

SAHPRA LICENCE NO.		000000557-17	CM REF.	DA02-FC0BE1	Name of Licence Holder:		Procter & Gamble South African Trading (Pty) Ltd						Version:	5-052023
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	Imported and Exported	Vicks Vapolozenges Orange Menthol	Other	1, 6, 8, 16, 24, 36	Glycyrrhiza glabra (Liquorice root) 15 mg; Zingiber officinale (Common ginger rhizome) 10 mg; Phyllanthus emblica (Indian gooseberry fruits) 10 mg; Menthaarvensis (leaf) (Levomenthol) 7 mg	Adults and Children over 12 years: Dissolve 1 lozenge in your mouth every 2 hours as needed. Do not exceed 8 lozenges in 24 hours.	n/a	Discipline specific	Ayurveda	Oral	Low	Eases cough, blocked nose and sore throat	At or below 25 ° C	
2	Imported and Exported	Vicks Vapolozenges Berry Menthol	Other	1, 6, 8, 16, 24, 36	Glycyrrhiza glabra (Liquorice root) 15 mg; Zingiber officinale (Common ginger rhizome) 10 mg; Phyllanthus emblica (Indian gooseberry fruits) 10 mg; Menthaarvensis (leaf) (Levomenthol) 7 mg	Adults and Children over 12 years: Dissolve 1 lozenge in your mouth every 2 hours as needed. Do not exceed 8 lozenges in 24 hours.	n/a	Discipline specific	Ayurveda	Oral	Low	Eases cough, blocked nose and sore throat	At or below 25 ° C	
3	Imported and Exported	Vicks Vapolozenges Honey Lemon Menthol	Other	1, 6, 8, 16, 24, 36	Glycyrrhiza glabra (Liquorice root) 15 mg; Zingiber officinale (Common ginger rhizome) 10 mg; Phyllanthus emblica (Indian gooseberry fruits) 10 mg; Menthaarvensis (leaf) (Levomenthol) 7 mg	Adults and Children over 12 years: Dissolve 1 lozenge in your mouth every 2 hours as needed. Do not exceed 8 lozenges in 24 hours.	n/a	Discipline specific	Ayurveda	Oral	Low	Eases cough, blocked nose and sore throat	At or below 25 ° C	
4	Imported and Exported	Metamucil Orange Smooth	Powder	283 g, 425 g, 10 sachets, 30 Sachets	Each 5,9 g serving contains: Psyllium husk 3,4 g	Dosage age: Adults and children (≥ 12 years of age) Note: Children aged 12 years and over are usually given adult doses. The use in children under 12 years of age is not recommended (see CONTAINICATIONS). Metamucil should be taken during the day 2 hours before or after intake of other medicines, not immediately prior to bed-time. The effect starts 12 - 24 hours later. A sufficient amount of liquid (water, milk, fruit juice or similar aqueous liquid) should always be taken e.g. 250 ml of water per 5,9 g of Metamucil Orange Smooth. Metamucil Sachets: Simply add one sachet to at least 250 ml of water. Stir briskly and drink promptly. Drink plenty of water. New Users: Start with 1 sachet per day and gradually increase to 3 sachets per day. Duration of use: If the symptoms persist during the use of the Metamucil longer than 3 days, a healthcare provider should be consulted.	n/a	Health Supplement	Saccharides (including prebiotics)	Oral	Low	Metamucil promotes regularity and gut health. Metamucil increases bulk volume and water content, softening stools to maintain regularity. Metamucil supports the body's toxin removal process to support gut health.	At or below 25 ° C	
5	Imported and Exported	Metamucil Berry Smooth	Powder	283 g, 425 g, 10 sachets, 30 Sachets	Each 5,8 g serving contains: Psyllium husk 3,4 g	Dosage age: Adults and children (≥ 12 years of age) Note: Children aged 12 years and over are usually given adult doses. The use in children under 12 years of age is not recommended (see CONTAINICATIONS). Metamucil should be taken during the day 2 hours before or after intake of other medicines, not immediately prior to bed-time. The effect starts 12 - 24 hours later. A sufficient amount of liquid (water, milk, fruit juice or similar aqueous liquid taken e.g. 250 ml of water per 5,8 g of Metamucil Berry Smooth. Metamucil Sachets: Simply add one sachet to at least 250 ml of water. Stir briskly and drink promptly. Drink plenty of water. New Users: Start with 1 sachet per day and gradually increase to 3 sachets per day. Duration of use: If the symptoms persist during the use of the Metamucil longer than 3 days, a healthcare provider should be consulted.	n/a	Health Supplement	Saccharides (including prebiotics)	Oral	Low	Metamucil promotes regularity and gut health. Metamucil increases bulk volume and water content, softening stools to maintain regularity. Metamucil supports the body's toxin removal process to support gut health.	At or below 25 ° C	
6	Imported and Exported	Metamucil Lemon Smooth	Powder	283 g, 425 g, 10 sachets, 30 Sachets	Each 5,8 g serving contains: Psyllium husk 3,4 g	Dosage age: Adults and children (≥ 12 years of age) Note: Children aged 12 years and over are usually given adult doses. The use in children under 12 years of age is not recommended (see CONTAINICATIONS). Metamucil should be taken during the day 2 hours before or after intake of other medicines, not immediately prior to bed-time. The effect starts 12 - 24 hours later. A sufficient amount of liquid (water, milk, fruit juice or similar Aqueous liquid taken e.g. 250 ml of water per 5,8 g of Metamucil Lemon Smooth. Metamucil Sachets: Simply add one sachet to at least 250 ml of water. Stir briskly and drink promptly. Drink plenty of water. New Users: Start with 1 sachet per day and gradually increase to 3 sachets per day. Duration of use: If the symptoms persist during the use of the Metamucil longer than 3 days, a healthcare provider should be consulted.	n/a	Health Supplement	Saccharides (including prebiotics)	Oral	Low	Metamucil promotes regularity and gut health. Metamucil increases bulk volume and water content, softening stools to maintain regularity. Metamucil supports the body's toxin removal process to support gut health.	At or below 25 ° C	
7	Imported and Exported	Metamucil FiberCaps	Capsule	100	Psyllium husk 525 mg.	Dosage age: Adults and children (≥ 12 years of age) Note: Children aged 12 years and over are usually given adult doses. The use in children under 12 years of age is not recommended (see CONTAINICATIONS). Metamucil should be taken during the day 2 hours before or after intake of other medicines, not immediately prior to bed-time. The effect starts 12 - 24 hours later. New Users: Start with 1 serving per day and gradually increase to 3 servings per day. Serving Size: 7 Capsules. Maximum dosing: 3 servings (21 capsules) per day. Take 7 capsules, one at a time, with a 250 ml glass of water. Drink plenty of water and take whilst in an upright position. Duration of use: If the symptoms persist during the use of the Metamucil longer than 3 days, a healthcare provider should be consulted.	n/a	Health Supplement	Saccharides (including prebiotics)	Oral	Low	Metamucil promotes regularity and gut health. Metamucil increases bulk volume and water content, softening stools to maintain regularity. Metamucil supports the body's toxin removal process to support gut health.	At or below 25 ° C	

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8	Imported and Exported	Slow Mag Fizzes	Tablet - Effervescent	10, 20, 30	Each effervescent Tablet contains: Magnesium Carbonate 707,98 mg, providing 172 mg of elemental Magnesium Ascorbic Acid 165,10 mg, providing 150 mg Vitamin C	Take 1 tablet daily dissolved in a glass of water after food or as directed by your healthcare provider. Indicated for Adults and children 12 years and older	Not Registered	Health Supplement	Minerals	Oral	Low	•Contributes to a reduction of tiredness and fatigue. •Aids in rapid recovery after physical activity. Magnesium. •Contributes to the maintenance of normal muscle function. Vitamin C. •Contributes to normal energy-yielding metabolism.	At or below 25 ° C			
9	Manufactured (including import and export)	Slow Mag Capsules	Capsule	10, 30, 60, 100	Each capsule contains: Magnesium Lysinate Glycinate Chelate 450 mg, providing 45 mg of Elemental Magnesium	1 to 2 capsules to be taken daily after food, or as directed by your healthcare provider. Indicated for Adults and children 12 years and older	Not Registered	Health Supplement	Minerals	Oral	Low	•Contributes to a reduction of tiredness and fatigue. •Aids in rapid recovery after physical activity. Magnesium. •Contributes to the maintenance of normal muscle function.	At or below 25 ° C			
10	Imported and Exported	Vicks Immune Cold Defence Film- Coated Tablets	Tablet	30	Zingiber officinale Roscoe (Ginger) [Rhizome] 500 mg per tablet; Curcuma longa L.(Turmeric) [Rhizome] 500 mg per tablet; Ascorbic acid (Vitamin C) 250 mg per tablet; Citrus sinensis (L.) Osbeck (Citrus bioflavonoids extract) [Fruit] 25 mg per tablet; Zinc Oxide 12,7 mg per tablet Providing Zinc (elemental) 10 mg per tablet; Cupric sulfate 2,6 mg per tablet Providing Copper (elemental) 1000 micrograms per tablet; Sodium selenite 0,23 mg per tablet Providing Selenium (elemental) 100 micrograms per tablet; Cholecalciferol (Vitamin D3) 25 micrograms (1000 IU) per tablet.	Adults: Take one tablet a day with water. Vicks* Immune Cold Defence film-coated tablets is not suitable for children.	N/A	Discipline specific	Combination product	Oral	Low	Supports the body's defence against a cold. Triple Immune action: • Turmeric to help relieve inflammation • Vitamin D contributes to the normal function of the immune system • Vitamin C & Zinc contributes to the protection of cells from oxidative stress	At or below 25 ° C			
11	Imported and Exported	Vicks Acta Plus Wet & Dry Cough Syrup	Liquid	50 ml,100 ml, 200 ml	Ocimum sanctum L.[Holy Basil] [Herb] 100 mg per 10 ml; Glycyrrhiza glabra L. (Licuorice) [Root] 60 mg per 10 ml; Curcuma longa L. (Turmeric) [Rhizome] 50 mg per 10 ml; Zingiber officinale Roscoe (Ginger) [Rhizome] 10 mg per 10 ml; Piper cubeba L.f. (Tailed Pepper) [Fruit] 1,4 mg per 10 ml; Aloe barbadensis Mill. (Aloe Vera) [Leaf extract] 50 mg per 10 ml; Mentha arvensis L. (Levomenthol) [Leaf] 6 mg per 10 ml	Adults & children 12 years and above: Take two medicine measures (10 ml) every four hours as needed. Children 6-11 years: Take one medicine measure (5 ml) every four hours as needed. Do not exceed more than 3 doses per day. Do not exceed the stated dose. Not to be consumed by children under 6 years of age without medical advice.	N/A	Discipline specific	Ayurveda	Oral	Low	Vicks* Acta Plus Wet & Dry Cough Syrup helps to provide relief from both dry cough and wet cough.	At or below 25 ° C			
12	Imported and Exported	Vicks VapoRub Xtra Strength	Other	10g, 50g, 100g	Each gram contains: Mentha arvensis L. (Menthol) (leaf extract) 70 mg Pinus longifolia Roxb. (Camphor) [stem extract] 52,1 mg Eucalyptus globulus Labill (Eucalyptus Oil) (leaf extract) 38,4 mg	Topical Application: Children 6 - 12 years: 1 - finger scoop Adults and children older than 12 years: 2 - finger scoops For temporary relief from nasal congestion and cough: Rub on chest, neck, and back and massage for 3-5 minutes. For temporary relief from minor aches and pains: Rub on the affected area. Steam inhalation: Dissolve 1 - 2 teaspoonfuls (5 - 10 ml) into a bowl of hot (not boiling) water (500 ml). Cover head with towel. Lean over bowl to form a tent. Gently breathe in the vapours for 10 - 15 minutes. Children 6 - 12 years: Repeat up to 2 times per day. Adults and children older than 12 years: Repeat up to 4 times per day.		Discipline specific	Ayurveda		Low	Temporary relief from headache, nasal congestion, cough, body ache, and muscular stiffness associated with a cold.	At or below 25 ° C			
13	Imported and Exported	Vicks VapoRub Xtra Strong	Other	10g, 50g, 100g	Each gram contains: Mentha arvensis L. (Menthol) (leaf extract) 70 mg Pinus longifolia Roxb. (Camphor) [stem extract] 52,1 mg Eucalyptus globulus Labill (Eucalyptus Oil) (leaf extract) 38,4 mg	Topical Application: Children 6 - 12 years: 1 - finger scoop Adults and children older than 12 years: 2 - finger scoops For temporary relief from nasal congestion and cough: Rub on chest, neck, and back and massage for 3-5 minutes. For temporary relief from minor aches and pains: Rub on the affected area. Steam inhalation: Dissolve 1 - 2 teaspoonfuls (5 - 10 ml) into a bowl of hot (not boiling) water (500 ml). Cover head with towel. Lean over bowl to form a tent. Gently breathe in the vapours for 10 - 15 minutes. Children 6 - 12 years: Repeat up to 2 times per day. Adults and children older than 12 years: Repeat up to 4 times per day.		Discipline specific	Ayurveda		Low	Temporary relief from headache, nasal congestion, cough, body ache, and muscular stiffness associated with a cold.	At or below 25 ° C			
14	Imported and Exported	Vicks VapoRub Vaporizing Ointment	Other	10 g, 45 g, 50 g, 90 g, 100 g.	Each gram contains: Mentha arvensis L. (Menthol) (leaf extract) 28,2 mg Eucalyptus globulus Labill (Eucalyptus Oil) (leaf extract) 13,5 mg Pinus longifolia Roxb. (Camphor) [stem extract] 52,5 mg	Topical Application: Children older than 2 years: 1-finger scoop Adults and children older than 12 years: 2-finger scoops For temporary relief from nasal congestion and cough, rub on chest, neck, and back and massage for 3-5 minutes up to 3 times a day; for temporary relief from minor aches and pains, rub on the affected area up to 3 times a day. Steam inhalation: Adults and children older than 6 years: dissolve 2 teaspoonfuls (10 ml) of product in half a litre of hot (not boiling) water and breathe in the resulting vapours for 10-15 minutes, with a towel over the head and bowl.	N/A	Discipline specific	Ayurveda		Low	Temporary relief from headache, nasal congestion, cough, body ache, and muscular stiffness associated with a cold.	At or below 25 ° C			
15	Imported and Exported	Voost Vitamin C Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Ascorbic acid (Vitamin C) 1000 mg	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Vitamins	Oral	Low	•Supports healthy immune system. •Antioxidant for good health.	At or below 25 ° C			
16	Imported and Exported	Voost Collagen Plus Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Hydrolysed collagen 500 mg; Ascorbic acid (Vitamin C) 100 mg ; Biotin (Vitamin H) 8 micrograms.	Adults: Take 1 tablet, dissolved in 200 ml of water, 2 times daily, or as directed by your healthcare professional. Please allow 5-6 minutes for dissolution.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	• Supports Skin Health. • Biotin contributes to the maintenance of normal skin. • Hydrolysed Collagen is a source of the essential amino acid lysine to help in collagen formation. • Vitamin C helps in connective tissue formation.	At or below 25 ° C			

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17	Imported and Exported	Voost Vitamin D Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Cholecalciferol (Vitamin D3) 25 micrograms (1000 IU)		Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Vitamins	Oral	Low	• Supports strong bone and teeth health.		At or below 25 ° C
18	Imported and Exported	Voost Magnesium Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Magnesium carbonate 823 mg, providing Magnesium (elemental) 200 mg		Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Minerals	Oral	Low	• Supports muscle function and good health.		At or below 25 ° C
19	Imported and Exported	Voost Zinc Plus Citrus Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Magnesium carbonate 102.9 mg, providing Magnesium (elemental) 25 mg; Zinc sulphate monohydrate 68.5 mg, providing Zinc (elemental) 25 mg; Pyridoxine hydrochloride 12.2 mg, providing Pyridoxine (Vitamin B6) 10 mg; Manganese sulphate monohydrate 6.15 mg, providing Manganese (elemental) 2 mg; Retinol acetate 884.61 micrograms, providing Retinol (Vitamin A) 750 micrograms.		Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	• Supports Immunity and Skin Health. • Vitamin A, Zinc contribute to the maintenance of normal skin. • Zinc contributes to normal fertility and reproduction. • Vitamin B6, Vitamin A and Zinc contribute to the normal function of the immune system. • Manganese and Zinc contribute to the protection of cells from oxidative stress. • Magnesium contributes to the maintenance of normal muscle function.		At or below 25 ° C
20	Imported and Exported	Voost Immunity Orange Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Ascorbic acid (Vitamin C) 1000 mg; Zinc gluconate 83 mg, providing Zinc (elemental) 10 mg.		Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	• Supports Healthy Immune System. • Vitamin C contributes to the normal function of the immune system. • Zinc contributes to the maintenance of immune function. • Vitamin C is an antioxidant for the maintenance of good health.		At or below 25 ° C
21	Imported and Exported	Voost Immunity Blackcurrant Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Ascorbic acid (Vitamin C) 1000 mg; Zinc gluconate 83 mg, providing Zinc (elemental) 10 mg.		Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	• Supports Healthy Immune System. • Vitamin C contributes to the normal function of the immune system. • Zinc contributes to the maintenance of immune function. • Vitamin C is an antioxidant for the maintenance of good health.		At or below 25 ° C
22	Imported and Exported	Voost Performance Apple Berry Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Ascorbic acid (Vitamin C) 500 mg; Calcium carbonate 250 mg, providing Calcium (elemental) 100 mg; Magnesium oxide 104 mg, providing Magnesium (elemental) 62.71 mg; Nicotinamide (Vitamin B3) 50 mg; Magnesium carbonate 175 mg, providing Magnesium (elemental) 42.53 mg; Calcium pantothenate 27.75 mg, providing Pantothenic acid (Vitamin B5) 25 mg; Riboflavin sodium phosphate 38.4 mg, providing Riboflavin (Vitamin B2) 20 mg; Thiamine hydrochloride 26.76 mg, providing Thiamine (Vitamin B1) 20 mg; Zinc sulphate monohydrate 27.4 mg, providing Zinc (elemental) 10 mg; Pyridoxine hydrochloride 12.2 mg, providing Pyridoxine (Vitamin B6) 10 mg; Folic acid 400 micrograms; Biotin (Vitamin H) 150 micrograms; Cyanocobalamin (Vitamin B12) 10 micrograms.		Adults: Take 1 tablet daily, dissolved in 200ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	• Supports energy production and muscle performance. • Vitamin B1, Vitamin B2, Pantothenic acid, Vitamin B6, C, Biotin, Iron, Magnesium, Calcium and Vitamin B12 contribute to normal energy- yielding metabolism. • Magnesium and Calcium contribute to normal muscle function. • Vitamin C is an antioxidant for the maintenance of good health. • Vitamin C, Vitamin B6 and Vitamin B12 contribute to the normal function of the immune system. • Zinc contributes to the maintenance of immune function.		At or below 25 ° C
23	Imported and Exported	Voost Performance Orange Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Ascorbic acid (Vitamin C) 500 mg; Calcium carbonate 250 mg, providing Calcium (elemental) 100 mg; Magnesium oxide 104 mg, providing Magnesium (elemental) 62.71 mg; Nicotinamide (Vitamin B3) 50 mg; Magnesium carbonate 175 mg, providing Magnesium (elemental) 42.53 mg; Calcium pantothenate 27.75 mg, providing Pantothenic acid (Vitamin B5) 25 mg; Riboflavin sodium phosphate 38.4 mg, providing Riboflavin (Vitamin B2) 20 mg; Thiamine hydrochloride 26.76 mg, providing Thiamine (Vitamin B1) 20 mg; Zinc sulphate monohydrate 27.4 mg, providing Zinc (elemental) 10 mg; Pyridoxine hydrochloride 12.2 mg, providing Pyridoxine (Vitamin B6) 10 mg; Folic acid 400 micrograms; Biotin (Vitamin H) 150 micrograms; Cyanocobalamin (Vitamin B12) 10 micrograms.		Adults: Take 1 tablet daily, dissolved in 200ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	• Supports energy production and muscle performance. • Vitamin B1, Vitamin B2, Pantothenic acid, Vitamin B6, C, Biotin, Iron, Magnesium, Calcium and Vitamin B12 contribute to normal energy- yielding metabolism. • Magnesium and Calcium contribute to normal muscle function. • Vitamin C is an antioxidant for the maintenance of good health. • Vitamin C, Vitamin B6 and Vitamin B12 contribute to the normal function of the immune system. • Zinc contributes to the maintenance of immune function.		At or below 25 ° C
24	Imported and Exported	Voost Energy Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Magnesium carbonate 411.54 mg, providing Magnesium (elemental) 100 mg; Calcium carbonate 250 mg, providing Calcium (elemental) 100 mg; Ascorbic acid (Vitamin C) 80 mg; Caffeine 74 mg; Nicotinamide (Vitamin B3) 16 mg; Di- alpha tocopheryl acetate 17.89 mg, providing Tocopherol (Vitamin E) 12 mg; Zinc sulphate monohydrate 27.41 mg, providing Zinc (elemental) 10 mg; Paullinia cupana Kunth (Guarana) [Seed] 60 mg, providing Caffeine 6 mg; Calcium pantothenate 6.66 mg, providing Pantothenic acid (Vitamin B5) 6 mg; Riboflavin sodium phosphate 1.99 mg, providing Riboflavin (Vitamin B2) 1.40 mg; Pyridoxine hydrochloride 1.71 mg, providing Pyridoxine (Vitamin B6) 1.40 mg; Thiamine Nitrate 1.36 mg, providing Thiamine (Vitamin B1) 1.10 mg; Folic acid 200 micrograms; Biotin (Vitamin H) 50 micrograms; Cyanocobalamin (Vitamin B12) 2.50 micrograms.		Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Discipline specific	Combination product	Oral	Low	• Supports energy production. • Vitamin B1, B2, Pantothenic acid, Vitamin B6, C, Biotin, Iron, Magnesium, Calcium and Vitamin B12 contribute to normal energy- yielding metabolism. • Vitamin B5 contributes to normal mental performance.		At or below 25 ° C

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25	Imported and Exported	Voost Multivitamin Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Ascorbic acid (Vitamin C) 80 mg; Magnesium carbonate 238,68 mg, providing Magnesium (elemental) 58 mg; Nicotinamide (Vitamin B3) 16 mg; DL- alpha tocopheryl acetate 17,88 mg, providing Tocopherol (Vitamin E) 12 mg; Ferrous gluconate 83,33 mg, providing Iron (elemental) 10 mg; Zinc sulphate monohydrate 27,41 mg, providing Zinc (elemental) 10 mg; Calcium pantothenate 6,66 mg, providing Pantothenic acid (Vitamin B5) 6 mg; Riboflavin sodium phosphate 1,99 mg, providing Riboflavin (Vitamin B2) 1,40 mg; Pyridoxine hydrochloride 1,71 mg, providing Pyridoxine (Vitamin B6) 1,40 mg; Thiamine Nitrate 1,36 mg, providing Thiamine (Vitamin B1) 1,10 mg; Folic acid 200 micrograms; Biotin (Vitamin H) 50 micrograms; Cholecalciferol (Vitamin D3) 5 micrograms (200 IU); Cyanocobalamin (Vitamin B12) 2,50 micrograms.	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	- Helps maintain good health. - Vitamin C, Biotin, Vitamin B5, Vitamin D3, Vitamin E, Iron, Folic acid, Magnesium, Nicotinamide, Vitamin B6, Vitamin B2, Vitamin B1 and Zinc, a factor in the maintenance of good health. - Vitamin C contributes to the protection of cells from oxidative stress. - Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B6, Vitamin C, Biotin, Iron and Magnesium contribute to normal energy-yielding metabolism. - Iron contributes to normal formation of red blood cells and haemoglobin and proper function.	At or below 25 ° C
26	Imported and Exported	Voost Mega B Complex Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60	Each tablet contains: Nicotinamide (Vitamin B3) 100 mg; Thiamine hydrochloride 66,85 mg, providing Thiamine (Vitamin B1) 50 mg; Calcium pantothenate 56,30 mg, providing Pantothenic acid (Vitamin B5) 50 mg; Pyridoxine hydrochloride 55,53 mg, providing Pyridoxine (Vitamin B6) 45 mg; Riboflavin sodium phosphate 28,40 mg, providing Riboflavin (Vitamin B2) 20 mg; Folic acid 500 micrograms; Biotin (Vitamin H) 50 micrograms; Cyanocobalamin (Vitamin B12) 50 micrograms.	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.	N/A	Health Supplement	Vitamins	Oral	Low	- Helps reduce tiredness and fatigue. - Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B6, Biotin and Vitamin B12 contribute to normal energy-yielding metabolism. - Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12 and Biotin contribute to the normal functioning of the nervous system. - Vitamin B6 and Vitamin B12 contribute to normal red blood cell formation. - Vitamin B2, Vitamin B5, Vitamin B6 and Vitamin B12 contribute to the reduction of tiredness and fatigue.	At or below 25 ° C
27	Imported and Exported	Slow Mag Performance Orange Fizzies	Tablet - Effervescent	8, 10, 15, 24, 30	Each tablet contains: Magnesium carbonate 800 mg, providing Magnesium 200 mg; Calcium Pantothenate 40,54 mg, providing Pantothenic acid (Vitamin B5) 30 mg; Panax quinquefolius L. (American Ginseng) 100 mg [root:3:1 extract providing 300 mg of root equivalent]	Adults: Take 1 tablet daily, dissolved in a glass of water, or as directed by your healthcare professional.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	- Helps enhance mental performance. - Supports physical performance. - Contributes to a reduction of tiredness and fatigue. - Vitamin B5 - Contributes to normal mental performance. - Ginseng. - Helps Maintain low stress levels.	At or below 25 ° C
28	Imported and Exported	Slow Mag Performance Citrus Fizzies	Tablet - Effervescent	8, 10, 15, 24, 30	Each tablet contains: Magnesium carbonate 800 mg, providing Magnesium 200 mg; Calcium Pantothenate 40,54 mg, providing Pantothenic acid (Vitamin B5) 30 mg; Panax quinquefolius L. (American Ginseng) 100 mg [root:3:1 extract providing 300 mg of root equivalent]	Adults: Take 1 tablet daily, dissolved in a glass of water, or as directed by your healthcare professional.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	- Helps enhance mental performance. - Supports physical performance. - Contributes to a reduction of tiredness and fatigue. - Vitamin B5 - Contributes to normal mental performance. - Ginseng. - Helps Maintain low stress levels.	At or below 25 ° C
29	Imported and Exported	Vicks Acta Plus Advanced Cough Syrup	Liquid	50 ml, 100 ml, 200 ml	Ocimum sanctum L. (Holy Basil) [Herb] 100 mg per 10 ml; Glycyrrhiza glabra L. (Liquorice) [Root] 60 mg per 10 ml; Curcuma longa L. (Turmeric) [Rhizome] 50 mg per 10 ml; Zingiber officinale Roscoe (Ginger) [Rhizome] 50 mg per 10 ml; Piper cubeba L.f. (Tailed Pepper) [Fruit] 10 mg per 10 ml; Aloe barbadensis Mill. (Aloe Vera) [Leaf extract] 50 mg per 10 ml; Mentha arvensis L. (Levomenthol) [Leaf] 6 mg per 10 ml	Adults & children 12 years and above: Take two medicine measures (10 ml) every four hours as needed. Children 6-11 years: Take one medicine measure (5 ml) every four hours as needed. Do not exceed more than 3 doses per day. Do not exceed the stated dose. Not to be consumed by children under 6 years of age without medical advice.	N/A	Discipline specific	Ayurveda	Oral	Low	Helps to relieve dry cough, wet cough and sore throat. Helps support immunity and recovery.	At or below 25 ° C
30	Imported and Exported	Vicks VapoLozenges + Immune Support Blackcurrant Menthol	Other	8, 16, 24, 36	Each lozenge contains: Mentha arvensis L. (Levomenthol) [Leaf] 10 mg Sodium Ascorbate 74,9 mg, providing Vitamin C 66,5mg Ascorbic Acid (Vitamin C) 33,5 mg Zinc Gluconate 27,88 mg, providing Zinc (elemental) 4 mg	For temporary relief of blocked nose, sore throat, cough: Adults: Take 1 lozenge every 2-3 hours as needed. Maximum 6 lozenges per day, for not more than 7 consecutive days. Children 6 years and above: Take 1 lozenge every 4-6 hours as needed. Maximum 3 lozenges per day, for not more than 7 consecutive days. For immune system health: Adults only: Take 1 lozenge daily Not to be consumed by children under 6 years of age without medical advice	N/A	Discipline specific	Combination product	Oral	Low	Temporary Relief of Blocked Nose, Sore Throat, Cough + Supports Immune System Health	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
37	Imported and Exported	Vicks VapoLozenges + Immune Support Orange Menthol	Other	8, 16, 24, 36	Each lozenge contains: Mentha arvensis L. (Levomenthol) [Leaf] 10 mg Sodium Ascorbate 74.9 mg, providing Vitamin C 66.5mg Ascorbic Acid (Vitamin C) 33.5 mg Zinc Gluconate 27.88 mg, providing Zinc (elemental) 4 mg	For temporary relief of blocked nose, sore throat, cough Adults: Take 1 lozenge every 2-3 hours as needed. Maximum 6 lozenges per day, for not more than 7 consecutive days. Children 6 years and above: Take 1 lozenge every 4-6 hours as needed. Maximum 3 lozenges per day, for not more than 7 consecutive days. For immune system health: Adults only: Take 1 lozenge daily Not to be consumed by children under 6 years of age without medical advice	N/A	Discipline specific	Combination product	Oral	Low	Temporary Relief of Blocked Nose, Sore Throat, Cough + Supports Immune System Health	At or below 25 ° C
32	Imported and Exported	Vicks VapoLozenges Xtra Strong Lemon Menthol Blast	Other	8, 12, 16, 24, 36	Each lozenge contains: Mentha arvensis L. (Levomenthol) [leaf extract] 21 mg	Adults and children over 12 years: Dissolve 1 lozenge slowly in the mouth every 2 hours as needed. Do not exceed 8 lozenges in 24 hours. Not to be used in children under 12 years of age without medical advice.		Discipline specific	Ayurveda	Oral	Low	Temporarily relieves cough, blocked nose and painful sore throat.	At or below 25 ° C
33	Imported and Exported	Vicks VapoLozenges Xtra Strong Honey Menthol Blast	Other	8, 12, 16, 24, 36	Each lozenge contains: Mentha arvensis L. (Levomenthol) [leaf extract] 21 mg	Adults and children over 12 years: Dissolve 1 lozenge slowly in the mouth every 2 hours as needed. Do not exceed 8 lozenges in 24 hours. Not to be used in children under 12 years of age without medical advice.		Discipline specific	Ayurveda	Oral	Low	Temporarily relieves cough, blocked nose and painful sore throat.	At or below 25 ° C
34	Imported and Exported	Vicks VapoRub Steam Pods	Other	1, 2, 4, 6, 10, 20	Each capsule contains: Mentha arvensis L. (Menthol) [leaf extract] 84.6 mg Eucalyptus globulus Labill (Eucalyptus Oil) [leaf extract] 40.5 mg Pinus longifolia Roxb. (Camphor) [stem extract] 157.5 mg	For steam inhalation in adults and children older than 6 years: Put 1 capsule into a bowl of hot (not boiling) water (500 ml). Cover head with towel. Lean over bowl to form a tent. Gently breathe in the vapours for 10-15 minutes. Repeat as necessary.		Discipline specific	Ayurveda	Inhalation	Low	Temporary, fast relief of blocked nose, sinus congestion and cough.	At or below 25 ° C
35	Imported and Exported	Vicks Acta Plus Xtra Strong	Liquid	50 ml, 100 ml, 150 ml, 200 ml	Each 10 ml of cough syrup contains: Ocimum sanctum L. (Holy Basil) [leaf extract] 100 mg Glycyrrhiza glabra L. (Liquorice) [root extract] 60 mg Curcuma longa L. (Turmeric) [rhizome extract] 50 mg Zingiber officinale Roscoe (Ginger) [rhizome extract] 50 mg Piper cubeba L.f. (Tailed Pepper) [fruit extract] 10 mg Aloe barbadensis Mill. (Aloe Vera) [leaf extract] 50 mg Mentha arvensis L. (Levomenthol) [leaf extract] 6 mg	Adults & children 12 years and above: Take two medicine measures (10 ml) every four hours as needed. Children 6-11 years: Take one medicine measure (5 ml) every four hours as needed. Do not exceed more than 3 doses per day. Do not exceed the stated dose. Not to be consumed by children under 6 years of age without medical advice.		Discipline specific	Ayurveda	Oral	Low	Helps to relieve dry cough, wet cough, sore throat, and blocked nose. Helps support immunity and recovery.	At or below 25 ° C
36	Imported and Exported	Voost Calcium Plus Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60, 80	Each tablet contains: Calcium carbonate 1.25 g, providing Calcium (elemental) 500 mg; Cholecalciferol (Vitamin D3) 5 micrograms (200 IU).	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.		Health Supplement	Multiple substance formulation	Oral	Low	Supports strong bone health.	At or below 25 ° C
37	Imported and Exported	Voost Energy Raspberry Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60, 80	Each tablet contains: Magnesium carbonate hydrate 399 mg, providing Magnesium (elemental) 100 mg; Calcium carbonate 250 mg, providing Calcium (elemental) 100 mg; Ascorbic acid (Vitamin C) 80 mg; Caffeine 74 mg; Nicotinamide (Vitamin B3) 16 mg; DL-alpha tocopheryl acetate 17.9 mg, providing Tocopherol (Vitamin E) 12 mg; Zinc sulphate monohydrate 24.7 mg, providing Zinc (elemental) 10 mg; Paullinia cupana Kunth (Guarana) [Seed] 27.3 mg, providing Caffeine 6 mg; Calcium pantothenate 6.52 mg, providing Pantothenic acid (Vitamin B5) 6 mg; Riboflavin sodium phosphate 1.78 mg, providing Riboflavin (Vitamin B2) 1.40 mg; Pyridoxine hydrochloride 1.70 mg, providing Pyridoxine (Vitamin B6) 1.40 mg; Thiamine Hydrochloride 1.40 mg, providing Thiamine (Vitamin B1) 1.10 mg; Folic acid 200 micrograms; Biotin (Vitamin H) 50 micrograms; Cyanocobalamin (Vitamin B12) 2.50 micrograms.	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.		Health Supplement	Multiple substance formulation	Oral	Low	Supports energy production. Supports good health. Vitamin B5 contributes to normal mental performance.	At or below 25 ° C
38	Imported and Exported	Voost Iron Plus Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60, 80	Each tablet contains: Ascorbic acid (Vitamin C) 90 mg; Ferrous sulphate 55.57 mg, providing Iron 18 mg; Folic acid 400 micrograms; Cyanocobalamin 5.2 micrograms.	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.		Health Supplement	Multiple substance formulation	Oral	Low	Helps reduce tiredness and fatigue. Helps in red blood cell formation and helps in their proper function. Vitamin C contributes to iron absorption from food.	At or below 25 ° C
39	Imported and Exported	Voost Mental Focus Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60, 80	Each tablet contains: Magnesium carbonate hydrate 800 mg, providing Magnesium (elemental) 200 mg; Calcium Pantothenate 32.6 mg, providing Pantothenic acid (Vitamin B5) 30 mg; Panax quinquefolius L. (American Ginseng) 100 mg [root 3:1 extract providing 300 mg of root equivalent]	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.		Health Supplement	Multiple substance formulation	Oral	Low	Helps enhance mental performance.	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	
40	Imported and Exported	Voost Multivitamin Berry Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60, 80	Each tablet contains: Ascorbic acid (Vitamin C) 80 mg; Magnesium carbonate 232 mg, providing Magnesium (elemental) 58 mg; Nicotinamide (Vitamin B3) 16 mg; DL- alpha tocopheryl acetate 17.9 mg, providing Tocopherol (Vitamin E) 12 mg; Ferrous gluconate dihydrate 86,3 mg, providing Iron (elemental) 10 mg; Zinc Citrate-3-Hydrate 32,0 mg, providing Zinc (elemental) 10 mg; Calcium pantothenate 6,52 mg, providing Pantothenic acid (Vitamin B5) 6 mg; Riboflavin sodium phosphate 1,78 mg, providing Riboflavin (Vitamin B2) 1,40 mg; Pyridoxine hydrochloride 1,70 mg, providing Pyridoxine (Vitamin B6) 1,40 mg; Thiamine hydrochloride 1,40 mg, providing Thiamine (Vitamin B1) 1,10 mg; Folic acid 200 micrograms; Biotin (Vitamin H) 50 micrograms; Cholecalciferol (Vitamin D3) 5 micrograms (200 IU); Cyanocobalamin (Vitamin B12) 2,50 micrograms.	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.		Health Supplement	Multiple substance formulation	Oral	Low	Helps maintain good health.		At or below 25 ° C	
41	Imported and Exported	Voost Vitamin C Elderberry Effervescent Tablets	Tablet - Effervescent	10, 20, 40, 60, 80	Each tablet contains: Ascorbic acid (Vitamin C) 1000 mg.	Adults: Take 1 tablet daily, dissolved in 200 ml of water, or as directed by your healthcare professional.		Health Supplement	Vitamins	Oral	Low	Supports a healthy immune system. Antioxidant for good health.		At or below 25 ° C	

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