

## PROFESSIONAL INFORMATION

### GOI® WOMAN

## SCHEDULING STATUS

[S0]

## PROPRIETARY NAME AND DOSAGE FORM

GOI® WOMAN (coated tablet)

## COMPOSITION

Active Ingredients	per tablet	% NRV # per maximum daily dosage
Vitamin A (Retinol acetate)	1080 µg (3600 IU)	120
Vitamin B1 (Thiamine mononitrate)	1,44 mg	120
Vitamin B2 (Riboflavin)	1,56 mg	120
Vitamin B3 (Nicotinamide)	19,2 mg	120
Vitamin B5 (Calcium D-Pantothenate)	6 mg	120
Vitamin B6 (Pyridoxine hydrochloride)	2,04 mg	120
Vitamin B9 (Folic acid)	480 µg	120
Vitamin B12 (Cyanocobalamin)	2,88 µg	120
Biotin (D-biotin)	360 µg	120
Vitamin D3 (Cholecalciferol)	18 µg (720 IU)	120
Vitamin E (dl- $\alpha$ -tocopherol acetate)	18 mg (27 IU)	120
Chromium (Chromium chloride)	35 µg	100
Copper (Copper sulphate)	900 µg	100
Iodine (Potassium iodate)	120 µg	80
Iron (Iron pyrophosphate)	14 mg	78
Manganese (Manganese gluconate)	1,80 mg	78
Molybdenum (Sodium molybdenum)	36 µg	80
Selenium (Sodium selenate)	55 µg	100
Zinc (Zinc oxide)	11 mg	100
G <sup>2</sup> C <sup>2</sup> antioxidant complex	245 mg	-
Providing:		
<i>Vaccinium macrocarpon</i> (Cranberry) extract	50 mg	
<i>Vitis vinifera</i> (Grape) seed extract	50 mg	
Vitamin C (Ascorbic acid)	120 mg	
<i>Camellia sinensis</i> (Green tea) extract	25 mg	

# Nutrient Reference Values for adults and children older than 4 years.

Excipients: calcium carbonate, cellulose, Flexicoat purple - PHA9051-0020, magnesium stearate, microcrystalline cellulose, Protect EN, sodium carboxymethyl starch. Contains sugar (lactose 337,5 mg/tablet).

## CATEGORY AND CLASS

D.34.13 Complementary Medicines: Health Supplements – Other.

## PHARMACOLOGICAL ACTION

### Pharmacodynamic properties

A sufficient intake of vitamins and minerals is necessary to maintain normal energy metabolism, and physical and physiological function. Unbalanced diet and insufficient dietary intake of vitamins and minerals can result in subnormal health.

### Pharmacokinetic properties

The combination of vitamins and minerals is typical of the normal diet. Therefore, the pharmacological metabolism and fate of GOI® WOMAN is anticipated to be similar.

## INDICATIONS

GOI® WOMAN is a multi-vitamin and mineral health supplement indicated for the maintenance of healthy energy levels of women. Contains cranberry, green tea and grape seed extracts as sources of antioxidants.

## CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of GOI® WOMAN (see COMPOSITION). GOI® WOMAN contains nicotinamide and green tea, which is contraindicated in patients with liver disease or in patients with active peptic ulcer disease. Contains vitamin B12, which is contraindicated in patients with cobalamin or cobalt hypersensitivity.

## WARNINGS AND SPECIAL PRECAUTIONS

Do not use if known hypersensitivity or allergy exists to any of the ingredients. If in doubt, consult your medical practitioner. Contains lactose. Patients with the rare hereditary conditions of galactose intolerance e.g. galactosaemia, Lapp lactase deficiency, glucose-galactose malabsorption or fructose intolerance should not take GOI® WOMAN. The ingredients in GOI® WOMAN may interact with other medications (see INTERACTIONS). The cranberry extract in the GOI® WOMAN may increase the risk of kidney stones (see SIDE EFFECTS).

**Porphyria:** Safety has not been established.

### Effect on ability to drive vehicles and use machinery:

GOI® WOMAN should not affect your ability to drive or operate machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

## INTERACTIONS

Take GOI® WOMAN a few hours before or after taking other medications (see DOSAGE AND DIRECTIONS FOR USE). GOI® WOMAN contains zinc which may interact with tetracycline antibiotics and reduce their absorption. It is recommended that all oral antibiotics are taken at least two (2) hours before, or four (4) to six (6) hours after GOI® WOMAN or similar supplements. Consult your doctor, pharmacist or other healthcare professional before use if you are taking blood thinners (such as Warfarin) as cranberry extract may interact. Zinc supplementation can cause a copper deficiency. Folic acid can mask a vitamin B12 deficiency. If in doubt, consult your medical practitioner.

## HUMAN REPRODUCTION

### Pregnancy

It is not advisable to take GOI® WOMAN while you are pregnant as it contains green tea extract (which

contains caffeine).

### Women of Childbearing Potential

There are no known restrictions for use of GOI® WOMAN in women of childbearing age.

### Lactation

It is not advisable to take GOI® WOMAN while you are breastfeeding as it contains green tea extract (which contains caffeine).

### Fertility

There are no known effects of GOI® WOMAN on fertility.

## DOSAGE AND DIRECTIONS FOR USE

### Dosage

Do not exceed the recommended daily dosage.

*Adults 18 years and older:*

Take one (1) tablet daily.

### Directions for use

Take one (1) tablet with a glass of water daily, after a meal.

## SIDE EFFECTS

If you experience any side effects or sensitivity towards any of the ingredients, discontinue use.

If symptoms persist, or if any adverse reactions occur, consult a medical practitioner.

Side effects may include, but are not limited to:

### Gastrointestinal disorders

*Frequency unknown:* dyspepsia (including upper abdominal (epigastric) discomfort and nausea), vomiting, dysphagia, heartburn and diarrhoea

### Skin and subcutaneous tissue disorders:

*Frequency unknown:* hypersensitivity reaction (dermatitis, erythema and urticaria)

### Renal and urinary disorders

*Frequency unknown:* kidney stones

*Rare:* liver toxicity (including symptoms of jaundice, stomach pain, dark urine, sweating, nausea, unusual tiredness, loss of appetite)

## Product issues

No product issues are available on GOI® WOMAN.

## Post-marketing data

No side effects of GOI® WOMAN have been reported post-marketing.

## KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

### Symptoms of Overdosage

See SIDE EFFECTS.

Do not exceed the recommended daily dosage.

GOI® WOMAN contains zinc, which may cause copper deficiency. If you are unsure whether you are taking enough copper, consult a medical practitioner prior to use. Other possible symptoms of GOI® WOMAN overdosage may include but are not limited to, headache, insomnia, flushing of the skin, polyuria, and chromaturia, dizziness and drowsiness.

### Treatment of Overdosage

If an accidental overdose occurs, consult a medical practitioner.

Treatment is symptomatic and supportive.

## IDENTIFICATION

Purple coloured oval, flattened coated tablets.

## PRESENTATION

White plastic bottle with pink flip-top cap, containing 30 oval, flattened coated tablets, with a leaflet, in a unit carton.

## STORAGE INSTRUCTIONS

Store at or below 25 °C.

Replace cap firmly after use.

Protect from light and moisture.

Keep in original packaging until required for use.

Do not use after the expiry date printed on the carton and tube.

KEEP OUT OF REACH OF CHILDREN.

## REGISTRATION NUMBER

To be allocated

## NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Nativa (Pty) Ltd  
260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa  
Tel: +27 (0) 12 664 7110  
Customer care line: 0860 628 482  
Email: health@nativa.co.za  
Website: www.nativa.co.za

## DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

To be allocated

## DATE OF REGISTRATION

To be allocated

## COMPLEMENTARY MEDICINE

Health Supplement

Health Supplements are intended only to complement health or supplement the diet.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.