness and mild anxiety.	At or below 25 °C
56	Manufactured (including import and export)	Ultimate Calcium	Tablet	30	Calcium 500,00 mg (from 1389,00 mg Calcium Carbonate); Collagen (Hydrolysed Type 1) 150,00 mg; Magnesium 150,00 mg (from 263,16 mg Magnesium oxide); Potassium 75,00 mg (from 167,05 mg Di-potassium phosphate); Zinc 15,00 mg (from 104,90 mg Zinc gluconate); Manganese 3,00 mg (from 30,00 mg Manganese amino acid chelate); Copper 1,00 mg (from 10,00 mg Copper amino acid chelate); Silicon 1,00 mg; Vitamin K2 (as Mena Q7) 45,00 ug Selenium 30,00 ug (from 1,50 mg Selenium amino acid chelate); Vitamin D3 (as Cholecalciferol) 1000 I.U.	Adults: Take one tablet daily with a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Ultimate Calcium contributes to the maintenance and development of normal bone and muscle function. Ultimate Calcium helps to strengthen and build healthy bones. Ultimate Calcium assists with joint health and contributes to normal functioning of the nervous system	At or below 25 °C
57	Manufactured (including import and export)	Sextend	Capsule - Hard	4, 10, 15 and 30	Eleutherococcus senticosus (Siberian ginseng)[root extract] 700 mg; Cola nitida (Kola nut) 10 mg; Ascorbic acid (Vitamin C) 125 mg; Di-alpha-tocopherol (Vitamin E) 30 mg; Nicotinamide (Vitamin B3) 25 mg; Pyridoxine (Vitamin B6) 7,5 mg; Thiamine HCl (Vitamin B1) 5 mg; Riboflavin (Vitamin B2) 5 mg.	Take one capsule daily.		Discipline specific	Combination product	Oral	Low	Sextend is a vitamin supplement for invigoration and fortification in times of fatigue and debility.	At or below 25 °C
58	Manufactured (including import and export)	Sextend Extra	Capsule - Hard	1 and 5	Eleutherococcus senticosus (Siberian ginseng) [root extract] 1 000 mg; Riboflavin (Vitamin B2) 10 mg; Zinc sulphate (providing 2 mg elemental Zinc) 5 mg.	Take one capsule daily.		Discipline specific	Combination product	Oral	Low	Sextend Extra contains vitamins and minerals for the maintenance of good health and vitality.	At or below 25 °C
59	Manufactured (including import and export)	Skin & Zinc	Capsule - Hard	30	Inositol (myo-D-chiro inositol 40:1) 1 000 mg; Magnesium (as Magnesium Oxide) 75 mg; Choline (as Choline Bitartrate) 25 mg; Zinc (as Zinc Gluconate) 25 mg; Vitamin B6 (as Pyridoxine Hydrochloride) 1 mg; Folate (as L-5-methylhydrofolate calcium) 200 µg; Vitamin A (beta-carotene) 83 µg RE; Iodine (as Potassium Iodide) 75 µg; Selenium (as Selenium Yeast) 15 µg; Cholecalciferol (Vitamin D3) 200 IU; Cyanocobalamin (Vitamin B12) 3 µg.	Adults: Take one capsule daily.		Health Supplement	Multiple substance formulation	Oral	Low	Skin & Zinc contains a combination of nutrients, including zinc, that helps to maintain healthy skin.	At or below 25 °C
60	Manufactured (including import and export)	ArthrAway Acute One-Per-Day	Tablet	30	Glucosamine sulphate KCl 1 500 mg; Chondroitin sulphate sodium 75 mg; Methyl sulphanyl methane (MSM) 375 mg; Zinc oxide 2,49 mg (providing 2,00 mg elemental Zinc); L-selenomethionine 31,00 µg (providing 12,5 µg elemental Selenium); Borax 8,82 mg (providing 1 mg elemental Boron); Manganese sulphate 3,08 mg (providing 1 mg elemental Manganese); Cupric sulphate 650,00 µg (providing 165 µg elemental Copper).	Adults: Take one tablet daily with a meal and a glass of water.		Health Supplement	Multiple substance formulation	Oral	Low	ArthrAway Acute One-Per-Day releases the active substance in the body over a period of 24 hours to have its beneficial effect for the improvement of joint stiffness and helps in the relief of joint aches and pain.	At or below 25 °C

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No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities	Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions
61	Manufactured (including import and export)	B-Complex Advanced	Tablet	60	Ascorbic Acid (Vitamin C) 150 mg; Magnesium (as Magnesium Oxide) 51 mg; Calcium (as Calcium Carbonate) 30 mg; Eleutherococcus senticosus (Siberian Ginseng) 25 mg [root, 10:1 extract providing 250 mg dried herb equivalent]; Vitamin B5 (as Calcium-d-Pantothenate) 18 mg; Lecithin 15 mg; Riboflavin (Vitamin B2) 13 mg; Nicotinamide (Vitamin B3) 13 mg; Vitamin B1 (as Thiamine mononitrate) 11 mg; Vitamin B6 (as Pyridoxine Hydrochloride) 11 mg; Vitamin E (as dl-α-tocopheryl acetate) 15 IU; Citrus bioflavonoids 5 mg; Ginkgo biloba L. 5 mg [leaf, 20:1 extract providing 100 mg dried herb equivalent]; Zinc (as Zinc Gluconate) 5 mg; Piper nigrum L. (Bioperine®) 3 mg [fruit, 50:1 extract providing 125 mg dried herb equivalent]; Folic Acid (as 5-methyltetrahydrofolate) 200 µg; Biotin 15 µg; Cyanocobalamin (Vitamin B12) 13 µg; Cholecalciferol (Vitamin D3) 200 IU; Selenium (as Selenium AAC) 5 µg.	Adults: Take two tablets daily.		Discipline specific	Combination product	Oral	Low	B-Complex Advanced contains all essential B vitamins, in combination with herbs, antioxidants, and other vitamins and minerals which support the psychological function and nervous system, mental performance and energy-yielding metabolism, as well as the reduction of tiredness and fatigue.	At or below 25 °C
62	Manufactured (including import and export)	VirAway Effervescent	Tablet - Effervescent	20	Echinacea purpurea L. (Echinacea) 125,00 mg [aerial parts, 10:1 extract providing 1 250,00 mg of dried herb equivalent]; Sambucus nigra L. (Elderberry) 32,50 mg [fruit, 20:1 extract providing 650,00 mg of dried herb equivalent]; Allium sativum L. (Garlic) 15,00 mg [bulb, 4:1 extract providing 60,00 mg of dried herb equivalent]; Ascorbic acid (Vitamin C) 82,55 mg; Zinc gluconate 17,50 mg (providing 2,51 mg elemental Zinc); α-Tocopherol (Vitamin E) 7,37 mg; Copper amino acid chelate 5,00 mg (providing 0,50 mg elemental Copper); Iron amino acid chelate 5,00 mg (providing 1,00 mg elemental Iron); Selenium amino acid chelate 5,00 mg (providing 10,00 µg elemental Selenium); Pyridoxine (Vitamin B6) 1,65 mg; Retinol (Vitamin A) 207,00 µg; Folic acid 82,50 µg; Biotin (Vitamin H) 55,00 µg; Cholecalciferol (Vitamin D3) 2,30 µg; Cyanocobalamin (Vitamin B12) 2,20 µg	Adults: Initial dose: Dissolve one effervescent tablet three times per day in half a glass of water and take with meals for two weeks; Maintenance dose: Dissolve one to two effervescent tablets once daily in half a glass of water and take with meals.		Discipline specific	Combination product	Oral	Low	VirAway Effervescent assists in reducing the severity and duration of symptoms of colds and flu, upper respiratory tract infections and associated conditions by supporting the immune system. VirAway Effervescent contains vitamins, minerals and herbs that play a role in the maintenance of good health. Taken as per maintenance dose, VirAway Effervescent supports and stimulates the immune system, thereby reducing the risk of infection.	At or below 25 °C
63	Manufactured (including import and export)	Lifestyle Health Concentration & Focus	Capsule - Hard	30	Ginkgo biloba L. (Ginkgo) 120,00 mg [dry leaf, 50:1 extract standardised to 24% flavones and 6% lactones] Panax ginseng (Ginseng) 200,00 mg [root, 10:1 extract standardised to 7,5% ginsenosides]	Take one capsule per day.		Discipline specific	Western Herbal Medicine	Oral	Low	Lifestyle Health Concentration & Focus can help to enhance cognitive function and memory in adults, increase energy and reduce mental fatigue.	At or below 25 °C
64	Manufactured (including import and export)	Lifestyle Health Liver Support	Capsule - Soft	20 and 100	Polysaturated phospholipids (from lecithin) 175,00 mg; Thiamine (Vitamin B1) 3,00 mg; Riboflavin (Vitamin B2) 3,00 mg; Nicotinamide (Vitamin B3) 15,00 mg; Pyridoxine (Vitamin B6) 3,00 mg; Cyanocobalamin (Vitamin B12) 3,00 µg; α-Tocopherol (Vitamin E) 2,21 mg	Adults: Take one to two capsules three times a day with meals.		Health Supplement	Multiple substance formulation	Oral	Low	Lifestyle Health Liver Support is a combination of phospholipids and vitamins that maintains and support normal functioning of liver cells.	At or below 25 °C
65	Manufactured (including import and export)	Lifestyle Health Zinc Syrup for Kids	Liquid	200	Each 5 ml contains: Zinc gluconate 48,85 mg (providing 7,00 mg elemental Zinc); Sodium ascorbate 38,89 mg (providing 35,00 mg elemental Vitamin C) Cholecalciferol (Vitamin D3) 10,00 ug.	Children 3 – 12 months: take 1,25 ml daily; Children 1 – 3 years: take 5 ml daily; Children 4 – 8 years: take 7,5 ml daily; Children 9 – 13 years: take 10 ml daily.		Health Supplement	Multiple substance formulation	Oral	Low	Lifestyle Health Zinc Syrup for Kids contributes to the maintenance of good health and immune function, as well as healthy skin in growing children.	At or below 25 °C
66	Manufactured (including import and export)	Dis-Chem Gold Cramp Complex Nite	Capsule - Hard	30	Magnesium oxide 112,75 mg; Magnesium citrate 56,25 mg; Magnesium gluconate 25,59 mg; (providing 78,61 mg elemental magnesium); Disodium phosphate 90 mg; Dipotassium phosphate 30 mg; (providing 44,61 mg elemental phosphorus); (providing 13,47 mg elemental potassium); Calcium carbonate 81,2 mg (providing 32,52 mg elemental calcium); Pyridoxine HCl (Vitamin B6) 5,00 mg; Cholecalciferol (Vitamin D3) 100 I.U.; Passiflora incarnata L. (Passiflora) 31,25 mg [dry aerial parts, 4:1 extract providing 125,00 mg dried herb equivalent].	Take two capsules at night after dinner.		Discipline specific	Combination product	Oral	Low	Dis-Chem Gold Cramp Nite Complex assists with the prevention of night time muscle cramps.	At or below 25 °C
67	Manufactured (including import and export)	ArthrAway BD	Tablet	60	D-Glucosamine hydrochloride 750 mg.	Adults: Take one tablet twice a day with meals.		Health Supplement	Multiple substance formulation	Oral	Low	ArthrAway BD is indicated for maintaining healthy cartilage and joint health.	At or below 25 °C

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68	Manufactured (including import and export)	ArthrAway BD Plus	Tablet	60	D-Glucosamine hydrochloride 750 mg; MSM (methyl sulphonyl methane) 100 mg.	Adults: Take one tablet twice a day with meals.		Health Supplement	Multiple substance formulation	Oral	Low	ArthrAway BD Plus is indicated for the improvement of joint mobility and the reduction in the severity of joint stiffness. It helps with the relief of joint aches and pain and protects against the deterioration of cartilage.	At or below 25 ° C
69	Manufactured (including import and export)	Biogen Junior Vitamin C & Zinc Lollies - Cherry	Other	10	Each lolly contains: Sodium ascorbate 112,36 mg (providing 100,00 mg Vitamin C); Zinc gluconate 20,98 mg (providing 3,00 mg Zinc); Menthol crystals 5,00 mg; Eucalyptus oil 1,63 mg	Children 2 to 3 years of age: Suck one lolly twice a day. Children 4 to 12 years: Suck one lolly three times a day.		Discipline specific	Combination product	Oral	Low	Biogen Junior Vitamin C & Zinc Lollies is indicated to soothe and relieve sore throat.	At or below 25 ° C
70	Manufactured (including import and export)	VirAway Junior Vitamin C & Zinc Lollies - Cherry	Other	10	Each lolly contains: Sodium ascorbate 112,36 mg (providing 100,00 mg Vitamin C); Zinc gluconate 20,98 mg (providing 3,00 mg Zinc); Menthol crystals 5,00 mg; Eucalyptus oil 1,63 mg	Children 2 to 3 years of age: Suck one lolly twice a day. Children 4 to 12 years: Suck one lolly three times a day.		Discipline specific	Combination product	Oral	Low	VirAway Junior Vitamin C & Zinc Lollies is indicated to soothe and relieve sore throat.	At or below 25 ° C
71	Manufactured (including import and export)	ArthrAway Osteo	Capsule - Hard	30	Avocado-soybean unsaponifiables (ASU) 300 mg Providing: Persea gratissima C.F.Gaertn. (avocado) oil unsaponifiable 100 mg; Glycine max (L.) Merr. (soybean) oil unsaponifiable 200 mg; Mixed tocopherol 0,5 mg providing alpha-tocopherol 90 % and non-alpha-tocopherol 72 %	Adults: Take one capsules daily with food.		Discipline specific	Combination product	Oral	High	Arthro Gen is indicated to assist with the management and relief of osteoarthritis symptoms such as painful joints and difficulty when moving.	At or below 25 ° C
72	Manufactured (including import and export)	VirAway Pelargonium Gummies	Other	60	PelaForce™ EMA1170 20,00 mg [Pelargonium sidoides root, 10:1 extract providing 200,00 mg dried herb equivalent] Ascorbic acid (Vitamin C) 100,00 mg Zinc sulphate heptahydrate 5,00 mg (providing 1,14 mg elemental Zinc) Cholecalciferol (Vitamin D3) 250 IU	Children 6 – 12 years: Chew one gummy twice a day. Adults and children over 12 years: Chew one gummy three times a day.		Discipline specific	Combination product	Oral	Low	VirAway Pelargonium Gummies assists with the symptomatic relief of upper respiratory-tract infections of the nose, throat and airways, including the common cold. Taken daily, VirAway Pelargonium Gummies supports and stimulates the immune system.	At or below 25 ° C