

PROFESSIONAL INFORMATION

Complementary Medicine: Health Supplement

D 34.12 Multiple substance formulation

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. Health supplements are intended only to complement health or supplement the diet.

SCHEDULING STATUS: **1. Name of the medicine**

BIOGEN ZINC COMPLEX PLUS (tablets)

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each tablet contains:

Zinc picolinate (providing 8,30 mg elemental zinc)	39,60 mg
Copper amino acid chelate 10 % (providing 1,00 mg elemental copper)	10,00 mg
Nicotinamide (Vitamin B ₃)	5,00 mg
Riboflavin (Vitamin B ₂)	5,00 mg
Selenium amino acid chelate 2 % (providing 20,00 µg elemental selenium)	1,00 mg
Biotin (Vitamin H)	100,00 µg

Sugar Free

For a full list of excipients, see section 6.1.

3. Pharmaceutical form

White, round, biconvex, film-coated tablets with a non-functional score on one side.

4. Clinical particulars**4.1 Therapeutic indications**

Biogen Zinc Complex Plus is a combination of vitamins and minerals that can contribute to healthy skin, normal skin pigmentation and the maintenance of immune function.

4.2 Posology and method of administration

Biogen Zinc Complex Plus should be taken with a meal

Adults:

take 3 tablets daily

4.3 Contraindications

Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

- Take special care if you have a history of liver disease, peptic ulcer disease or a hereditary defect in copper homeostasis.

4.5 Interaction with other medicines and other forms of interaction

- Concomitant use of Biogen Zinc Complex Plus together with other zinc-containing medicines may result in high zinc levels in the body and should not be used together.
- Calcium supplements should not be taken at the same time as Biogen Zinc Complex Plus as they may decrease zinc absorption. It is recommended to take these supplements at least 4 hours apart.
- Biogen Zinc Complex Plus may lower the absorption and reduce the effectiveness of other medication. These medicines include penicillamine (used to treat Wilson's disease), cephalaxin, quinolones and tetracyclines (antibiotics) and iron supplements, and should be taken 2 hours before, or 4 – 6 hours after taking Biogen Zinc Complex Plus.
- Biogen Zinc Complex Plus can enhance the effectiveness of certain medicines and should be used with caution when used together with warfarin or other anticoagulant medicines.
- Biogen Zinc Complex Plus can lower blood glucose levels, and dose adjustment to diabetes medication might be necessary. Biogen Zinc Complex Plus can also interfere with blood glucose control during and after surgical procedures and should be discontinued at least 2 weeks before elective surgical procedures.

4.6 Fertility, pregnancy and lactation

Safety in fertility, pregnancy and lactation has not been established.

4.7 Effects on ability to drive and use machines

Patients should exercise caution before driving or operating machinery until they are reasonably certain Biogen Zinc Complex Plus does not adversely affect their performance.

4.8 Undesirable effectsThe list below provides information on undesirable effects identified from literature, and categorised by system organ class and frequency. Frequencies are defined as: very common ($\geq 1/10$), common ($\geq 1/100, < 1/10$), uncommon ($\geq 1/1000, < 1/100$), rare ($\geq 1/10000, < 1/1000$), very rare ($\geq 1/100000$).**Gastrointestinal:**

Uncommon: Nausea and vomiting, dyspepsia, diarrhoea, gastric irritation, gastritis and abdominal pain.

Reporting of suspected adverse reactionsReporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare providers are asked to report any suspected adverse reactions to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>**4.9 Overdose**

Overdose is unlikely, but in case of overdose side effects as listed in 4.8 can be precipitated or be of increased severity.

Treatment of overdosage is symptomatic and supportive.

5. Pharmacological properties**5.1 Pharmacodynamic properties**

Category D 34.12 Multiple substance formulation

Zinc picolinate

Zinc is a biologically essential trace element and is the second most abundant trace element in the body. It is a cofactor in many biological processes including DNA, RNA, and protein synthesis. It also plays a role in immune function, wound healing, reproduction, growth and development, behaviour and learning, taste and smell, blood clotting, thyroid hormone function, and insulin action.

Copper

Copper is an essential trace mineral that contributes to the protection of cells from oxidative stress and contributes to normal skin pigmentation.

NicotinamideNicotinamide is a Vitamin B₃ that contributes to the maintenance of normal skin as well as the reduction of tiredness and fatigue.**Riboflavin**Vitamin B₂ participates in oxidation-reduction reactions in numerous metabolic pathways and in energy production. It has a role as an antioxidant and may be involved in maintaining the integrity of erythrocytes.**Selenium**

Selenium is a metallic substance that is available in a variety of chemical compounds. It contributes to the protection of cells from oxidative stress as well as the normal functioning of the immune system.

Biotin

Biotin is an essential coenzyme in fat metabolism and in other carboxylation reactions. It contributes to the maintenance of normal skin as well as normal energy-yielding metabolism.

5.2 Pharmacokinetic properties**Zinc picolinate**

Absorption of zinc from the gastrointestinal tract is incomplete, and is reduced in the presence of some dietary constituents such as phytates. Bioavailability of dietary zinc varies widely between different sources, but is about 20 to 30%. Zinc is distributed throughout the body with the highest concentrations found in muscle, bone, skin, eye, and prostatic fluids. It is primarily excreted in the faeces, and regulation of faecal losses is important in zinc homeostasis. Small amounts are lost in urine and perspiration.

Copper

Copper is absorbed mainly in the small intestine, with a small amount absorbed in the stomach. It is primarily stored in the liver and incorporated into ceruloplasmin. Elimination is mainly via bile into the faeces. Small amounts are excreted in the urine, sweat and via epidermal shedding.

Nicotinamide

Nicotinamide is rapidly absorbed from the gastrointestinal tract following oral administration and widely distributed into body tissues and breast milk. It is metabolized in the liver to N-methylniacinamide, other N-methylated derivatives, and nicotinic acid (the glycine conjugate of niacin) and excreted in urine.

Riboflavin

Riboflavin is readily absorbed from the gastrointestinal tract and widely distributed to body tissues. Little is stored in the body and is excreted in urine, partly as metabolites. Riboflavin crosses the placenta and is distributed into breast milk.

Selenium

Selenium compounds are generally readily absorbed from the gastrointestinal tract. Selenium is stored in red blood cells, the liver, spleen, heart, and nails. It is converted in tissues to its metabolically active forms. Selenium is excreted in the urine, and to a lesser extent in the faeces.

Biotin

Biotin is absorbed rapidly from the gastrointestinal tract by facilitated transport (at low concentrations) and by passive diffusion (at high concentrations). Absorption is greater in the jejunum than the ileum and minimal in the colon. Biotin is bound to plasma proteins. Excess biotin is excreted largely unchanged in the urine. It also appears in breast milk.

6. Pharmaceutical particulars**6.1 List of excipients**

Ac-di-sol

Avicel PH 101

Dicalcium phosphate DC

Povidone VA 64

Stearic acid

6.2 Incompatibilities

Not applicable

6.3 Shelf life

24 Months

6.4 Special precautions for storage

Store all medicines out of reach of children.

Store at or below 25 °C and protect from moisture.

Store in the original container.

6.5 Nature and contents of container

White 250 ml PET bottle with white screw on cap and induction seal, containing a silica gel desiccant and foam wadding.

Pack size: 120 tablets.

6.6 Special precautions for disposal

No special requirements.

7. Holder of certificate of registration

PhytoHealthcare (Pty) Ltd

49 New Road

Block C

Midrand

1685

8. Registration number

Will be allocated by SAHPRA upon registration.

9. Date of first authorisation

Will be allocated by SAHPRA upon registration.

JOB: BPS_ZinkComplex_120s PI	SIZE: 210mm x 354mm
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
COLOURS:  FINISHING: <input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss <input type="checkbox"/> Spot UV <input type="checkbox"/> Doming <input type="checkbox"/> Embossing	
PLEASE CHECK CAREFULLY <small>Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.</small>	

PATIENT INFORMATION LEAFLET**SCHEDULING STATUS: S0**

Biogen Zinc Complex Plus (tablets)

Zinc picolinate, copper, nicotinamide, riboflavin, selenium and biotin.

Sugar Free

Complementary Medicine: Health Supplement

D 34.12 Multiple substance formulation

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. Health supplements are intended only to complement health or supplement the diet.

Read all of this leaflet carefully because it contains important information for you.

BIOGEN ZINC COMPLEX PLUS is available without a doctor's prescription. BIOGEN ZINC COMPLEX PLUS assists with maintaining a healthy skin and immune system. Nevertheless, you still need to take BIOGEN ZINC COMPLEX PLUS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BIOGEN ZINC COMPLEX PLUS with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

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

1. What BIOGEN ZINC COMPLEX PLUS is and what it is used for

BIOGEN ZINC COMPLEX PLUS is a combination of vitamins and minerals that can contribute to healthy skin, normal skin pigmentation and the maintenance of immune function.

2. What you need to know before you take BIOGEN ZINC COMPLEX PLUS**Do not take BIOGEN ZINC COMPLEX PLUS:**

- If you are hypersensitive (allergic) to any of the ingredients of BIOGEN ZINC COMPLEX PLUS (listed in section 6).

Warnings and precautions

Take special care with BIOGEN ZINC COMPLEX PLUS:

- If you have a history of liver disease, peptic ulcer disease or a hereditary defect in copper homeostasis.

Other medicines and BIOGEN ZINC COMPLEX PLUS

Always tell your healthcare provider if you are taking any other medicine (this includes complementary or traditional medicines).

Concomitant use of BIOGEN ZINC COMPLEX PLUS together with other zinc-containing medicines may result in high zinc levels in the body and should not be used together.

Calcium supplements should not be taken at the same time as BIOGEN ZINC COMPLEX PLUS as they may decrease zinc absorption. It is recommended to take these supplements at least 4 hours apart.

BIOGEN ZINC COMPLEX PLUS may lower the absorption and reduce the effectiveness of other medication. These medicines include penicillamine (used to treat Wilson's disease), cephalosporins, quinolones and tetracyclines (antibiotics) and iron supplements, and should be taken 2 hours before, or 4 - 6 hours after taking BIOGEN ZINC COMPLEX PLUS.

BIOGEN ZINC COMPLEX PLUS can enhance the effectiveness of certain medicines and should be used with caution when used together with warfarin or other anticoagulant medicines.

BIOGEN ZINC COMPLEX PLUS can lower blood glucose levels, and dose adjustment to diabetes medication might be necessary. BIOGEN ZINC COMPLEX PLUS can also interfere with blood glucose control during and after surgical procedures and should be discontinued at least 2 weeks before elective surgical procedures.

BIOGEN ZINC COMPLEX PLUS with food and drink

BIOGEN ZINC COMPLEX PLUS has no known interaction with food and drink.

Pregnancy, breastfeeding and fertility

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 BIOGEN ZINC COMPLEX PLUS.

Driving and using machinery

Patients should exercise caution before driving or operating machinery until they are reasonably certain BIOGEN ZINC COMPLEX PLUS does not adversely affect their performance.

3. How to take BIOGEN ZINC COMPLEX PLUS

Always take BIOGEN ZINC COMPLEX PLUS exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

BIOGEN ZINC COMPLEX PLUS should be taken with a meal.

Adults:

take 3 tablets daily

Do not exceed the recommended dosage.

Do not share your medicine with any other person.

If you take more BIOGEN ZINC COMPLEX PLUS than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take BIOGEN ZINC COMPLEX PLUS

Do not take a double dose of BIOGEN ZINC COMPLEX PLUS to make up for forgotten individual doses.

4. Possible side effects

BIOGEN ZINC COMPLEX PLUS can have side effects.

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

If any of the following happens, stop taking BIOGEN ZINC COMPLEX PLUS and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

These are very serious side effects. If you have them, you may have had a serious reaction to BIOGEN ZINC COMPLEX PLUS. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- nausea and vomiting,
- dyspepsia,
- diarrhoea,
- gastric irritation,
- gastritis,
- abdominal pain.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications:

<https://www.sahpra.org.za/Publications/Index8>.

By reporting side effects, you can help provide more information on the safety of BIOGEN ZINC COMPLEX PLUS.

5. How to store BIOGEN ZINC COMPLEX PLUS

- Store all medicines out of reach of children.
- Store at below 25 °C and protect from moisture.
- Store in the original container.
- Do not use after the expiry date stated on the label.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information**What BIOGEN ZINC COMPLEX PLUS contains**

Zinc picolinate	39,60 mg
(providing 8,30 mg elemental zinc)	
Copper amino acid chelate 10 %	10,00 mg
(providing 1,00 mg elemental copper)	
Nicotinamide (Vitamin B3)	5,00 mg
Riboflavin (Vitamin B2)	5,00 mg
Selenium amino acid chelate 2 %	1,00 mg
(providing 20,00 µg elemental selenium)	
Biotin (Vitamin H)	100,00 µg

The other ingredients are Ac-di-sol, Avicel PH 101, dicalcium phosphate DC, povidon VA 64 and stearic acid.

Sugar Free

What BIOGEN ZINC COMPLEX PLUS looks like and contents of the pack

White, round, biconvex, film-coated tablets with a non-functional score on one side, packed into a white 250 ml PET bottle with a white screw cap and induction seal, containing a silica gel desiccant and foam wadding. Pack size: 120 tablets.

Holder of certificate of registration

PhytoHealthcare (Pty) Ltd

49 New Road

Block C

Midrand

1685

Registration number

Will be allocated by SAHPRA upon registration.

PASIËNTINLIGTINGSBLAD**SKEDULERINGSTATUS: S0**

Biogen Zinc Complex Plus (tablete)

Sinkpicolinaat, koper, nikotienamied, riboflavin, selenium en biotien.

Suikervry

Komplementêre medisyne: Gesondheidsaanvulling**D 34.12 Veelvoudige bestanddeel formuliese**

Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of beoogde gebruik geëvalueer nie.

Gesondheidsaanvullings dien slegs as aanvulling tot gesondheid of dieet.

Lees hierdie hele inligtingsblad aandagtyd deur want dit bevat inligting wat belangrik is vir jou.

BIOGEN ZINC COMPLEX PLUS is beskikbaar sonder 'n dokter se voorskrif. BIOGEN ZINC COMPLEX PLUS dra by tot die instandhouding van 'n gesonde vel en immunsisteem. Jy moet BIOGEN ZINC COMPLEX PLUS nogtans versigtig gebruik ten einde die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie BIOGEN ZINC COMPLEX PLUS met iemand anders deel nie.
- Vra jou gesondheidsorgverskaffer of apoteker indien jy verdere inligting of raad nodig het.

Wat jy in hierdie inligtingsblad kan kry

1. Wat is BIOGEN ZINC COMPLEX PLUS en waarvoor word dit gebruik
2. Wat jy moet weet voor dat jy BIOGEN ZINC COMPLEX PLUS gebruik
3. Hoe om BIOGEN ZINC COMPLEX PLUS te gebruik
4. Moontlike newe-effekte
5. Hoe om BIOGEN ZINC COMPLEX PLUS te bêre
6. Inhoud van die verpakking en ander inligting

1. Wat is BIOGEN ZINC COMPLEX PLUS en waarvoor word dit gebruik

BIOGEN ZINC COMPLEX PLUS is 'n kombinasie van vitamiene en mineraale wat kan bydra tot 'n gesonde vel, normale velpigmentasie en die instandhouding van immunsisteem.

2. Wat jy moet weet voor dat jy BIOGEN ZINC COMPLEX PLUS gebruik**Moenie BIOGEN ZINC COMPLEX PLUS gebruik nie:**

- Indien jy hipersensitiviteit (allergies) is vir enige van die bestanddele van BIOGEN ZINC COMPLEX PLUS (gelys by afdeling 6).

Waarskuwings en voorsorgmaatreëls

Wees versigtig met BIOGEN ZINC COMPLEX PLUS:

- Indien jy 'n geskedensiën van leversekte, maagsware of 'n oorerlike afwyking in koper homeostase het.

Ander medisyne saam met BIOGEN ZINC COMPLEX PLUS

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem (dit sluit aanvullende of tradisionele medisyne in).

Gelyktydige gebruik van BIOGEN ZINC COMPLEX PLUS saam met ander sinkbevattende medisyne kan hoo-skylakkie in die liggaam veroorsaak en moet nie saam gebruik word nie.

Kalsiumaanvullings moet nie gelyktydig met BIOGEN ZINC COMPLEX PLUS geneem word nie, aangesien dit die absorpsië van sink kan verminder. Dit word aanbeveel om hierdie aanvullings ten minste 4 uur uitmekaaar te neem.

BIOGEN ZINC COMPLEX PLUS kan die opname van ander medisyne verlaag en sodoen die effektiwiteit verminder. Hierdie medisyne sluit in penicillamine (wat gebruik word om Wilson se siekte te behandel), kefaleksien, kinoloon en tetrasiklien (antibiotika) en ysteraanvullings, en moet 2 uur voor of 4 - 6 uur na die innname van BIOGEN ZINC COMPLEX PLUS geneem word.

BIOGEN ZINC COMPLEX PLUS kan die effektiwiteit van sekere medisyne verhoog en moet met versigtigheid gebruik word saam met warfarien of ander antistolmiddels.

BIOGEN ZINC COMPLEX PLUS kan bloedglukosevlakke verlaag, en dosisaanpassing van diabetes medisyne kan nodig wees.

BIOGEN ZINC COMPLEX PLUS kan ook bloedglukosebeheer beïnvloed tydens en na chirurgiese procedures en moet ten minste 2 weke voor elektiewe chirurgiese procedures gestaak word.

BIOGEN ZINC COMPLEX PLUS saam met kos en drinkgoed

Geen merkwaardige interaksies met kos of drinkgoed is aangemeld nie.

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of borsvoed, vermoed dat jy swanger kan wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apoteker of ander gesondheidsorgverskaffer voordat jy BIOGEN ZINC COMPLEX PLUS neem.

Bestuur en die gebruik van masjinerie

Pasiente moet versigtig wees voor dat hulle bestuur van masjinerie gebruik, totdat hulle redelik seker is dat BIOGEN ZINC COMPLEX PLUS nie hul werkverrigting nadelt beïnvloed nie.

3. Hoe om BIOGEN ZINC COMPLEX PLUS te gebruik

Gebruik BIOGEN ZINC COMPLEX PLUS altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos jou dokter of apoteker aanbeveel het. Raadpleeg jou dokter of apoteker indien jy nie seker is nie.

Neem BIOGEN ZINC COMPLEX PLUS saam met 'n maaltjie.

Volvassenes:

neem 3 tablette daagliks

Moenie die aanbevolle dosis oorskry nie.

Moenie jou medisyne met enige ander persoon deel nie.

As jy meer BIOGEN ZINC COMPLEX PLUS geneem het as wat jy moet

In die geval van oordosering, raadpleeg jou dokter of apoteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As jy vergeet om BIOGEN ZINC COMPLEX PLUS te neem

Moenie 'n dubbele dosis BIOGEN ZINC COMPLEX PLUS neem om op te maak vir die individuele dosisse wat oorgeslaan is nie.

4. Moontlike newe-effekte

BIOGEN ZINC COMPLEX PLUS kan newe-effekte hê.

Nie alle newe-effekte wat vir BIOGEN ZINC COMPLEX PLUS gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongewone effekervaar terwyl jy BIOGEN ZINC COMPLEX PLUS neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om BIOGEN ZINC COMPLEX PLUS te neem en sê onmiddellik vir jou dokter of gaan na die ongevalleafdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe en mond of keel, wat dit moeilik kan maak om te sluk of asem te haal;
- velutslag of gejuk;
- fluites.

Hierdie is baie ernstige newe-effekte. Indien jy dit het, mag jy 'n ernstige allergiese reaksié op BIOGEN ZINC COMPLEX PLUS gehad het. Jy mag dringende mediese bystand van hospitalisasie nodig hê.

Sê vir jou dokter indien jy enige van die volgende opmerk:

- maarheid en braking,
- dispepsie,
- diarree,
- maagjitters,
- gastritis,
- buikpyn.

Indien jy enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, lig asseblief jou dokter of apoteker daaroor in.

Rapportering van newe-effekte

Bespreek dit met jou dokter of apoteker indien jy newe-effekte ondervind. Jy kan ook newe-effekte by SAHPRA aanmeld deur die "6.04 Adverse Drug Reactions Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index8>.

Deur newe-effekte aan te meld, kan jy help om meer inligting te versaf oor die veiligheid van BIOGEN ZINC COMPLEX PLUS.

5. Hoe om BIOGEN ZINC COMPLEX PLUS te bêre

- Stoor alle medisyne buite bereik van kinders.
- Bêre by of onder 25 °C en beskerm teen vog.
- Stoor in die oorspronklike verpakking.

- Moenie nie die vervaldatum wat op die etiket voorkom, gebruik nie.
- Neem alle ongebruikte medisyne terug na jou apoteker.

- Moenie ongebruikte medisyne in dreine en riuolstelsels (bv. toilette) weggoei nie.

6. Inhoud van die verpakking en ander inligting**Wat BIOGEN ZINC COMPLEX PLUS bevat**