

ADDITIVA[®]

Vitamin C

Lemon

Effervescent tablets

**as a food additive
with sweeteners**

Average nutritional value

	Per 100 g	Per tablet 4.0 g
Energy		
KJ	933	37
Kcal	216	9
Fat	<0.1 g	<0.01 g
of which saturates	<0.1 g	<0.01 g
Carbohydrate	2.8 g	0.1 g
of which sugars	0.6 g	<0.1 g
Fibre	6.1 g	0.2 g
Protein	0.2 g	<0.1 g
Salt	18.18 g	0.73 g

Additva Vitamin C Lemon Effervescent tablets

Effervescent tablet with vitamin C, food supplement with sweeteners, lemon flavour

Additva Vitamin C Lemon contains
1000 mg Vitamin C per tablet (4 g), correspond to %1250 RDA per tablet
RDA = Recommended Daily Allowance

Other ingredients:

Acidifier citric acid, Sodium Hydrogen Carbonate, Vitamin C, Inulin, Starch, Flavouring, Modified starch, Sweetener aspartame, Sweetener acesulfame-K, Colouring agent Riboflavine5'-phosphate

Additva Vitamin C Lemon contains salt.

Additva Vitamin C Lemon is a source of phenylalanine. Contains Aspartame!, not suitable for persons with phenylketonuria.

Indication:

Vitamin C is needed as part of the body's defences. Vitamin C helps support the body's immune system. ADDITIVA Vitamin C is used in case of vitamin C deficiency, for the maintenance of normal function of the immune system during and after extreme physical exercise, in case of cold & flu .

Other information:

Fresh fruit and vegetables contain a sufficiently high amount of vitamin C. However, when stored for longer periods the vitamin C can be lost to varying degrees, particularly in potatoes and vegetables. Besides a poor or deficient diet, extreme physical illness can lead to vitamin C deficiency. A very severe form of vitamin C deficiency is scurvy, which is accompanied by weakness and bleeding throughout the body and is treated medicinally with vitamin C.

Don't take ADDITIVA Vitamin C Lemon

- if you are allergic to ascorbic acid (vitamin C) or any of the other ingredients of this medicine
- if you suffer from kidney stones (oxalate) unless advised by your doctor.
- if you suffer from certain illnesses where too much iron is absorbed by the body (thalassaemia, haemochromatosis, sideroblastic anaemia).

Warnings & Precautions:

Take special care with Additva Vitamin C Lemon

If you take an increased dose of vitamin C over prolonged periods, a lack of vitamin C is possible when stopping the treatment.

If you are at risk of recurring formation of kidney stones (calcium oxalate calculi), you should not exceed a daily vitamin C-intake of 100 to 200 mg. If you suffer from severe kidney disease (dialysis patients), do not take a daily vitamin C dose exceeding 50 to 100 mg of vitamin C. Avoid high vitamin C doses if you suffer from renal failure. If you suffer from hereditary disorders of red blood cells (e. g. Glucose-6-Phosphate dehydrogenase deficiency), do not exceed the recommended dose (1000mg per day).

The administration of gram doses can elevate the ascorbic acid concentration in the urine to such a degree that the measurement of various clinical-chemical parameters (glucose, uric acid, creatinine, inorganic phosphate) is impaired. Likewise, gram doses can lead to false-negative results in the attempted detection of occult blood in the stools. Generally, chemical detection methods which are based on colour reactions can be affected.

Do not take Additva Vitamin C Lemon before asking your doctor for advice if you are pregnant or breast-feeding.

Children and adolescents:

Additva Vitamin C Lemon is not intended for use in children and adolescents (below 18 years).

Keep out of reach of children

Instruction of use:

Take 1 tablet per day. The stated daily dose of 1 effervescent tablet is not to be exceeded

Dissolve one effervescent tablet per day in a glass of water and drink - makes a refreshing beverage.

Side effects:

Additva Vitamin C Lemon is well tolerated, even at high dosages. After very high doses (5 - 4 g or more) mild diarrhoea or increased urinary frequency has occasionally been seen.

Hypersensitivity reactions can occur such as

- breathing difficulties
- allergic skin reactions

Storage condition:

Store in a cool, dry place in a temperature between +15C - +25C
Close well after usage. Use within 3 months of opening the pack.

Package:

Plastic tube contains 20 effervescent tablets / 80g

Last revision date: July 2014

Manufacturer:

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Dr. **Scheffler**[®]

(This is medication)

- A medication is a product which affects your health, and its consumption contrary to instruction is dangerous for you .
- Strictly follow the doctor's prescription, the method of use, and the instruction of the pharmacist who sold the medication .
- The doctor and the pharmacist are experts in medicine, its benefits and risks .
- Do not interrupt the treatment period without consulting your physician.
- Do not repeat the same prescription without consulting your doctor .

Council of Arab health ministers and union of Arab pharmacists .