

PROFESSIONAL INFORMATION
GOI® MAN

SCHEDULING STATUS
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PROPRIETARY NAME AND DOSAGE FORM
GOI® MAN (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 C (Ascorbic acid)	120 mg	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 (Potasium 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
AZL antioxidant complex	23,50 mg	-
Providing:		
Astaxanthin	6 mg	-
Zinc (Zinc oxide)	11 mg	100
Lycopene	6,50 mg	-

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

Excipients: calcium carbonate, cellulose, Flexicoat blue - PHA9052-0025, magnesium stearate, microcrystalline cellulose, Protect EN, sodium carboxymethyl starch. Contains sugar (lactose 376,5 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® MAN is anticipated to be similar.

INDICATIONS
GOI® MAN is a multi-vitamin and mineral health supplement indicated for the maintenance of healthy energy levels of men.

CONTRAINDICATIONS
Hypersensitivity to any of the ingredients of GOI® MAN (see **COMPOSITION**). GOI® MAN contain nicotinamide, 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® MAN. The ingredients in GOI® MAN may interact with other medications (see **INTERACTIONS**).
Porphyria: Safety has not been established.

Effects on ability to drive vehicles and use machines
GOI® MAN 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® MAN a few hours before or after taking other medications (see **DOSAGE AND DIRECTIONS FOR USE**). GOI® MAN 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® MAN or similar supplements.
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
Not applicable as this product is indicated for Men.
Women of Childbearing Potential
Not applicable as this product is indicated for Men.
Lactation
Not applicable as this product is indicated for Men.

Fertility
There are no known effects of GOI® MAN on fertility.

DOSAGE AND DIRECTIONS FOR USE
Dosage
Do not exceed the recommended daily dosage.
Adults and children 12 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)

Product issues
No product issues are available on GOI® MAN.
Post-marketing data
No side effects of GOI® MAN 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® MAN 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® MAN overdose 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
Blue coloured oval, flattened coated tablets.

PRESENTATION
White plastic bottle with blue 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 bottle.
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

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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.