

SAHPRA LICENCE NO.		0000001094.-.7	CM REF.	DA02-8E97F2	Name of Licence Holder:		Activo Health (Pty) Ltd			Version:			01-032023
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)	ActivoVite Complete	Tablet	30, 60, 90	Vitamin A (RE) 900 µg (3000 IU); Vitamin B1 3,6 mg; Vitamin B2 3,9 mg; Vitamin B3 25 mg; Vitamin B5 15 mg; Vitamin B6 5,1 mg; Vitamin B12 7,2 µg; Vitamin C 100 mg; Vitamin D3 (cholecalciferol) 25 µg (1000 IU); Vitamin E (γ-TE) 15 mg (22,5 IU); Biotin 90 µg; Calcium (elemental) 152 mg; Chromium (elemental) 35 µg; Copper (elemental) 0,9 mg; Folic Acid 480 µg; Iodine (elemental) 150 µg; Iron (elemental) 9 mg; Magnesium (elemental) 84 mg; Manganese (elemental) 1,15 mg; Molybdenum (elemental) 45 µg; Phosphorus (elemental) 117 mg; Selenium (elemental) 55 µg; Zinc (elemental) 20 mg	One caplet daily, with or after breakfast.		Health Supplement	Multiple substance formulation	Oral	Low	Multivitamin and Mineral Supplement	At or below 25 ° C
2	Manufactured (including import and export)	ActivoVite PRO4	Capsule - Hard	10, 30	Vitamin A (as Retinyl Acetate) 900 µg (3000 IU); Vitamin B1 (Thiamine) 3,6 mg; Vitamin B2 (Riboflavin) 3,9 mg; Vitamin B3 (Nicotinamide) 25 mg; Vitamin B5 (Pantothenic Acid) 15 mg; Vitamin B6 (Pyridoxine) 5,1 mg; Vitamin B7 (Biotin) 90 µg; Vitamin B9 (Folic Acid) 400 µg; Vitamin B12 (Cyanocobalamin) 7,2 µg; Vitamin C 50 mg; Vitamin D3 (cholecalciferol) 15 µg (600 IU); Vitamin E (γ-TE) 15 mg (22,5 IU); Calcium (elemental) 50 mg; Chromium (elemental) 35 µg; Copper (elemental) 0,9 mg; Iron (elemental) 9 mg; Magnesium (elemental) 84 mg; Manganese (elemental) 1,15 mg; Molybdenum (elemental) 45 µg; Phosphorus (elemental) 47 mg; Selenium (elemental) 55 µg; Zinc (elemental) 11 mg; Probiotics (1 billion CFU) comprised of: Lactobacillus rhamnosus 250 million CFU Lactobacillus salivarius 250 million CFU Bifidobacterium lactis 250 million CFU Bifidobacterium longum 250 million CFU	One capsule daily, with or after breakfast.		Health Supplement	Multiple substance formulation	Oral	Low	Nutritional supplement with vitamins, minerals and probiotics.	At or below 25 ° C
3	Manufactured (including import and export)	Vit-Co Max	Tablet	30	Vitamin A (RE) 900 µg (3000 IU); Vitamin B1 3,6 mg; Vitamin B2 3,9 mg; Vitamin B3 25 mg; Vitamin B5 15 mg; Vitamin B6 5,1 mg; Vitamin B12 7,2 µg; Vitamin C 100 mg; Vitamin D3 (cholecalciferol) 25 µg (1000 IU); Vitamin E (γ-TE) 15 mg (22,5 IU); Biotin 90 µg; Calcium (elemental) 152 mg; Chromium (elemental) 35 µg; Copper (elemental) 0,9 mg; Folic Acid 480 µg; Iodine (elemental) 150 µg; Iron (elemental) 9 mg; Magnesium (elemental) 84 mg; Manganese (elemental) 1,15 mg; Molybdenum (elemental) 45 µg; Phosphorus (elemental) 117 mg; Selenium (elemental) 55 µg; Zinc (elemental) 20 mg	One caplet daily, with or after breakfast.		Health Supplement	Multiple substance formulation	Oral	Low	Multivitamin and Mineral Supplement	At or below 25 ° C

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4	Manufactured (including import and export)	Viral Care Immune Booster	Capsule - Hard	60	Vitamin A 900 µg (2997 IU); Vitamin C 200 mg; Vitamin D3 (cholecalciferol) 15 µg (600 IU); Folic Acid 400 mcg; Vitamin E (γ-TE) 15 mg (22.5 IU); Iodine (elemental) 150 mcg; Vitamin B1 1,2 mg; Iron (elemental) 18 mg; Vitamin B2 1,3 mg; Zinc (elemental) 25 mg; Vitamin B6 1,7 mg; Manganese (elemental) 2,3 mg; Vitamin B12 100 mcg; Selenium (elemental) 55 mcg; Biotin 30 mcg; Vitamin K 120 mcg; Nicotinamide 16 mg; Echinacea 100 mg; Pantothenic acid 5 mg; Lysine 200 mg	Take two capsules daily with a glass of water.		Discipline specific	Combination product	Oral	Low	VIRAL CARE IMMUNE BOOSTER is a supplement that contains multivitamins, minerals and herbs that have been documented to support the immune system.	At or below 25 ° C		
5	Manufactured (including import and export)	Concentration Cocktail	Capsule - Hard	30	Bacopa Monnieri (10 % bacosides) 300 mg; Folic Acid 199 µg; Vitamin B6 20 mg; Vitamin B12 100 µg; Vitamin D3 (cholecalciferol) 25 µg (1000 IU);	Adults and children twelve (12) years and older. Take one (1) capsule daily after breakfast as daily supplement.		Discipline specific	Combination product	Oral	Low	CONCENTRATION COCKTAIL helps support cognitive functions such as mental focus and mental stamina. Assists in improving memory, relieves stress and mental fatigue.	At or below 25 ° C		
6	Manufactured (including import and export)	Exam Cocktail	Capsule - Hard	10	Bacopa Monnieri (10 % bacosides) 150 mg; Siberian Ginseng (Eleutherococcus senticosus) 100 mg; Folic acid 199 µg; Vitamin B3 (Niacinamide) 20 mg; Vitamin B6 15 mg; Vitamin B12 100 µg	Adults and children twelve (12) years and older. Take one (1) capsule daily after breakfast during exam time.		Discipline specific	Combination product	Oral	Low	EXAM COCKTAIL assists with the enhancement of cognitive performance and reduction of mental fatigue under stressful conditions.	At or below 25 ° C		
7	Manufactured (including import and export)	Acti-C Immune Booster	Tablet - Effervescent	20	Echinacea purpurea extract (4:1) 50 mg; Selenium (elemental) 50 µg; Vitamin B12 (0,1 %) 100 µg; Vitamin C (Ascorbic acid) 1000 mg; Vitamin D3 (cholecalciferol) 25 µg (1000 IU); Zinc (elemental) 10 mg	The usual dose is one tablet daily dissolved in one glass of water (200 ml) or as directed by your healthcare practitioner. Drink ACTI-C IMMUNE BOOSTER mixture immediately after dissolving in water.		Discipline specific	Combination product	Oral	Low	ACTI-C IMMUNE BOOSTER assists in the support of the immune system, helping the body to fight infections such as the cold and flu.	At or below 25 ° C		
8	Imported and Exported	Plussz Multivitamin + Vitamin C	Tablet - Effervescent	20	Vitamin C 500 mg; Vitamin E 12 mg (18 IU); Vitamin B1 (Thiamine) 1,1 mg; Vitamin B2 (Riboflavin) 1,4 mg; Vitamin B3 (Niacin) 16 mg; Vitamin B5 (Pantothenic acid) 6 mg; Vitamin B6 (Pyridoxine) 1,4 mg; Vitamin B7 (Biotin) 50 µg; Vitamin B9 (Folic acid) 200 µg; Vitamin B12 (Cyanocobalamin) 2,5 mg;	Adults and children twelve (12) years and older: Dissolve one (1) effervescent tablet in a full glass of water daily. Do not exceed the recommended daily dosage.		Health Supplement	Vitamins	Oral	Low	Nutritional supplement with vitamins.	At or below 25 ° C		
9	Imported and Exported	Plussz Multivitamin + Calcium	Tablet - Effervescent	20	Vitamin C 80 mg; Vitamin E 12 mg (18 IU); Vitamin B1 (Thiamine) 1,1 mg; Vitamin B2 (Riboflavin) 1,4 mg; Vitamin B3 (Niacin) 16 mg; Vitamin B5 (Pantothenic acid) 6 mg; Vitamin B6 (Pyridoxine) 1,4 mg; Vitamin B7 (Biotin) 50 µg; Vitamin B9 (Folic acid) 200 µg; Vitamin B12 (Cyanocobalamin) 2,5 mg; Calcium (elemental) 600 mg; Vitamin D3 (cholecalciferol) 12,5 µg (500 IU)	Adults and children twelve (12) years and older: Dissolve one (1) effervescent tablet in a full glass of water daily. Do not exceed the recommended daily dosage.		Health Supplement	Multiple substance formulation	Oral	Low	Nutritional supplement with vitamins and minerals.	At or below 25 ° C		
10	Imported and Exported	Plussz Multivitamin + Magnesium	Tablet - Effervescent	20	Vitamin C 80 mg; Vitamin E 12 mg (18 IU); Vitamin B1 (Thiamine) 1,1 mg; Vitamin B2 (Riboflavin) 1,4 mg; Vitamin B3 (Niacin) 16 mg; Vitamin B5 (Pantothenic acid) 6 mg; Vitamin B6 (Pyridoxine) 1,4 mg; Vitamin B7 (Biotin) 50 µg; Vitamin B9 (Folic acid) 200 µg; Vitamin B12 (Cyanocobalamin) 2,5 mg; Magnesium (elemental) 188 mg	Adults and children twelve (12) years and older: Dissolve one (1) effervescent tablet in a full glass of water daily. Do not exceed the recommended daily dosage.		Health Supplement	Multiple substance formulation	Oral	Low	Nutritional supplement with vitamins and minerals.	At or below 25 ° C		

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11	Imported and Exported	Plusssz Multivitamin + Iron	Tablet - Effervescent	20	Vitamin C 80 mg; Vitamin E 12 mg (18 IU); Vitamin B1 (Thiamine) 1,1 mg; Vitamin B2 (Riboflavin) 1,4 mg; Vitamin B3 (Niacin) 16 mg; Vitamin B5 (Pantothenic acid) 6 mg; Vitamin B6 (Pyridoxine) 1,4 mg; Vitamin B7 (Biotin) 50 µg; Vitamin B9 (Folic acid) 200 µg; Vitamin B12 (Cyanocobalamin) 2,5 mg; Iron (elemental) 20 mg	Adults and children twelve (12) years and older: Dissolve one (1) effervescent tablet in a full glass of water daily. Do not exceed the recommended daily dosage.		Health Supplement	Multiple substance formulation	Oral	Low	Nutritional supplement with vitamins and minerals.	At or below 25 °C
12	Imported and Exported	Plusssz Multivitamin + Ginseng	Tablet - Effervescent	20	Vitamin C 80 mg; Vitamin E 12 mg (18 IU); Vitamin B1 (Thiamine) 1,1 mg; Vitamin B2 (Riboflavin) 1,4 mg; Vitamin B3 (Niacin) 16 mg; Vitamin B5 (Pantothenic acid) 6 mg; Vitamin B6 (Pyridoxine) 1,4 mg; Vitamin B7 (Biotin) 50 µg; Vitamin B9 (Folic acid) 200 µg; Vitamin B12 (Cyanocobalamin) 2,5 mg; Ginseng Extract 100 mg	Adults and children twelve (12) years and older: Dissolve one (1) effervescent tablet in a full glass of water daily. Do not exceed the recommended daily dosage.		Discipline specific	Combination product	Oral	Low	The combination of vitamins and ginseng works in synergy to improve stamina.	At or below 25 °C
13	Imported and Exported	Plusssz Memory Concentration	Tablet - Effervescent	20	Vitamin C 40 mg; Vitamin E 6 mg (9 IU); Vitamin B1 (Thiamine) 0,55 mg; Vitamin B2 (Riboflavin) 0,7 mg; Vitamin B3 (Niacin) 8 mg; Vitamin B5 (Pantothenic acid) 3 mg; Vitamin B6 (Pyridoxine) 3 mg; Vitamin B7 (Biotin) 25 µg; Vitamin B9 (Folic acid) 100 µg; Vitamin B12 (Cyanocobalamin) 1,25 mg; Magnesium (elemental) 28 mg; L-carnitine (tartrate) 70 mg; Caffeine 60 mg; Ginkgo Biloba 120 mg	Adults and children twelve (12) years and older: Dissolve one (1) effervescent tablet in a full glass of water daily. Do not exceed the recommended daily dosage.		Discipline specific	Combination product	Oral	Low	PLUSSSZ MEMORY CONCENTRATION assists in combating vitamin and mineral deficiencies as a result of an inadequate diet and should be considered as temporary intervention.	At or below 25 °C
14	Imported and Exported	Plusssz Cold & Flu	Tablet - Effervescent	10	Vitamin C 1000 mg; Vitamin E 12 mg (18 IU); Vitamin B1 (Thiamine) 1,1 mg; Vitamin B2 (Riboflavin) 1,4 mg; Vitamin B3 (Niacin) 16 mg; Vitamin B5 (Pantothenic acid) 6 mg; Vitamin B6 (Pyridoxine) 1,4 mg; Vitamin B7 (Biotin) 50 µg; Vitamin B9 (Folic acid) 200 µg; Vitamin B12 (Cyanocobalamin) 2,5 mg; Vitamin D (Cholecalciferol) 25 µg (1000 IU); Selenium 55 µg; Zinc (elemental) 10 mg; Pelargonium sidiodes root extract 20 mg; Elderberry (Sambucus nigra) 20 mg; Rutin (Quercetin-3-rutinoside) 20 mg	Adults and children twelve (12) years and older: Dissolve one (1) effervescent tablet in a full glass of water daily. Do not exceed the recommended daily dosage.		Discipline specific	Combination product	Oral	Low	PLUSSSZ COLD & FLU is a supplement that contains multivitamins, minerals and herbs that have been documented to support the immune system.	At or below 25 °C
15	Imported and Exported	Plusssz Electro-Sport	Tablet - Effervescent	20	Vitamin C 80 mg; Vitamin E 12 mg (18 IU); Vitamin B1 (Thiamine) 1,1 mg; Vitamin B2 (Riboflavin) 1,4 mg; Vitamin B3 (Niacin) 16 mg; Vitamin B5 (Pantothenic acid) 6 mg; Vitamin B6 (Pyridoxine) 1,4 mg; Vitamin B7 (Biotin) 50 µg; Vitamin B9 (Folic acid) 200 µg; Vitamin B12 (Cyanocobalamin) 2,5 mg; Potassium 400 µg; Chloride 240 mg; Magnesium 240 mg; Sodium 920 mg; Glucose 1 600 mg; Co-Enzyme Q10 400 µg	Take one (1) tablet dissolved in a full glass of water up to four times daily, preferably before, during and after physical activity. Do not exceed the recommended daily dose.		Health Supplement	Multiple substance formulation	Oral	Low	Supports hudration before during and after exercise and to maintain performance.	At or below 25 °C
16	Imported and Exported	Prosilis Herbal Throat Lozenges	Other	16	Glycyrrhiza glabra 15 mg; Zingiber officinale 10 mg; Phyllanthus emblica 40 mg; Curcuma longa 5 mg; Menthol 7 mg	The usual dose for adults and children twelve (12) years and older is: * Dissolve one lozenge in the mouth every 4 to 5 hours. * Do not exceed the recommended dosage of 6 lozenges per day.		Discipline specific	Ayurveda	Sublingual / Buccal	Low	PROSILIS Herbal Throat Lozenges are indicated to assist in the relief of coughing and soothing of throat irritations.	At or below 25 °C
17	Imported and Exported	Rub Rub Ointment	Other	25	Oil of Wintergreen 15 %; Menthol 5 %; Turpentine Oil 3 %; Eucalyptus Oil 2 %	Apply a layer of Rub Rub Ointment and spread evenly on the affected area. Massage gently into the skin to ensure proper penetration. Rub Rub Ointment can be applied two to three times per day.		Discipline specific	Ayurveda	Cutaneous	Low	Rub Rub Ointment assists in relieving lower back aches, muscle sprains, inflamed and painful joints, wrist and ankle pains.	At or below 25 °C

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18	Imported and Exported	Hapenz Liquid	Liquid	200 ml	Each 5 ml contains the following extracts: Alpinia galanga 40 mg; Trikatu 40 mg; Foeniculum vulgare 30 mg; Emblica officinalis 50 mg; Bacopa monnieri 50 mg; Withania somnifera 50 mg	Children 3-12 years: 5 ml three times daily before meals or as directed by a healthcare provider. Adolescents 12-18 years: 5-10 ml three times daily before meals or as directed by a healthcare provider. Adults: 10 ml three times daily before meals or as directed by a healthcare provider.		Discipline specific	Ayurveda	Oral		HAPENZ Syrup assists in restoring or stimulating appetite. HAPPENZ Syrup assists in boosting immunity.	At or below 25 ° C
19	Manufactured (including import and export)	Trubiotic	Capsule - Hard	10's and 30's	Each capsule contains a total of 12 billion CFU, comprised of: Bifidobacterium longum B8536 4 billion CFU; Lactobacillus acidophilus LA-14 3 billion CFU; Lactobacillus rhamnosus PB01 3 billion CFU; Bacillus Clausii 2 billion CFU.	Children: Trubiotic should not be given to children under the age of 12 years, unless under supervision of your doctor Adults and Children over the age of 12 years: During antibiotic treatment: Take two capsules daily (1 in the morning, and 1 in the evening) during antibiotic treatment, followed by one capsule a day for one week after the completion of the antibiotic course. Capsules should be taken 2 - 3 hours before or after antibiotic intake. Daily Supplement: Take one capsule daily, as a daily supplement to protect and maintain intestinal flora, or as prescribed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, probiotics should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract.	At or below 25 ° C
20	Manufactured (including import and export)	Sentry C	Tablet - Effervescent	20's	Each effervescent tablet contains Vitamin C (ascorbic acid) 1000 mg.	Adults: Take one effervescent tablet once daily or as recommended by your healthcare provider. Dissolve tablet in a glass of water before use.		Health Supplement	Vitamins	Oral	Low	A supplement which supports the immune system, reduces tiredness and fatigue, and is an antioxidant that maintains good health.	At or below 25 ° C
21	Manufactured (including import and export)	Gasgon	Capsule - Soft	30's	Each Soft Gelatin Capsule contains: Ajowan Oil 10 mg Caraway Oil 10 mg Cardamom Oil 10 mg Coriander Oil 10 mg Fennel Oil 10 mg Menthol 5 mg	Adults and children over 12 years: Take one capsule twice daily after a meal, or as recommended by your doctor. Do not exceed the maximum daily dose of two capsules.		Discipline specific	Ayurveda	Oral	Low	Used for the temporary relief of gas related problems in the stomach and digestive tract, such as flatulence, bloating and belching	At or below 25 ° C
22	Manufactured (including import and export)	Ivyfilm	Other	30's	Each Orodispersible film contains: Dried extract from Ivy Leaves (Hedera helix L, folium); (DER 4-8:1, extraction solvent 30 % (m/m) ethanol) 16 mg	Use in Children: Ivyfilm should not be taken by or given to children under the age of 2 years, as safety and efficacy have not been established. Children 2 - 5 years of age: One film up to two time daily, maximum daily dose 32 mg (two films) Adults and children over 6 years: 1 film up to three times daily, maximum daily dose 48 mg (three films) Do not exceed the recommended daily dose.		Discipline specific	Western Herbal Medicine	Oral	Low	Used as an expectorant for the relief of productive cough in adults and children over the age of 2 years.	At or below 25 ° C
23	Manufactured (including import and export)	Sentry D Oral Films	Other	30's	Each Orodispersible film contains: Vitamin D3 (cholecalciferol) 25 µg (1000 IU);	Adults: Dissolve one film in the mouth once daily. Sentry D should be taken with the main meal of the day. Sentry D is not recommended for children under 12 years.		Health Supplement	Vitamins	Oral	Low	Contributes to the maintenance of strong bones and teeth, and the normal functioning of the immune system.	At or below 25 ° C