

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Obel Daily Multivitamin Capsules

Active substances: Vitamin A (495 mcg), Vitamin B1 (1.2 mg), B2 (1.3 mg), B3 (16 mg), B5 (5 mg), B6 (1.7 mg), B7 (30 mcg), B9 (240 DFE), B12 (2.4 mcg), C (90 mg), D (8 mg), E (15 mg), K2 (120 mcg), Zinc (11 mg), Iron (8 mg), Ashwagandha (465 mg), Seaweed Extract (25 mg).

Category D: Complementary Medicine, D33.7 Combination medicine

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

Read this leaflet carefully as it contains important information for you.

Obel Daily Multivitamin Capsules are available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Obel Daily Multivitamin Capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Obel Daily Multivitamin Capsules with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet:

- 1. What Obel Daily Multivitamin Capsules are and what it is used for**
- 2. What you need to know before you use Obel Daily Multivitamin Capsules**
- 3. How to use Obel Daily Multivitamin Capsules**
- 4. Possible side effects**
- 5. How to store Obel Daily Multivitamin Capsules**
- 6. Contents of the pack and other information**

1. WHAT OBEL DAILY MULTIVITAMIN CAPSULES ARE AND WHAT THEY ARE USED FOR

Obel Daily Multivitamin Capsules are used for daily nutritional support with 15 key nutrients and Ashwagandha to reduce stress and occasional anxiousness and seaweed which is rich in several minerals, like selenium (Se), magnesium (Mg), Manganese (Mn), phosphorous (P), potassium (K), and iodine (I). This product may be used by adults aged 18 years and over.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE OBEL DAILY MULTIVITAMIN CAPSULES

Do not use Obel Daily Multivitamin Capsules if you are hypersensitive (allergic) to any ingredients.

If you are unsure if you should use Obel Daily Multivitamin Capsules, talk to your doctor or pharmacist.

Warnings and precautions:

Obel Daily Multivitamin Capsules are for ingestion only.

If you are taking prescription medication, consult a healthcare practitioner prior to use. If any unwanted/adverse effect develops, discontinue use and consult your doctor or pharmacist. Use is described in adults aged 18 years and older.

Tell your healthcare provide prior to use

- If you are taking any prescription medication
- If you are pregnant, trying to become pregnant or are breast-feeding ask your doctor or pharmacist for advice

Pregnancy and Breastfeeding

Obel Daily Multivitamin Capsules should not be used during pregnancy and a healthcare provider should be consulted for advice prior to taking Obel Daily Multivitamin Capsules when breastfeeding.

Driving and using machines

Obel Daily Multivitamin Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Obel Daily Multivitamin Capsules

Always tell your healthcare provider if you are taking any other medicine. Obel Daily Multivitamin Capsules is not known to react badly with any types of food or drink but may affect absorption of nutrients and medications.

3. HOW TO USE OBEL DAILY MULTIVITAMIN CAPSULES

The usual dose is:

Adults:

Take 1 capsule daily.

Method of administration:

Obel Daily Multivitamin Capsules are for oral ingestion only.

If you take more Obel Daily Multivitamin Capsules than you should:

If anyone, especially a child, accidentally takes too much Obel Daily Multivitamin Capsules contact your doctor or local poison centre immediately. Obel Daily Multivitamin Capsules should not be used continuously for longer than one week.

If symptoms persist consult your doctor. If you see a doctor or have to go to hospital for any reason, tell them what medicines you are taking.

If you forget to take a dose of Obel Daily Multivitamin Capsules:

Do not take a double dose to make up for forgotten individual doses.

4. POSSIBLE SIDE EFFECTS

None known. If any side effects are experienced, please tell your doctor or pharmacist.

Obel Daily Multivitamin Capsules is not known to react badly with any other medicines or any types of food or drink.

Should your general health worsen, or if you experience any untoward effects while using this product, please consult your doctor, pharmacist, or other health care professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of Obel Daily Multivitamin Capsules.

5. HOW TO STORE Obel Daily Multivitamin Capsules

Store below 30 °C in a cool, dry place. Store out of reach of children. Store out of reach of children. Store in the original package / container. Do not store in a bathroom. Do not use after the expiry date printed on the bottle. The expiry date refers to the last day of that month. Do not use Obel Daily Multivitamin Capsules if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets). Shelf life: 2 years

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Obel Daily Multivitamin Capsules contains: Each capsule contains:

Active Ingredients: Vitamin A (495 mcg), Vitamin B1 (1.2 mg), B2 (1.3 mg), B3 (16 mg), B5 (5 mg), B6 (1.7 mg), B7 (30 mcg), B9 (240 DFE), B12 (2.4 mcg), C (90 mg), D (8 mg), E (15 mg), K2 (120 mcg), Zinc (11 mg), Iron (8 mg), Ashwagandha (465 mg), Seaweed Extract (25 mg).

Inactive ingredients: Magnesium stearate.

What Obel Daily Multivitamin Capsules looks like and contents of the pack:

Obel Daily Multivitamin Capsules is a clear capsule with off-white powder in a white HDPE tamper-evident container, containing 60 veggie-capsules.

Distributed by:

Galileo Labs Ltd.

5630 Venice Blvd #1119, LA, CA 90019.

3rd Floor, 14505 Bannister Road SE,

Calgary, AB, T2X 3J3.

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Name and Address of Holder of Certificate of Registration

Microbel Laboratories (Pty) Ltd,

86 Gazelle Ave, Corporate Park South,

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This leaflet was last revised

24 March 2025

Registration/Application number

Application Number: TBC

Access to the corresponding Professional Information (PI): www.obellabs.co.za

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Obel Daaglike Multivitamien Kapsules

Aktiewe stowwe: Vitamine A (494 mcg), Vitamien B1 (1.2 mg), B2 (1.3 mg), B3 (16 mg), B6 (1.7 mg), B7 (30 mcg), B9 (240 DFE), B12 (2,4 mcg), C (90 mg), D (8 mg), E (15 mg), K2 (120 mcg), Sink (11 mg), Yster (8 mg), Ashwagandha (465 mg), Seewier Uittreksel (25 mg).

Kategorie D: Komplementêre Medisyne. D 33.7 Kobinasie medisyne

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer ten opsigte van kwaliteit, veiligheid of voorgenome gebruik nie.

Lees dié hele pamflet aandagtig deur, dit bevat belangrike inligting.

OBEL Daaglikse Multivitamien Kapsules is beskikbaar sonder 'n voorskrif van die dokter, vir sypsverteringsondersteuning. Nietemin, **OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES** moet nogtans versigtig gebruik word om die beste resultate te verkry.

- Moenie hierdie pamflet weggooi nie. U mag dit moontlik weer moet lees.
- Moenie **OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES** met enige ander person deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

WAT IS IN HIERDIE PAMFLET

1. Wat **OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES** is en waarvoor dit gebruik word.
2. Wat u moet weet voordat u **OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES** gebruik.
3. Hoe om **OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES** te gebruik.
4. Moontlike newe-effekte.
5. Bergingsaanwysings vir **OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES**.
6. Inhoud van die verpakking en ander inligting.

1. **WAT OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD:**

OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES word gebruik daaglikse voedingsonderstening met 15 sleutelvoedingstowwe en Ashwagandha om stres en af en toe angs te verminder en seewier wat ryk is aan verskeie minerale, soos selenium (Se), magnesium (Mg), mangaan (Mn), fosfor (P), kalium (K) en jodium (I). Hierdie produk kan deur volwassenes van 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT OBEL DAAGLIKSE MULTIVITAMIEN GEBRUIK

WORD:

Moenie **OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES** gebruik indien u hipersensitief (allergies) is vir enige bestandele.

Indien u onseker is om Obel Daaglikse Multivitamien Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

WAARSKUWINGS EN VOORSORGMAATREËLS:

Obel Daaglikse Multivitamien kapsules is slegs vir inname.

As u voorskifmedikasie neem, raadpleeg 'n gesondheidsorgpraktisyn voor gebruik. As enige ongewenste / nadelike effek ontwikkel, staak die gebruik en raadpeeg jou dokter of apteker. Gebruik word beskryf in volwassenes van 18 jaar en ouer.

Vertel jou gesondheidsorg voor gebruik

- As jy enige voorskryfmedikasie neem
- As jy swanger is, probeer om swanger te raak of borsvoed, vra jou dokter of apteker vir raad.

Swangerskap en borsvoeding

Obel Daaglikse Multivitamien Kapsules moet nie tydens swangerskap gebruik word nie en 'n gesondheidsorgverskaffer moet geraadpeeg word vir advies voordat Obel Daaglikse Multivitamien Kapsules geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Obel Daaglikse Multivitamien Kapsules het geen bekende effek op 'n individu se vermoë om te bestuur of masjinerie te bestuur nie.

Neem ander medisyne of kos en drank saam met Obel Daaglikse Multivitamien Kapsules

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie neem. Dit is nie bekend dat Obel Daaglikse Multivitamien Kapsules sleg reageer met enige soorte kos of drank nie, maar kan die opname van voedingstowwe en medikasie beïnvloed.

3. HOE OM OBEL OMEGA KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 1 kapsule daagliks.

Metode van toediening:

Obel Daaglikse Multivitamien Kapsules is slegs vir inname.

As jy meer Obel Daaglikse Multivitamien Kapsules neem as wat jy moet:

As iemand, veral 'n kind per ongeluk te veel Obel Daaglikse Multivitamien Kapsules neem, kontak jou dokter of plaaslike gifsentrum onmiddellik. Obel Daaglikse Multivitamien Kapsules moet nie langer as een week aaneenlopend gebruik word nie. As simptome voortduur, raadpeelg jou dokter. As jy 'n dokter sien of om een of ander rede hopsitaal toe moet gaan, vertel hulle watter medisyne jy neem.

As jy vergeet om 'n dosis Obel Daaglikse Multivitamien Kapsules te neem:

Moenie 'n dubbele dosis neem om op te maak vir vergete individuele dosisse nie.

4. MOONTLIKE NEWE-EFFEKTE:

Niks bekend nie. As enige newe-effekte ervaar word, vertel asseblief jou dokter of apteker.

Dit is nie bekend dat Obel Daaglikse Multivitamien Kapsules sleg reageer met enige ander medisyne of enige soorte kos of drank nie.

As jou algemene gesondheid vererger, of as jy enige ongewenste effekte ervaar terwyl jy hierdie produk gebruik, raadpleeg asseblief jou dokter, apteker of ander gesondheidswerker vir advies. As jy enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief jou dokter of apteker in kennis. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die 6.04 "Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies: <https://www.sahpra.order.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Obel Daaglikse Multivitamien Kapsules te verskaf.

5. BERGINGSAAWYSINGS VIR OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES

Bewaar in 'n koel, droeë plek, teen of benede 30 °C. Bêre buite bereik van kinders. Berg in die oorspronklike verpakking. Moet nie in 'n badkamer bêre nie. Moet dit nie gebruik na die vervaldatum wat op die bottles gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Obel Daaglikse Multivitamien Kapsules gebruik as jy sigbare tekens van agteruitgang opmerk nie. Stuur alle ongebruikte medisyne terug na jou apteker. Moenie ongebruikte medisyne in dreine of rioelstelsels (bv. toilette) weggooi nie. Raklewe: 2 jaar.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

WAT OBEL DAAGLIKSE MULTIVITAMIEN KAPSULES BEVAT

Elke kapsule bevat:

Aktiewe bestanddele: Vitamien A (494 mcg), Vitamien B1 (1.2 mg), B2 (1.3 mg), B3 (16 mg), B6 (1.7 mg), B7 (30 mcg), B9 (240 DFE), B12 (2,4 mcg), C (90 mg), D (8 mg), E (15 mg), K2 (120 mcg), Sink (11 mg), Yster (8 mg), Ashwagandha (465 mg), Seewier Uittreksel (25 mg).

Onaktiewe bestanddele: Magnesium stearaat.

Voorkoms van Obel Daaglikse Multivitamien Kapsules en inhoud van die verpakking:

Obel Daaglikse Multivitamien Kapsules is 'n deursigtige kapsule met spierwit poeier in 'n wit HDPE-peuter-duidelike houwer, wat 60 groentekapsules bevat.

Versprei deur:

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Naam en adres van houder van registrasiesertifikaat

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Datum van laaste hersiening

25 Maart 2025

Registrasie/Aansoeknommer:

TBA.

Toegang tot ooreenstemmende Professionele Inligting (PI): www.obellabs.co.za