



# NATIVA COMPLEX®

## VITAMIN C FIZZY (CITRUS PASSION BLAST) (CITRUS PINE SPLASH)

### PROFESSIONAL INFORMATION

**NATIVA COMPLEX® 1 000mg Vitamin C Fizzy (Citrus Passion Blast)**  
**NATIVA COMPLEX® 1 000mg Vitamin C Fizzy (Citrus Pine Splash)**

### SCHEDULING STATUS

[S0]

### PROPRIETARY NAME AND DOSAGE FORM

**NATIVA COMPLEX® 1000 mg Vitamin C Fizzy (Citrus Passion Blast)** (effervescent granules)  
**NATIVA COMPLEX® 1000 mg Vitamin C Fizzy (Citrus Pine Splash)** (effervescent granules)

### COMPOSITION OF NATIVA COMPLEX® 1000 mg VITAMIN C FIZZY (CITRUS PASSION BLAST):

Each sachet contains: 1 000 mg ascorbic acid.  
Excipients: citric acid, colouring (sunset yellow), flavouring (orange, passion fruit), isomalt ST-F, maltodextrin, polyethylene glycol 6000, sodium bicarbonate, stabilizer E1450.  
Sweeteners: Acesulfame K (7.35 mg/sachet) and Sucralose (14.65 mg/sachet).

### COMPOSITION OF NATIVA COMPLEX® 1000 mg VITAMIN C FIZZY (CITRUS PINE SPLASH):

Each sachet contains: 1000 mg ascorbic acid (ascorbic acid/mineral ascorbates).  
Excipients: citric acid, colouring (quinolene), flavouring (orange, pineapple), isomalt ST-F, maltodextrin, polyethylene glycol 6000, sodium bicarbonate, stabilizer E1450.  
Sweeteners: Acesulfame K (7.35 mg/sachet) and Sucralose (14.65 mg/sachet).

### CATEGORY AND CLASS

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

### PHARMACOLOGICAL ACTION

NATIVA COMPLEX® 1000 mg Vitamin C Fizzy (Citrus Passion Blast/Citrus Pine Splash) is intended to supplement and maintain levels of vitamin C in the body.

### INDICATIONS

NATIVA COMPLEX® 1000 mg Vitamin C Fizzy (Citrus Passion Blast/Citrus Pine Splash) is a health supplement indicated for the maintenance of vitamin C levels. Vitamin C helps with cellular antioxidant protection and maintains normal immune function. Mineral ascorbates help replenish electrolytes. For a diagnosis or if symptoms persist, consult a medical practitioner.

### CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of NATIVA COMPLEX® 1000 mg Vitamin C Fizzy (Citrus Passion Blast/Citrus Pine Splash) (see **COMPOSITION**)

### WARNINGS AND SPECIAL PRECAUTIONS

#### Warnings

Do not use if known hypersensitivity or allergy exists to any of the ingredients. If in doubt, consult your medical practitioner.  
If there is a history of kidney stones you should avoid taking high doses of vitamin C. Unsatisfactory symptomatic responses include abdominal discomfort, diarrhoea, heartburn, formation of kidney (renal calcium oxalate) stones. Should your general health worsen or if you experience any untoward effects while taking this supplement, please consult your doctor, pharmacist or other healthcare professional for advice.

#### Special precautions

Porphyria: Safety has not been established.

#### Effects on ability to drive vehicles and use machines

NATIVA COMPLEX® 1000 mg Vitamin C Fizzy (Citrus Passion Blast/Citrus Pine Splash) 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

Always tell your healthcare professional if you are taking any other medication (this includes complementary or traditional medicines). Ascorbic acid has an effect on various medicines which include hormonal contraceptives, fluphenazine and warfarin. Omeprazole may affect the bioavailability of dietary vitamin C and ascorbic acid may increase the absorption of iron in iron deficiency states.

### HUMAN REPRODUCTION

#### Pregnancy and Lactation

If you are pregnant or breastfeeding please consult your doctor, pharmacist or other healthcare professional for advice taking this medicine.

### DOSE AND DIRECTIONS FOR USE

#### Dosage

Do not exceed the recommended daily dosage.

*Adults 18 years and older:*

Dissolve one (1) sachet in a glass of water daily, after a meal.

#### Directions for use

Drink the mixture as soon as the effervescing has stopped. Take a few hours before or after taking other medications.

### SIDE EFFECTS

If you experience any side effects or sensitivity to any of the ingredients, discontinue use. If symptoms persist, or if any adverse reactions occur, consult a medical practitioner.

#### Side-effect profile

Side effects may include, but are not limited to diarrhoea and gastrointestinal upsets. Occurrences of heartburn and formation of kidney (renal calcium oxalate) stones have been recorded.

#### Post-marketing data

No side effects of NATIVA COMPLEX® 1000 mg Vitamin C Fizzy (Citrus Passion Blast/Citrus Pine Splash) have been reported post-marketing.

### KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

#### Symptoms of Overdosage

See **SIDE EFFECTS**.

No case of overdosage has been reported.

Do not exceed the recommended daily dosage.

### Treatment of Overdosage

If an accidental overdose occurs, consult a doctor, pharmacist or other healthcare provider.

### IDENTIFICATION

Orange coloured effervescent granule.

### PRESENTATION

10 x 5 g sachets packed in a unit carton with a package insert.

### STORAGE INSTRUCTIONS

Store at or below 25 °C.

Protect from direct sunlight and moisture.

Store in original packaging until required for use.

Do not store in a bathroom.

Do not use after the expiry date stated on the sachet and carton.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

Return all unused medicine to your pharmacist.

**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  
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### DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

To be allocated

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To be allocated

### COMPLEMENTARY MEDICINE

Health Supplement

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

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