

SAHPRA LICENCE NO.		DL01-EAC358	CM REF.	see Lic. No.	Name of Licence Holder:	Vital Health Foods (Pty) Ltd				Version:		01-082020	
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)	Vital Gold Active	Capsule - Soft	30	Per capsule: - 40 mg Panax ginseng CA Meyer root extract (5:1 extract standardised to min 7,5 % ginsenosides, providing 200 mg Dried Herb Equivalent [DHE]); - 901 µg RE Vitamin A (as Vitamin A Palmitate); - 7,5 µg Vitamin D (as cholecalciferol); - 15 mg α-TE Vitamin E (as di-alpha-Tocopheryl Acetate); - 2,4 mg Vitamin B1 (as Thiamine Mononitrate); - 2,6 mg Vitamin B2 (as Riboflavin); - 32 mg Vitamin B3 (as Nicotinamide); - 12 mg Vitamin B5 (as d-Panthenol); - 3,4 mg Vitamin B6 (as Pyridoxine HCl); - 4,8 µg Vitamin B12 (as Cyanocobalamin); - 65 mg Calcium (as Calcium Carbonate); - 200 µg Folic acid; - 75 µg Biotin; - 100 mg Vitamin C (as ascorbic acid); - 7,5 µg Vitamin D (as cholecalciferol); - 9 mg Iron (as Ferrous Sulphate); - 50 mg Magnesium (as Magnesium Oxide); - 55 µg Selenium (as Sodium Selenite); - 150 µg Iodine (as Potassium Iodide); - 35 µg Chromium (as Chromium Chloride Hexahydrate); - 45 µg Molybdenum (as Sodium Molybdate); - 14 mg Zinc (as Zinc Oxide); - 1,3 mg Copper (as Copper Sulphate)	The dosage for adults (18 years and older) is 1 capsule in the morning after a meal. Take with water.		Discipline specific	Combination product	Oral	Low	Vital Gold Active contains a combination of vitamins and minerals which supports the maintenance of good health and contributes to the reduction of tiredness and fatigue. Added Panax ginseng supports physical endurance and vitality.	At or below 25 °C
2	Manufactured (including import and export)	Vital Vitamin E 400 IU	Capsule - Soft	30	Per capsule: - 400 mg All-rac-alpha-tocopheryl acetate (providing 268 mg α-TE Vitamin E)	The dosage for adults is 1 capsule per day with a fatty meal.		Health Supplement	Vitamins	Oral	Low	Vital Vitamin E 400 IU is an antioxidant and contributes to the protection of your body's cells from oxidative stress.	At or below 25 °C
3	Manufactured (including import and export)	Vital Healthy Ageing	Capsule - Soft	30	Per capsule: - 136,84 mg Pinus pinaster bark extract (standardised to min 95% proanthocyanidins); - 10 mg Bilberry (Vaccinium myrtillus L.) fruit extract (50:1 extract providing 500 mg Dried Herb Equivalent [DHE]); - 10,526 mg Grape seed (Vitis vinifera L.) extract (50:1 extract, standardised to min 95% proanthocyanidins, providing 526 mg DHE); - 10 mg Green rooibos leaf (Aspalathus linearis herba sic) extract (30:1 extract, standardised to min 2% aspalathin, providing 300 mg DHE); - 10 mg Alpha-lipoic acid; - 1 mg Beta carotene (equivalent to 167 µg RE Vitamin A activity); - 10 mg bioflavonoids; - 2,5 mg Co-Enzyme Q10 (as Ubidecarenone); - 417 mg Fish Oil (Clupeidae; Engraulidae; Scombridae); - 0,5 mg Lycopene; - 10 mg Para-amino Benzoic Acid (PABA); - 50 mg Hydrolysed collagen (bovine skin/hide); - 5 mg Trans-resveratrol; - 50 mg Vitamin C (as ascorbic acid); - 10 mg α-TE Vitamin E (as D-alpha-tocopherol); - 25 µg Selenium (as Selenium Yeast); - 7,5 mg Zinc (as Zinc Gluconate); - 5 mg L-Tyrosine.	The dosage for adults (18 years and older) is 1 capsule daily. Take with water after a meal.		Discipline specific	Combination product	Oral	Low	Vital Healthy Ageing contains a combination of antioxidants which protects cells against the damaging effects of oxidative stress by neutralising free radicals in the body. Vital Healthy Ageing supports a strong immune system, vascular health as well as the development and maintenance of healthy eyesight. Vital Healthy Ageing also contributes to joint health through the formation of connective tissue and supporting the normal function of cartilage.	At or below 25 °C
4	Manufactured (including import and export)	Vital Enduramax	Capsule - Soft	30	Per capsule: - 120 mg Panax ginseng CA Meyer root extract (5:1 extract, standardised to min 7,5 % ginsenosides, providing 600 mg Dried Herb Equivalent [DHE]); - 10 mg Epimedium brevicornum L. leaf extract (10:1 extract, standardised to min 10 % icarins, providing 100 mg DHE); - 25 mg Lepidium meyenii root extract (4:1 extract, providing 100 mg DHE); - 16,67 mg Tribulus terrestris L. fruit extract (6:1 extract, standardised to min 40 % saponins, providing 100 mg DHE); - 50 mg Pumpkin seed oil; - 20 mg Vitamin B1 (as Thiamine Mononitrate); - 20 mg Vitamin B3 (as Nicotinamide); - 20 mg Vitamin B6 (as Pyridoxine HCl); - 400 µg Folic acid; - 25 µg Vitamin B12 (as Cyanocobalamin); - 40 mg Vitamin C (as Sodium Ascorbate); - 3,4 mg α-TE Vitamin E (as D-alpha-tocopherol); - 10 mg Zinc (as Zinc Gluconate); - 25 mg L-Tyrosine; - 25 mg L-Arginine (as L-Arginine HCl); - 20 mg L-Glutamine; - 25 mg L-Taurine.	The dosage for adults (18 years and older) is 1 capsule in the morning after a meal. Take with water.		Discipline specific	Combination product	Oral	Low	Vital Enduramax contains a combination of vitamins, minerals, amino acids and herbal extracts which support energy, vitality and the physical and mental aspects of sexual health in men.	At or below 25 °C
5	Manufactured (including import and export)	Vital Health Science Garcinia Cambogia	Capsule - Hard	60	Per capsule: - 666,7 mg Garcinia cambogia fruit extract (5:1 extract standardised to min 60 % Hydroxy citric acid, providing 3334 mg Dried Herb Equivalent [DHE]);	The dosage for adults is 1 capsule 3 times per day, 30 – 60 minutes before meals. Take with water.	D500938	Discipline specific	Western Herbal Medicine	Oral	Low	Vital Garcinia Cambogia may support weight management as part of an energy-controlled, balanced diet and active lifestyle. Vital Garcinia Cambogia may be taken for a period of up to 12 weeks.	At or below 25 °C
6	Manufactured (including import and export)	Vital Kelp	Tablet	90	Per tablet: - 171,5 mg Kelp (Ascophyllum nodosum) powder (providing Iodine 150 µg).	The dosage for adults and children 14 years and older is 1 tablet per day. Take with water after a meal.		Discipline specific	Western Herbal Medicine	Oral	Low	Vital Kelp is a source of iodine which supports healthy functioning of the thyroid gland and normal metabolism.	At or below 25 °C

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7	Manufactured (including import and export)	Vital Liver Health	Tablet	30	Per tablet: - 250 mg Artichoke (Cynara scolymus) leaf extract (12:1 extract standardised to min 2,5 % cynarine, providing 3000 mg Dried Herb Equivalent [DHE]); - 125 mg Milk Thistle (Silybum marianum) seed extract (75:1 extract standardised to min 80 % silymarin, providing 9375 mg DHE); - 12,5 mg Vitamin B1 (as Thiamine Mononitrate); - 12,5 mg Vitamin B2 (as Riboflavin); - 12,5 mg Vitamin B3 (as Nicotinamide); - 12,5 mg Vitamin B6 (as Pyridoxine HCl); - 12,5 µg Vitamin B12 (as Cyanocobalamin); - 15 mg Vitamin C (as Ascorbic acid); - 50 mg Betaine; - 5 mg L-Carnitine; - 15 mg L-Cysteine (as L-Cysteine HCl); - 2,5 mg Glutathione.	The dosage for adults (18 years and older) is 2 tablets daily. Take with water after a meal.		Discipline specific	Combination product	Oral	Low	Vital Liver Health contains Milk thistle seed and Artichoke leaf extracts, traditionally used for its liver protecting properties. Vital Liver Health assists in detoxifying the liver and supports healthy liver function.	At or below 25 °C
8	Manufactured (including import and export)	Vital Odourless Garlic	Capsule - Soft	90	Per capsule: - 1,5 mg Garlic (Allium sativum L.) bulb extract (50:1 extract standardised to min 2 % allicin, providing 75 mg Dried Herb Equivalent [DHE]); - 240 µg RE Vitamin A (as Vitamin A Palmitate); - 2 µg Vitamin D (as cholecalciferol).	The dosage for adults and children 12 years and older is 1-2 capsules three times per day. Take with water after a meal.		Discipline specific	Combination product	Oral	Low	Vital Odourless Garlic contains Garlic (Allium sativum L.) which is traditionally used to support the immune system and may help relieve the minor symptoms associated with upper respiratory tract infections. Vital Odourless Garlic also contributes to healthy blood circulation.	At or below 25 °C
9	Manufactured (including import and export)	Vital Health Science Echinacea Purpurea	Capsule - Soft	30	Per capsule: - 180 mg Echinacea purpurea L. root extract (5-8:1 extract standardised to min 4 % polyphenols, providing 900 mg to 1440 mg Dried Herb Equivalent [DHE]); - 8 mg Zinc (as Zinc gluconate).	The dosage for adults and children 14 years and older is 1 capsule 3 times per day. Vital Echinacea Purpurea should be taken with food. Start when symptoms are noticed for the first time. Consult a healthcare practitioner if symptoms persist for 10 days or longer.	0510761	Discipline specific	Combination product	Oral	Low	Vital Echinacea Purpurea contains Echinacea purpurea root which is traditionally used to relieve minor symptoms and shorten the duration of upper respiratory tract infections, including the common cold. Zinc contributes to the normal functioning of the immune system.	At or below 25 °C
10	Manufactured (including import and export)	Vital Health Science Milk Thistle	Tablet	30	Per tablet: - 255 mg Milk Thistle (Silybum marianum (L.) Gaertn.) fruit extract (20-40:1 extract standardised to 55 % silymarin, providing 5100 mg to 10200 mg Dried Herb Equivalent [DHE]).	The dosage for adults (18 years and older) is 1 tablet 2 - 3 times per day. Take with water after meals.		Discipline specific	Western Herbal Medicine	Oral	Low	Vital Milk Thistle contains Silybum marianum, traditionally used for its liver protecting properties. Vital Milk Thistle assists in detoxifying the liver and supports healthy liver function.	At or below 25 °C
11	Manufactured (including import and export)	Vital Health Science Memory & Concentration	Capsule - Soft	60	Per capsule: - 500 mg Fish Oil (Katsuwonus pelamis; Thunnus albacares; Thunnus tonggol; Thunnus obesus; Engraulis ringens and/or encrasicolus; Sardina pilchardus; Trachurus symmetricus); - 50 mg Ginkgo biloba leaf extract (50:1 extract standardised to min 22 % flavone glycosides, providing 3000 mg Dried Herb Equivalent [DHE]); - 15 mg Phosphatidyl serine; - 250 µg Folic acid; - 5,0 µg Vitamin B12 (as Cyanocobalamin); - 5 mg α-TE Vitamin E (as D-alpha-tocopherol).	The dosage for adults (18 years and older) is 1-2 capsules daily. Take with water after a meal.		Discipline specific	Combination product	Oral	Low	Vital Memory & Concentration contains a combination of vitamins, omega 3 fatty acids and phosphatidylserine combined with Ginkgo biloba to support memory, concentration and healthy brain function.	At or below 25 °C
12	Manufactured (including import and export)	Vital Ginkgo Biloba	Capsule - Soft	30	Per capsule: - 120 mg Ginkgo biloba leaf extract (50:1 extract standardised to min 22 % flavone glycosides, providing 6000 mg Dried Herb Equivalent [DHE]); - 2,5 mg Vitamin B5 (as Calcium-d-Pantothenate); - 9 mg Iron (as Ferrous Sulphate); - 5,5 mg Zinc (as Zinc Gluconate);	The dosage for adults (18 years and older) is 1 capsule twice per day. Take with water after a meal.		Discipline specific	Combination product	Oral	Low	Vital Ginkgo Biloba supports normal blood circulation, memory, concentration and healthy brain function.	At or below 25 °C
13	Manufactured (including import and export)	Vital Garlic & Parsley	Capsule - Soft	90	Per capsule: - 667 µg Garlic (Allium sativum L.) bulbous oil (standardised to min 20% Diallyl trisulfide); - 150 µg RE Vitamin A (as Vitamin A Palmitate); - 2,5 µg Vitamin D (as cholecalciferol);	The dosage for adults and children 12 years and older is 1-2 capsules three times per day. Take with water after a meal.		Discipline specific	Combination product	Oral	Low	Vital Garlic & Parsley contains Garlic (Allium sativum L.) which is traditionally used to support the immune system and may help relieve the minor symptoms associated with upper respiratory tract infections. Vital Garlic & Parsley also contributes to healthy blood circulation.	At or below 25 °C
14	Manufactured (including import and export)	Vital Cranberry	Capsule - Soft	30	Per capsule: - 250 mg Cranberry (Vaccinium macrocarpon Aiton) fruit extract (50:1 extract standardised to min 1,5 % proanthocyanidins, providing 12500 mg Dried Herb Equivalent [DHE]);	The dosage for adults (18 years and older) is 2 capsules per day. Take with water after a meal.		Discipline specific	Western Herbal Medicine	Oral	Low	Vital Cranberry contains cranberry (Vaccinium macrocarpon Aiton) fruit extract traditionally used to support urinary tract health and may assist in preventing the occurrence and recurrence of urinary tract infections.	At or below 25 °C
15	Manufactured (including import and export)	Vital Joints & Ligaments	Capsule - Soft	30	Per capsule: - 333 mg Boswellia serrata gum/resin extract (4-5:1 extract standardised to min 40 % Boswellic acids, providing 1332 mg to 1665 mg Dried Herb Equivalent [DHE]); - 0,43 mg Vitamin B2 (as Riboflavin); - 1,67 mg Vitamin B5 (as Calcium-d-Pantothenate); - 0,56 mg Vitamin B6 (as Pyridoxine HCl); - 33,33 mg Vitamin C (as Ascorbic Acid); - 3,66 mg Zinc (as Zinc Gluconate); - 0,76 mg Manganese (as Manganese Sulphate Monohydrate); - 0,3 mg Copper (as Copper Sulphate).	The dosage for adults (18 years and older) is 1 capsule 3 times per day. Take with water after a meal.		Discipline specific	Combination product	Oral	Low	Vital Joints & Ligaments contains vitamins and minerals combined with Boswellia serrata which contribute to the formation, maintenance and repair of normal connective tissue. Vital Joints & Ligaments supports and maintains joint health and may ease the symptoms related to strained joints and ligaments.	At or below 25 °C

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16	Manufactured (including import and export)	Vital Vitaboo Energy	Tablet - Effervescent	10 & 30	Per tablet: - 200 mg Guarana (Paullinia cupana) seed extract powder (providing 40 mg caffeine); - 40 mg Caffeine; - 1.1 mg Vitamin B1 (as Thiamine HCl); - 13 mg Vitamin B2 (as Riboflavin-5-phosphate); - 16 mg Vitamin B3 (as Nicotinamide); - 6 mg Vitamin B5 (as Calcium-D-Pantothenate); - 1.4 mg Vitamin B6 (as Pyridoxine HCl); - 2.5 µg Vitamin B12 (as Cyanocobalamin); - 200 µg Folic acid; - 50 µg Biotin; - 80 mg Vitamin C (as Ascorbic Acid); - 8.05 mg α-TE Vitamin E (as dl-α-Tocopheryl Acetate); - 100 mg Calcium (as Calcium Carbonate); - 100 mg Magnesium (as Magnesium Carbonate); - 10 mg Zinc (as Zinc Citrate trihydrate).	The dosage for adults (18 years and older) is 1 tablet in the morning dissolved in 200 ml water. Take after a meal.		Discipline specific	Combination product	Oral	Low	Vitaboo Energy contributes to healthy energy metabolism and the reduction of tiredness and fatigue. Added caffeine and guarana assists temporarily to promote alertness and wakefulness and supports energy and physical endurance.	At or below 25 °C
17	Manufactured (including import and export)	Vital Vitaboo Immune	Tablet - Effervescent	10 & 20	Per tablet: - 65 mg Elderberry (Sambucus nigra L.) fruit extract (20:1 extract, providing 1300 mg Dried Herb Equivalent [DHE]); - 1000 mg Vitamin C (as Ascorbic Acid); - 12 mg Zinc (as Zinc citrate trihydrate); - 11 mg Vitamin B2 (as Riboflavin-5-phosphate sodium); - 300 µg RE Vitamin A (as Vitamin A Palmitate); - 10 µg Vitamin D (as cholecalciferol);	The dosage for adults and children 9 years and older is 1 tablet daily dissolved in 200 ml water. Take after a meal. Consult a healthcare practitioner if your symptoms persist.		Discipline specific	Combination product	Oral	Low	Vitaboo Immune effervescent is specifically formulated with vitamins A, C, D and zinc to protect and support the body's immune system. It also contains Elderberry extract which is traditionally used in herbal medicines to ease minor symptoms related to colds and flu, and may therefore ease mucus build-up, throat irritation and cough.	At or below 25 °C
18	Manufactured (including import and export)	Vital Brewer's Yeast	Tablet	180	Per tablet: - 200 mg Brewer's Yeast powder; - 0.47 mg Vitamin B1 (as Thiamine HCl); - 0.2 mg Vitamin B2 (as Riboflavin); - 0.6 mg Vitamin B3 (as Nicotinamide);	The dosage for adults and children 14 years and older is 2 – 6 tablets three times per day. Take with water after food.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Brewer's Yeast is a source of B-vitamins which support the nervous system, energy metabolism and contributes to the reduction of tiredness and fatigue.	At or below 25 °C
19	Manufactured (including import and export)	Vital Calcium Complex	Tablet	30	Per tablet: - 400 mg Calcium (as Calcium Carbonate); - 125 mg Magnesium (as Magnesium Oxide); - 3.3 mg Vitamin B6 (as Pyridoxine HCl); - 1.25 µg Vitamin D (as cholecalciferol); - 4.3 mg Zinc (as Zinc Gluconate).	The dosage for adults and children 9 years and older is 1-2 tablets daily after a meal. Take with water.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Calcium Complex contains a combination of vitamins and minerals which contributes to the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient Vitamin D3, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.	At or below 25 °C
20	Manufactured (including import and export)	Vital Cod Liver Oil	Capsule - Soft	90	Per capsule: - 450 mg Cod Liver Oil (providing 81 µg RE Vitamin A, 0.7 µg Vitamin D and 63 mg Omega 3 fatty acids); - 6.7 mg α-TE Vitamin E (as D-alpha-tocopherol);	The dosage for adults and children 14 years and older is 2 capsules daily after a meal. Take with water.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Cod Liver Oil is a natural source of vitamin A, vitamin D3 and omega 3 fatty acids. This combination supports the normal function of the immune system and contributes to the development and maintenance of healthy bones and teeth.	At or below 25 °C
21	Manufactured (including import and export)	Vital Co-Enzyme Q10	Capsule - Soft	30	Per capsule: - 100 mg Co-Enzyme Q10 (as Ubidecarenone); - 3.4 mg α-TE Vitamin E (as D-alpha-tocopherol);	The dosage for adults and children 14 years and older is 1 capsule daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Co-Enzyme Q10 is an antioxidant which contributes to the protection of cells from oxidative stress by combatting damaging free radicals. Co-Enzyme Q10 is essential for energy production at cellular level and supports cardiovascular health.	At or below 25 °C
22	Manufactured (including import and export)	Vital Dolomite	Tablet	180	Per tablet: - 427 mg Dolomite powder (providing 90 mg calcium and 51 mg Magnesium); - 2.5 µg Vitamin D (as cholecalciferol);	The dosage for adults and children 14 years and older is 1 tablet 3 times per day. Take with water after meals.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Dolomite contributes to the development and maintenance of bones and teeth, normal muscle function and supports the maintenance of good health. Calcium intake, when combined with sufficient Vitamin D3, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.	At or below 25 °C
23	Manufactured (including import and export)	Vital Pure Evening Primrose Oil 500 mg	Capsule - Soft	60	Per capsule: - 500 mg Evening Primrose Oil (Oenothera biennis) (providing 35 mg GLA and 300 mg LA); - 6.7 mg α-TE Vitamin E (as D-alpha-tocopherol);	The dosage for adults and children 14 years and older is 2 capsules daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Pure Evening Primrose Oil 500 mg is a source of omega 6 fatty acids. Supplementation with essential fatty acids is important for the maintenance of good health.	At or below 25 °C
24	Manufactured (including import and export)	Vital Eye Health	Capsule - Soft	30	Per capsule: - 7,135 mg Beta carotene (equivalent to 1189 µg RE Vitamin A activity); - 3 mg Lutein; - 250 mg Salmon Oil (Salmonidae); - 1 mg Zeaxanthin; - 5 mg Vitamin B1 (as Thiamine Mononitrate); - 5 mg Vitamin B2 (as Riboflavin); - 20 mg Vitamin B3 (as Nicotinamide); - 5 mg Vitamin B6 (as Pyridoxine HCl); - 5 µg Vitamin B12 (as Cyanocobalamin); - 125 mg Vitamin C (as Sodium Ascorbate); - 13.4 mg α-TE Vitamin E (as D-alpha-tocopherol); - 50 µg Selenium (as Selenium Yeast); - 10 mg Zinc (as Zinc Gluconate); - 5 mg L-Taurine.	The dosage for adults is 1 capsule daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Eye Health is enriched with important eye-health nutrients, including zinc, which contributes to the maintenance of normal vision. The antioxidants beta-carotene, lutein and zeaxanthin support eye-health and helps to reduce the risk of developing certain eye conditions.	At or below 25 °C
25	Manufactured (including import and export)	Vital Pure Flaxseed Oil 500 mg	Capsule - Soft	60	Per capsule: - 500 mg Flaxseed Oil (Linum usitatissimum) (providing 230 mg ALA, 65 mg LA, 55 mg OA, 15 mg Palmitic acid and 10 mg Stearic acid); - 3.4 mg α-TE Vitamin E (as D-alpha-tocopherol).	The dosage for adults and children 14 years and older is 1-2 capsules daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Pure Flaxseed Oil 500 mg is a source of essential fatty acids. Supplementation with essential fatty acids is important for the maintenance of good health.	At or below 25 °C
26	Manufactured (including import and export)	Vital Folic & B12 Complex	Tablet	60	Per tablet: - 10 mg Vitamin B6 (as Pyridoxine HCl); - 500 µg Folic acid; - 25 µg Vitamin B12 (as Cyanocobalamin);	The dosage for adults and children 14 years and older is 1 tablet daily. Take with water after a meal.		Health Supplement	vitamins	Oral	Low	Vital Folic acid & B12 Complex contributes to the normal functioning of the nervous system, healthy red blood cell formation and normal energy metabolism. Vitamins B12 and B6 also supports normal homocysteine levels.	At or below 25 °C

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27	Manufactured (including import and export)	Vital Iron Complex	Tablet	90	Per tablet: - 15 mg Iron (as Ferrous Sulphate); - 5 mg Vitamin B1 (as Thiamine HCl); - 5 mg Vitamin B2 (as Riboflavin); - 5 mg Vitamin B6 (as Pyridoxine HCl); - 0,5 µg Vitamin B12 (as Cyanocobalamin); - 150 µg Folic acid; - 10 mg Vitamin C (as Ascorbic Acid); - 10 mg L-Lysine (as L-Lysine HCl).	The dosage for adults and children 9 years and older is 1 tablet daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Iron Complex contributes to the reduction of tiredness and fatigue by supporting normal energy metabolism, the formation of red blood cells and oxygen transport in the body. Vital Iron Complex also contributes to normal cognitive function.	At or below 25 °C
28	Manufactured (including import and export)	Vital A-Z Multivitamin	Liquid	200 ml	Per 5 ml: - 0,22 mg Beta carotene (equivalent to 37 µg RE Vitamin A activity); - 207 µg RE Vitamin A (as Vitamin A Acetate); - 0,8 mg Vitamin B1 (as Thiamine HCl); - 1 mg Vitamin B2 (as Riboflavin-5-Phosphate Sodium); - 10 mg Vitamin B3 (as Nicotinamide); - 100 µg Folic acid; - 0,82 mg Vitamin B6 (as Pyridoxine HCl); - 1 µg Vitamin B12 (as Cyanocobalamin); - 20 µg Biotin; - 40 mg Vitamin C (as Ascorbic Acid); - 10 µg Vitamin D (as cholecalciferol); - 8 mg α-TE Vitamin E (as di-α-Tocopheryl Acetate); - 20 mg Calcium (as Calcium Lactate Pentahydrate); - 2 mg Magnesium (as Magnesium Lactate); - 20 mg Phosphorus (as Sodium Phosphate Monobasic); - 0,5 mg Zinc (as Zinc Gluconate); - 5 mg Choline (as Choline Bitartrate); - 5 mg Inositol	The dosage for children 1-3 years old is 2,5 ml daily and children 4-6 years old 5 ml daily. Take after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital A-Z Multivitamin Syrup is a source of vitamins and minerals essential for normal growth and development in children. Vital A-Z Multivitamin Syrup contributes to the maintenance of healthy immune function, a healthy nervous system and the reduction of tiredness and fatigue.	At or below 25 °C
29	Manufactured (including import and export)	Vital A-Z Multivitamin	Tablet - Chewable	60	Per tablet: - 595 µg RE Vitamin A (as Vitamin A Acetate); - 1,5 mg Vitamin B1 (as Thiamine Mononitrate); - 1,8 mg Vitamin B2 (as Riboflavin); - 10 mg Vitamin B3 (as Nicotinamide); - 200 µg Folic acid; - 3 mg Vitamin B5 (as Calcium-d- Panthothenate); - 2 mg Vitamin B6 (as Pyridoxine HCl); - 1,5 µg Vitamin B12 (as Cyanocobalamin); - 75 µg Biotin; - 20 mg Vitamin C (as Ascorbic Acid); - 25 mg Vitamin C (as Sodium Ascorbate); - 5 µg Vitamin D (as cholecalciferol); - 10 mg α-TE Vitamin E (as di-α-Tocopheryl Acetate); - 20 mg Calcium (as Calcium Carbonate); - 10 mg Magnesium (as Magnesium Oxide); - 3,5 mg Zinc (as Zinc Gluconate);	The dosage for children 4 - 13 years old is 1 tablet daily. Take after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital A-Z Multi Chewable is a source of vitamins and minerals essential for normal growth and development in children. Vital A-Z Multi Chewable contributes to the maintenance of healthy immune function, mental performance and the reduction of tiredness and fatigue.	At or below 25 °C
30	Manufactured (including import and export)	Vital Lecithin 1200 mg	Capsule - Soft	30	Per capsule: 1200 mg Soya Lecithin	The dosage for adults and children 12 years and older is 1 capsule daily.		Health Supplement	Fats Oils and Fatty Acids	Oral	Low	Vital Lecithin 1200 mg contains phospholipids which support digestion of fats, due to its emulsification properties, as well as healthy liver function.	At or below 25 °C
31	Manufactured (including import and export)	Vital Magnesium Complex	Tablet	90	Per tablet: - 150 mg Magnesium (as Magnesium Oxide); - 30 mg Vitamin C (as Ascorbic Acid); - 10 mg Vitamin B6 (as Pyridoxine HCl);	The dosage for adults and children 14 years and older is 1 tablet daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Magnesium Complex supports normal energy-yielding metabolism and the reduction of tiredness and fatigue. Vital Magnesium Complex also contributes to healthy muscle function and the development and maintenance of healthy bones and teeth.	At or below 25 °C
32	Manufactured (including import and export)	Vital Omega 3	Capsule - Soft	30	Per capsule: - 1000 mg Fish Oil (Clupeidae; Engraulidae; Scombridae) (providing 160 mg EPA and 104 mg DHA); - 5 µg Vitamin D (as cholecalciferol); - 3,4 mg α-TE Vitamin E (as D-α-tocopherol);	The dosage for adults and children 14 years and older is 1-2 capsules daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Omega 3 helps to maintain cardiovascular health and support cognitive health and brain function.	At or below 25 °C
33	Manufactured (including import and export)	Vital Pure Salmon Oil 500 mg	Capsule - Soft	60	Per capsule: - 500 mg Salmon Oil (Salmonidae) (providing 52,5 mg EPA and 35 mg DHA); - 6,7 mg α-TE Vitamin E (as D-α-tocopherol);	The dosage for adults and children 14 years and older is 1 capsule 3 times daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Pure Salmon Oil 500 mg is a natural source of omega 3 fatty acids, which are well known to support cardiovascular health, as well as cognitive health and brain function.	At or below 25 °C
34	Manufactured (including import and export)	Vital Selenium Complex	Tablet	90	Per tablet: - 60 µg Selenium (as Selenium Yeast); - 15 mg Zinc (as Zinc Gluconate);	The dosage for adults is 1 tablet daily. Take with water after a meal.		Health Supplement	Minerals	Oral	Low	Vital Selenium Complex is an antioxidant which protects cells from oxidative stress and supports the maintenance of healthy skin, hair and nails. Vital Selenium Complex also contributes to normal fertility and reproduction.	At or below 25 °C
35	Manufactured (including import and export)	Vital Chewable Calcium	Tablet - Chewable	60	Per tablet: - 325 mg Calcium (as Calcium Carbonate); - 2,5 µg Vitamin D (as cholecalciferol);	The dosage for children 1-2 years old is 1 tablet daily and for children 3-11 years old is 2-3 tablets daily. Take after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Chewable Calcium supports the development and maintenance of strong bones and teeth in children. Added vitamin D3 helps with the absorption and utilisation of calcium and supports healthy immune function.	At or below 25 °C
36	Manufactured (including import and export)	Vital Brain Health & Concentration	Capsule - Soft	120	Per capsule: - 150 mg Fish Oil (Clupeidae; Engraulidae; Scombridae) (providing 24 mg EPA and 16 mg DHA); - 2,5 mg Vitamin B1 (as Thiamine Mononitrate); - 2,5 mg Vitamin B3 (as Nicotinamide); - 2,5 mg Vitamin B6 (as Pyridoxine HCl); - 1,7 mg α-TE Vitamin E (as D-α-tocopherol); - 2,5 mg Zinc (as Zinc Gluconate); - 7,5 mg Choline (as Choline Bitartrate); - 7,5 mg Inositol; - 7,5 mg Phosphatidyl serine; - 12,5 mg L-Glutamine; - 7,5 mg L-Tyrosine; - 6,2 mg L-Taurine.	The dosage for children 6-11 years old is 4 capsules per day. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Brain Health & Concentration contains a combination of vitamins, minerals and nutrients which supports cognitive health and brain function. Vital Brain Health & Concentration also contributes towards normal psychological function, growth and development.	At or below 25 °C
37	Manufactured (including import and export)	Vital Vitamin C Chewable Cherry	Tablet - Chewable	90	Per tablet: - 252 mg Vitamin C (as Ascorbic Acid); - 48 mg Vitamin C (as Sodium Ascorbate); - 5 mg Citrus Bioflavonoids.	The dosage for children 4-8 years old is 2 tablets daily, and for children 9 years and older, 3 tablets daily.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Vitamin C Chewable Cherry supports healthy immune function and contributes to normal collagen formation which helps with the development and maintenance of teeth, gums, skin, bones and connective tissue.	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
38	Manufactured (including import and export)	Vital Vitamin C Chewable Orange	Tablet - Chewable	90	Per tablet: - 252 mg Vitamin C (as Ascorbic Acid); - 48 mg Vitamin C (as Sodium Ascorbate); - 5 mg Citrus Bioflavonoids.	The dosage for children 4-8 years old is 2 tablets daily, and for children 9 years and older, 3 tablets daily.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Vitamin C Chewable Orange supports healthy immune function and contributes to normal collagen formation which helps with the development and maintenance of teeth, gums, skin, bones and connective tissue.	At or below 25 ° C
39	Manufactured (including import and export)	Vital Zinc Complex	Tablet	90	Per tablet: - 33 mg Vitamin C (as Ascorbic Acid); - 15 mg Zinc (as Zinc Gluconate);	The dosage for adults and children 9 years and older is 1 tablet daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Zinc Complex supports immune function and contributes to connective tissue formation and wound healing. Vital Zinc Complex is an antioxidant protecting cells from damage by free radicals and therefore supports healthy hair, skin and nails.	At or below 25 ° C
40	Manufactured (including import and export)	Vital Multivitamin 100 % NRV	Capsule - Soft	30	Per capsule: - 900 µg RE Vitamin A (as Vitamin A Palmitate); - 15 µg Vitamin D (as cholecalciferol); - 15 mg α-TE Vitamin E (as D-alpha-tocopherol); - 1,2 mg Vitamin B1 (as Thiamine Mononitrate); - 1,3 mg Vitamin B2 (as Riboflavin); - 16 mg Vitamin B3 (as Nicotinamide); - 5 mg Vitamin B5 (as d-Panthenol); - 1,7 mg Vitamin B6 (as Pyridoxine HCl); - 400 µg Folic acid; - 30 µg Biotin; - 2,4 µg Vitamin B12 (as Cyanocobalamin); - 100 mg Vitamin C (as Ascorbic Acid); - 150 µg Iodine (as Potassium Iodide); - 18 mg Iron (as Ferrous Sulphate); - 11 mg Zinc (as Zinc Gluconate).	The dosage for adults and children 14 years and older is 1 capsule daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Multivitamin 100 % NRV provides a selection of vitamins and minerals at minimum 100 % nutrient reference value (NRV) to cover your basic requirements and to support optimum nutrition and good health.	At or below 25 ° C
41	Manufactured (including import and export)	Vital Immune Support	Tablet	30	Per tablet: - 100 mg Vitamin C (as Ascorbic Acid); - 15 mg Zinc (as Zinc Gluconate); - 900 µg RE Vitamin A (as Vitamin A Acetate); - 20 µg Vitamin D (as cholecalciferol); - 60 µg Selenium (as Selenium Yeast);	The dosage for adults is 1 tablet daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Immune Support tablets contain a combination of vitamins and minerals which contribute to healthy immune function and the maintenance of good health.	At or below 25 ° C
42	Manufactured (including import and export)	Vital Immune Support	Liquid	200 ml	Per 5 ml: - 600 µg RE Vitamin A (as Vitamin A Palmitate); - 10 µg Vitamin D (as cholecalciferol); - 5 mg Zinc (as Zinc Citrate 3-hydrate).	The dosage for children 4-8 years old is 5 ml per day. Take after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Immune Support syrup is a vitamin and mineral combination which contributes to healthy immune function and the maintenance of good health.	At or below 25 ° C
43	Manufactured (including import and export)	Vital Health Science Pure Evening Primrose Oil 1000 mg	Capsule - Soft	60	Per capsule: - 1027 mg Riegel Evening Primrose Oil (Oenothera biennis) (providing 114 mg GLA and 595 mg LA); - 10 mg α-TE Vitamin E (as D-alpha-tocopherol).	The dosage for adults and children 14 years and older is 3 capsules daily for 3 months and then 1-2 capsules daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Health Science Pure Evening Primrose Oil 1000 mg is a source of omega 6 fatty acids. Gamma Linoleic Acid (GLA) supports normal skin barrier function, a healthy skin profile and hormonal balance.	At or below 25 ° C
44	Manufactured (including import and export)	Vital Women	Tablet	30	Per tablet: - 900 µg RE Vitamin A (as Vitamin A Acetate); - 1,4 mg Vitamin B1 (as Thiamine Mononitrate); - 1,4 mg Vitamin B2 (as Riboflavin); - 18 mg Vitamin B3 (as Nicotinamide); - 5 mg Vitamin B5 (as Calcium-d-Pantothenate); - 1,9 mg Vitamin B6 (as Pyridoxine HCl); - 2,6 µg Vitamin B12 (as Cyanocobalamin); - 100 mg Vitamin C (as Ascorbic Acid); - 15 mg α-TE Vitamin E (as di-alpha-Tocopheryl Acetate); - 400 µg Folic acid; - 30 µg Biotin; - 20 µg Vitamin D (as cholecalciferol); - 22 mg Iron (as Ferrous Sulphate); - 20 mg Magnesium (as Magnesium Oxide); - 11 mg Zinc (as Zinc Oxide); - 1,3 mg Copper (as Copper Sulphate); - 150 µg Iodine (as Potassium Iodide); - 60 µg Vitamin K1 (as Phytadiolone); - 195 mg Calcium (as Calcium Carbonate);	The dosage for adults and children 14 years and older is 1 tablet in the morning after a meal. Take with water.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Women supports the maintenance of normal hormonal activity, healthy hair, skin and nails as well as strong bones and teeth. Vital Women also supports normal cognitive function and mental performance as well as energy metabolism for the reduction of tiredness and fatigue.	At or below 25 ° C

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45	Manufactured (including import and export)	Vital Women 50 Plus	Tablet	30	Per tablet: - 900 µg RE Vitamin A (as Vitamin A Acetate); - 1.2 mg Vitamin B1 (as Thiamine Mononitrate); - 1.3 mg Vitamin B2 (as Riboflavin); - 16 mg Vitamin B3 (as Nicotinamide); - 5 mg Vitamin B5 (as Calcium-d-Pantothenate); - 1.7 mg Vitamin B6 (as Pyridoxine HCl); - 2.4 µg Vitamin B12 (as Cyanocobalamin); - 100 mg Vitamin C (as Ascorbic Acid); - 15 mg α-TE Vitamin E (as di-alpha-Tocopheryl Acetate); - 400 µg Folic acid; - 30 µg Biotin; - 15 µg Vitamin D (as cholecalciferol); - 22 mg Iron (as Ferrous Sulphate); - 100 mg Magnesium (as Magnesium Oxide); - 11 mg Zinc (as Zinc Oxide); - 0.75 mg Zeaxanthin; - 60 µg Selenium (as Sodium Selenite); - 1.2 mg Copper (as Copper Sulphate); - 150 µg Iodine (as Potassium Iodide); - 120 µg Vitamin K1 (as Phytoladione); - 320 mg Calcium (as Calcium Carbonate); - 75 mg Potassium (as Potassium Sulphate).	The dosage for adults is 1 tablet in the morning after a meal. Take with water.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Women 50 Plus supports the maintenance of normal hormonal activity, healthy hair, skin and nails and may reduce the risk of developing osteoporosis when combined with a healthy diet and regular exercise. Specific nutrients support the maintenance of eyesight and normal vision. Vital Women 50 Plus also supports mental performance and the reduction of tiredness and fatigue.	At or below 25 °C
46	Manufactured (including import and export)	Vital Men	Tablet	30	Per tablet: - 900 µg RE Vitamin A (as Vitamin A Acetate); - 1.2 mg Vitamin B1 (as Thiamine Mononitrate); - 1.3 mg Vitamin B2 (as Riboflavin); - 16 mg Vitamin B3 (as Nicotinamide); - 6 mg Vitamin B5 (as Calcium-d-Pantothenate); - 1.7 mg Vitamin B6 (as Pyridoxine HCl); - 2.4 µg Vitamin B12 (as Cyanocobalamin); - 100 mg Vitamin C (as Ascorbic Acid); - 8 mg α-TE Vitamin E (as di-alpha-Tocopheryl Acetate); - 200 µg Folic acid; - 30 µg Biotin; - 15 µg Vitamin D (as cholecalciferol); - 9 mg Iron (as Ferrous Sulphate); - 200 mg Magnesium (as Magnesium Oxide); - 14 mg Zinc (as Zinc Oxide); - 1.3 mg Copper (as Copper Sulphate); - 150 µg Iodine (as Potassium Iodide); - 120 mg Calcium (as Calcium Carbonate).	The dosage for adults and children 14 years and older is 1 tablet in the morning after a meal. Take with water.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Men contributes to the normal function of the heart and supports homocysteine metabolism. Vital Men also supports normal cognitive function and mental performance as well as energy metabolism and the reduction of tiredness and fatigue.	At or below 25 °C
47	Manufactured (including import and export)	Vital Men 50 Plus	Tablet	30	Per tablet: - 900 µg RE Vitamin A (as Vitamin A Acetate); - 1.2 mg Vitamin B1 (as Thiamine Mononitrate); - 1.3 mg Vitamin B2 (as Riboflavin); - 16 mg Vitamin B3 (as Nicotinamide); - 6 mg Vitamin B5 (as Calcium-d-Pantothenate); - 1.7 mg Vitamin B6 (as Pyridoxine HCl); - 2.4 µg Vitamin B12 (as Cyanocobalamin); - 100 mg Vitamin C (as Ascorbic Acid); - 8 mg α-TE Vitamin E (as di-alpha-Tocopheryl Acetate); - 200 µg Folic acid; - 30 µg Biotin; - 15 µg Vitamin D (as cholecalciferol); - 9 mg Iron (as Ferrous Sulphate); - 150 mg Magnesium (as Magnesium Oxide); - 14 mg Zinc (as Zinc Oxide); - 0.75 mg Zeaxanthin; - 70 µg Selenium (as Sodium Selenite); - 1.7 mg Copper (as Copper Sulphate); - 150 µg Iodine (as Potassium Iodide); - 6.5 mg Lycopene; - 65 mg Calcium (as Calcium Carbonate).	The dosage for adults is 1 tablet in the morning after a meal. Take with water.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Men 50 Plus contributes to the normal function of the heart and supports homocysteine metabolism. Vital Men 50 Plus also supports prostate health, eye health and the maintenance of eyesight and normal vision.	At or below 25 °C
48	Manufactured (including import and export)	Vital Heart Health	Capsule - Soft	30	Per capsule: - 400 mg Plant Sterol Esters; - 1.0 mg Vitamin B1 (as Thiamine Mononitrate); - 1.2 mg Vitamin B6 (as Pyridoxine HCl); - 75 mg Potassium (as Potassium Sulphate); - 15 mg Co-Enzyme Q10 (as Ubidecarenone); - 45 µg Vitamin K2 (as Menaquinone).	The dosage for adults is 2 capsules daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Heart Health helps to maintain healthy cholesterol levels, heart function and supports cardiovascular health.	At or below 25 °C
49	Manufactured (including import and export)	Vital Vitaboost Magnesium	Tablet - Effervescent	10 & 30	Per tablet: - 200 mg Magnesium (as Magnesium Carbonate); - 175 mg Vitamin C (as Ascorbic acid).	The dosage for adults and children 9 years and older is 1 tablet daily dissolved in 200 ml water. Take after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vitaboost Magnesium contains magnesium and vitamin C which supports healthy energy-yielding metabolism and the reduction of tiredness and fatigue. It also contributes to healthy muscle function and normal electrolyte balance in individuals with a highly active lifestyle.	At or below 25 °C

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50	Manufactured (including import and export)	Vital Vitamin B Complex	Capsule - Soft	60	Per capsule: - 12,2 mg Vitamin B1 (as Thiamine Mononitrate); - 15 mg Vitamin B2 (as Riboflavin); - 15 mg Vitamin B3 (as Nicotinamide); - 15 mg Vitamin B5 (as d-Panthenol); - 12,3 mg Vitamin B6 (as Pyridoxine HCl); - 25 µg Vitamin B12 (as Cyanocobalamin); - 400 µg Folic acid; - 90 µg Biotin; - 10,3 mg Choline (as Choline Bitartrate); - 25 mg Inositol.	The dosage for adults and children 14 years and older is 1 capsule daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Vitamin B Complex supports normal functioning of the nervous system and mental performance. Vital Vitamin B Complex also helps to reduce tiredness and fatigue by assisting to metabolise carbohydrates, fats and proteins and contributes to normal energy yielding-metabolism.	At or below 25 °C
51	Manufactured (including import and export)	Vital Maxi B	Capsule - Soft	60	Per capsule: - 25 mg Vitamin B1 (as Thiamine Mononitrate); - 25 mg Vitamin B2 (as Riboflavin); - 25 mg Vitamin B3 (as Nicotinamide); - 25 mg Vitamin B5 (as d-Panthenol); - 25 mg Vitamin B6 (as Pyridoxine HCl); - 40 µg Vitamin B12 (as Cyanocobalamin); - 50 mg Vitamin C (as Ascorbic Acid); - 400 µg Folic acid; - 150 µg Biotin.	The dosage for adults and children 14 years and older is 1 capsule daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Maxi B supports normal functioning of the nervous system and plays an important role in energy yielding-metabolism. It therefore helps to reduce tiredness and fatigue and supports mental performance.	At or below 25 °C
52	Manufactured (including import and export)	Vital Maxi C	Tablet	30	Per tablet: - 1000 mg Vitamin C (as Ascorbic acid); - 10 mg Hesperidin Complex (providing 3,5 mg Hesperidin).	The dosage for adults and children 9 years and older is 1 tablet daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Maxi C 1000 mg contributes to the normal function of the immune system and maintenance of good health.	At or below 25 °C
53	Manufactured (including import and export)	Vital Omega 3 & 6	Capsule - Soft	30	Per capsule: - 590 mg Fish Oil (Clupeidae; Engraulidae; Scombridae) (providing 106 mg EPA and 71 mg DHA); - 260 mg Borage oil (Borago officinalis) (providing 88 mg LA and 52 mg GLA); - 5 µg Vitamin D (as cholecalciferol).	The dosage for adults and children 9 years and older is 2 capsules daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Omega 3 & 6 supports the maintenance of normal cardiovascular function as well as cognitive health and brain function.	At or below 25 °C
54	Manufactured (including import and export)	Vital Omega 3, 6 & 9	Capsule - Soft	30	Per capsule: - 80 mg Olive oil (Olea europaea subsp. africana) (providing 2,8 mg LA and 45 mg OA); - 1100 mg Linseed Oil (Linum usitatissimum L.) (providing 550 mg ALA, 121 mg LA and 121 mg OA).	The dosage for adults and children 9 years and older is 1 capsule daily. Take with water after a meal.		Health Supplement	Fats Oils and Fatty Acids	Oral	Low	Vital Omega 3, 6 & 9 is a source of essential fatty acids for the maintenance of good health.	At or below 25 °C
55	Manufactured (including import and export)	Vital Hair, Skin & Nails	Capsule - Soft	30	Per capsule: - 20 mg Vitamin B3 (as Nicotinamide); - 25 mg Vitamin B5 (as d-Panthenol); - 25 µg Vitamin B12 (as Cyanocobalamin); - 20 mg Vitamin C (as Ascorbic Acid); - 5,3 mg α-TE Vitamin E (as D-alpha-tocopherol); - 400 µg Folic acid; - 400 µg Biotin; - 14 µg Iodine (as Potassium Iodide); - 5,0 mg Co-Enzyme Q10 (as Ubidecarenone); - 75 mg Hydrolysed collagen (bovine skin/hide); - 10 mg Zinc (as Zinc Oxide); - 50 µg Selenium (as Sodium Selenite); - 0,45 mg Copper (as Copper Sulphate); - 10 mg L-Cysteine (as L-Cysteine HCl).	The dosage for adults is 1 capsule daily. Take with water after a meal.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Hair, Skin & Nails contains a unique combination of vitamins, minerals, an amino acid and hydrolysed collagen to support normal collagen formation and the maintenance of healthy skin, hair and nails. It also serves as an antioxidant protecting cells from oxidative stress and plays a role in tissue formation and wound healing.	At or below 25 °C
56	Manufactured (including import and export)	Vital Calcium Plus	Tablet	30	Per tablet: - 500 mg Calcium (as Calcium Carbonate); - 50 mg Vitamin C (as Ascorbic acid); - 25 µg Vitamin D (as cholecalciferol); - 45 µg Vitamin K2 (as Menaquinone); - 5 mg Zinc (as Zinc Oxide); - 2 mg Manganese (as Manganese sulphate monohydrate); - 100 mg Hydrolysed collagen (bovine skin/hide);	The dosage for adults is 1 tablet daily after a meal. Take with water.		Health Supplement	Multiple substance formulation	Oral	Low	Vital Calcium Plus is a combination product with calcium to maintain strong bones, vitamin D to help with calcium absorption and vitamin C which contributes to collagen formation. Further combined with vitamin K2, manganese and zinc, Vital Calcium Plus assists in the prevention of calcium deficiencies, supports the development and maintenance of strong bones and may reduce the risk of developing osteoporosis when combined with a healthy diet and regular exercise.	At or below 25 °C
57	Manufactured (including import and export)	Vital Calm Aid	Tablet	10 & 30	Per tablet: - 300 mg Valerian (Valeriana officinalis L.) root extract (4 – 7:1 extract standardised to 0,4 – 0,7 % valeric acid, providing 1200 mg – 2100 mg dried herb equivalent [DHE]); - 40 mg Calcium (as Calcium Carbonate); - 20 mg Magnesium (as Magnesium Oxide); - 100 mg L-Theanine.	The dosage for adults and children 12 years and older is: For nervousness: Take 1 tablet twice a day. For sleep: Take 2 tablets 30 minutes to 2 hours before bedtime. Take with water after meals. Consult a healthcare practitioner if symptoms worsen or do not improve.		Discipline specific	Combination product	Oral	Low	Vital Calm Aid is a herbal combination product with a calming effect. It contains Valerian extract, L-theanine, calcium and magnesium to help relieve feelings of nervousness and restlessness during high stress situations. It also promotes a peaceful night's sleep.	At or below 25 °C
58	Manufactured (including import and export)	Vital Magnesium	Capsule - Hard	10 & 30	Per capsule: - 70 mg Magnesium (as Trimagnesium citrate).	The dosage for adults and children 9 years and older is 1 capsule daily. Take with after a meal.		Health Supplement	Minerals	Oral	Low	Vital Magnesium supports normal energy-yielding metabolism and helps to reduce tiredness and fatigue. Vital Magnesium also contributes to healthy muscle function and supports optimal physical performance and muscle recovery after exercise.	At or below 25 °C