

PACKAGE LEAFLET: INFORMATION FOR THE USER**SCHEDULING STATUS: S0****PROPRIETARY NAME (and dosage form): ACTIV Rehydration Effervescent Tablets 10's****ACTIVE INGREDIENTS:**

Each effervescent tablet contains:	mg	*%NRV
Magnesium Amino Acid Chelate providing Magnesium (elemental)	700mg	
	140mg	41%
Potassium Chloride providing Potassium (elemental)	335.05 mg	
	174.266 mg	***
Sodium Chloride providing sodium (elemental)	158 mg	
	39.322 mg	2%
Sodium bicarbonate providing sodium (elemental)	900 mg	
	252 mg	13%
Calcium Carbonate providing Calcium (elemental)	77.5 mg	
	31 mg	2.50%
Ascorbic Acid (Vitamin C)	50 mg	50%
Thiamine HCl (Vitamin B1) providing Thiamine (elemental)	410 mcg	
	340 mcg	28%
Riboflavin (Vitamin B2)	300 mcg	23%

*NRV (Nutrient Reference Values)

*** %NRV supplied is negligible

Contains Sweeteners: Sucralose 20 mg per effervescent tablet**Excipients:** Litchi flavour (50mg) and a proprietary effervescent blend (2904 mg).

The effervescent blend contains citric acid, polyethylene glycol, isomalt, Sucralose, silicon dioxide

*Complementary Medicine, Health Supplement**This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use**Read all of this leaflet carefully because it contains important information for you.**Keep this leaflet. You may need to read it again.*

ACTIV Rehydration is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use ACTIV Rehydration carefully to get the best results from it.

Do not share ACTIV Rehydration with any other person.

Ask your healthcare provider or Pharmacist if you need more information or advice.

What is in this leaflet?

1. What ACTIV Rehydration is, and what it is used for
2. What you need to know before you take ACTIV Rehydration
3. How to take ACTIV Rehydration
4. Possible side effects
5. How to store ACTIV Rehydration
6. Contents of the pack and other information

1. What ACTIV Rehydration is, and what it is used for

Water is the foundation of life. All human cells comprise of between 75% - 85% water. The water balance is maintained through a fine equilibrium between electrolytes (minerals) such as sodium, potassium, magnesium and calcium. During periods of intense exercise, hot weather, illness, stress and other factors, the body may easily become dehydrated (defined as a loss of 1% of body weight in water) and lose large amounts of water and electrolytes. ACTIV Rehydration is designed to assist in improving recovery after strenuous exercise and maintaining the levels of electrolytes required for optimum hydration and nerve and muscle function (including helping to prevent cramps) on a daily basis.

Magnesium

Magnesium is an important factor required for healthy tissue formation, and especially bones and teeth. In addition, Magnesium is also an essential contributor to normal muscle function and in maintaining good overall metabolism and health. When exercising, Magnesium helps to provide sufficient oxygen, increase energy production, strength and stamina in the muscles.

Potassium

Potassium contributes to the normal function of muscles and the maintenance of normal blood pressure. Perspiration causes the loss of significant amounts of potassium which may contribute to the fatigue experienced after endurance exercise. Potassium also plays a key role in maintaining optimal hydration in the cells, as it is the major electrolyte in the intra-cellular fluid.

Sodium

Sodium contributes to the normal function of muscles and helps to prevent dehydration. Sodium is the major electrolyte in the extra-cellular fluid. During extensive exercise or perspiration, significant amounts of sodium may be lost.

Calcium

Calcium contributes to the maintenance of bones and teeth. It is also an electrolyte which is vital to the function of muscles and nerves and particularly the heart. During intense exercise or periods of high stress or heat, perspiration may lead to excessive loss of calcium.

Vitamin C

Vitamin C (ascorbic acid) is an anti-oxidant protecting organs, cells and blood vessels from free-radical damage. It helps to build and protect collagen in connective tissue, bones, teeth and skin. It also contributes to improved absorption of fats, proteins and iron from food while combatting fatigue and lack of energy.

Vitamin B1

Vitamin B1 helps to metabolise carbohydrates, fats and proteins, and is essential for the production of energy. It may also assist in reducing lactic acid formation during exercise.

Vitamin B2

Vitamin B2 is a factor in the maintenance of good health. It helps to protect and optimize the energy-producing mechanisms of the cell. People who exercise regularly therefore generally require more Vitamin B2 on a daily basis.

2. What you need to know before you take ACTIV Rehydration

Do not take ACTIV Rehydration:

- if you are hypersensitive (allergic) to any of the ingredients of ACTIV Rehydration (listed in section 6).
- if you are using Potassium-sparing diuretics (due to the Potassium content of ACTIV Rehydration).

if you suffer from Hemochromatosis (due to the Vitamin C content of ACTIV Rehydration).

if you suffer from a Kidney condition (due to the Magnesium AAC content of ACTIV Rehydration).

Warnings and precautions

Keep out of reach of children.

Unless otherwise prescribed, do not exceed the stated daily dose.

If you suffer from Hypertension please consult your healthcare practitioner before using ACTIV Rehydration (due to the Chloride content of ACTIV Rehydration, which may exacerbate high blood pressure)

Vitamin supplements should not replace a balanced diet.

Other medicines and ACTIV Rehydration

Always tell your healthcare provider if you are taking any other medicine.

Magnesium may interfere with the action of certain antibiotics.

Magnesium may interfere with medication for heart failure, osteoporosis, HIV or Paget's Disease.

ACTIV Rehydration with food

Vitamin C may increase the absorption of iron from food.

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your Doctor, Pharmacist or other healthcare provider for advice before taking this medicine.

Safety in pregnancy has not been established.

3. How to take ACTIV Rehydration

Do not share medicines prescribed for you, with any other person.

Take ACTIV Rehydration exactly as described in this leaflet or as prescribed by your Doctor or Pharmacist.

Dosage and Directions for use

Adults and Children over 4 years of age: Take ONE effervescent tablet daily after exercise or as prescribed by your Doctor or Pharmacist. (Dissolve tablet in a full glass of water and drink).

Do not exceed the stated daily dosage.

If you take more ACTIV Rehydration than you should you may experience diarrhoea or nausea, muscle cramps, tiredness

In the event of overdose, consult your Doctor or Pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take ACTIV Rehydration, do not take a double dose to make up for forgotten doses.

4. Possible side effects

ACTIV Rehydration can have side effects.

Not all side effects reported for ACTIV Rehydration are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking ACTIV Rehydration, please consult your healthcare provider for advice.

If any of the following happens, stop taking ACTIV Rehydration and tell your doctor:

swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,

Rash or itching.

Diarrhoea, nausea, stomach pain or upset stomach

5. How to store ACTIV Rehydration

Store all medicines out of reach of children.

Store in a cool, dry place below 25°C .

Keep lid firmly closed to exclude moisture

Use within 30 days of opening.

6. Contents of the pack and other information

What ACTIV Rehydration contains

The active substances are Magnesium Amino Acid Chelate (700 mg), Potassium Chloride (335.05 mg), Sodium Chloride (158 mg), Sodium Bicarbonate (900mg), Calcium Carbonate (77,5 mg), Vitamin C (50mg), Thiamine HCl (410 mcg) and Riboflavin (300 mcg)

The other ingredients are Litchi Flavour (50mg) and a proprietary effervescent blend (2904mg)

The effervescent blend contains: citric acid, polyethylene glycol, isomalt, Sucralose, silicon dioxide

What ACTIV Rehydration looks like and contents of the pack

- White cylindrical effervescent tablet.
- 10 effervescent tablets in a polypropylene tube.

Applicant

Vitadine CC

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