

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned

ActiVive B™
Vegetarian Capsules
Multivitamin and mineral supplement
Sugar free

Complementary Medicine: Health Supplement. D.34.12. Multiple substance formulation.
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.

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

- Keep this leaflet. You may need to read it again.
- Do not share ActiVive B™ 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 ActiVive B™ is and what it is used for
2. What you need to know before you use ActiVive B™
3. How to use ActiVive B™
4. Possible side effects
5. How to store ActiVive B™
6. Contents of the pack and other information

1. What ActiVive B™ is and what it is used for

ActiVive B™ is an advanced B-Complex supplement with methylation support for natural energy.

Vitamin B1 and B3 help to metabolise carbohydrates, fats, and proteins, and contribute to normal growth and development.

Vitamin B2, B5 and B6 help to metabolise carbohydrates, fats and proteins and contribute to tissue formation.

Vitamin B12 helps to metabolise carbohydrates, fats, and proteins, and contribute to normal red blood cell formation.

Folate helps the body to metabolise proteins and helps to form red blood cells.

Choline helps to support liver function.

Zinc helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolise carbohydrates, fats and proteins, helps to maintain immune function.

Molybdenum helps the body to metabolise proteins.

Manganese helps the body to metabolise carbohydrates, fats, and protein, contributes to the development and maintenance of normal bones.

N-Acetyl-L-Cysteine (NAC) is a source of amino acids involved in muscle protein synthesis.

2. What you need to know before you use ActiVive B™

Do not use ActiVive B™

If you are hypersensitive (allergic) to any of the other ingredients of ActiVive B™ (listed in section 6).

Warnings and precautions

Take special care with ActiVive B™.

Other medicines and ActiVive B™

- Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines).
- Antacid medicines should be taken 2 hours before or after taking ActiVive B™, as antacids may reduce the absorption of certain vitamins and minerals.
- Zinc might interfere with the absorption of certain antibiotics and medications for rheumatoid arthritis. Zinc may also interact with certain diuretics and decrease the absorption of certain antibiotics.
- Manganese might interact with certain antibiotics, bisphosphonates, and medications for Parkinson's disease.

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 health care provider for advice before taking this medicine.

Safety of ActiVive B™ during pregnancy and breastfeeding has not been established.

Driving and using machines

ActiVive B™ will have very little or no effect on your ability to drive or use machines.

3. How to use ActiVive B™

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

Always use ActiVive B™ 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.

The usual dose is one (1) capsule daily, or as recommended by your health care provider.

If you take more ActiVive B™ than you should

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take the medicine pack with you.

If you forget to use ActiVive B™

If you forget to use ActiVive B™, use it as soon as you remember. Take ActiVive B™ at the usual time from then on.

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

4. Possible side effects

ActiVive B™ can have side effects.

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

If any of the following happens, stop using ActiVive B™ and tell your doctor immediately or go to the casualty department at your nearest hospital:

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

These are all very serious side effects. If you have them, you may have had a serious reaction to ActiVive B™. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- nausea (feeling sick);
- abdominal cramps or stomach pains;
- headache;
- dizziness;
- tiredness;
- light-headedness;
- flatulence or wind;
- diarrhoea;
- loss of appetite.

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

Reporting of side effects

You can report side effects to Delfran (Pty) Ltd via qa@delfran.co.za or call (012) 654 3029. You can also report side effects to the SAHPRA via the **"6.04 Adverse Drug Reaction Reporting Form"**, found online under the 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 ActiVive B™.

5. How to store ActiVive B™

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

6. Contents of the pack and other information

What ActiVive B™ contains

The active substances in ActiVive B™ are:

Composition	Per Capsule
Thiamine Mononitrate Providing Thiamine (Vitamin B1) - 33 mg	40 mg
Riboflavin (Vitamin B2)	5 mg
Niacin (Vitamin B3)	66.67 mg
Calcium Pantothenate Providing Pantothenic Acid (Vitamin B5) - 25 mg	27 mg
Pyridoxal-5'-Phosphate Providing Pyridoxine (Vitamin B6) - 8.16 mg	12 mg
Calcium-L-Methylfolate Providing Folate (Folic Acid) - 344.66 µg	367 µg
Methylcobalamin (Vitamin B12)	100 µg
Choline Bitartrate Providing Choline - 32.80 mg	80 mg
Zinc Oxide Providing Zinc - 0.50 mg	0.63 mg
Molybdenum Amino Acid Chelate Providing Molybdenum - 5 µg	2500 µg
Manganese (ii) Sulphate Monohydrate Providing Manganese - 0.13 mg	0.40 mg
N-Acetyl-L-Cysteine (NAC) Providing L-Cysteine - 200 mg	266 mg

Minerals are listed in their elemental and non-elemental forms.

Other ingredients are: Magnesium Stearate.

What ActiVive B™ looks like and contents of the pack

A cardboard unit carton containing a white HDPE bottle with a child-resistant closure. Contents of the container include a silica gel desiccant and 90 off-white ActiVive B™ vegetable capsules containing yellow powder.

Holder of certificate of registration

Delfran (Pty) Ltd.
Diamond Park, Unit 7,
70 Jacaranda Street,
Hennopspark,
Centurion 0157,
South Africa.
(012) 654 3029

Registration number

To be assigned

This leaflet was last revised in January 2026

The Professional Information leaflet is available at <http://www.delfran.co.za/>

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS

Word toegeken

ActiVive B™ Vegetariese kapsules Multivitaminen- en mineraalaanvulling Suikervry

Aanvullende Geneeskunde: Gesondheidsaanvulling. D.34.12. Meervoudige stof formulering. Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie.

Lees hierdie inligtingsblad sorgvuldig deur, aangesien dit belangrike inligting vir jou bevat. ActiVive B™ is beskikbaar sonder 'n dokter se voorskryf vir die behoud van jou gesondheid. Nietemin moet jy steeds ActiVive B™ versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie inligtingsblad. Jy mag dit later weer nodig hê.
- Moenie ActiVive B™ met enige ander persoon deel nie.
- Vra jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig.

Wat is in hierdie inligtingsblad

- Wat ActiVive B™ is en waarvoor dit gebruik word
- Wat jy moet weet voordat jy ActiVive B™ gebruik
- Hoe om ActiVive B™ te gebruik
- Moontlike nuwe-effekte
- Hoe om ActiVive B™ te bêre
- Inhoud van die verpakking en ander inligting

1. Wat ActiVive B™ is en waarvoor dit gebruik word

ActiVive B™ is 'n gevorderde B-Kompleks aanvulling met metileringsondersteuning vir natuurlike energie.

Vitamiën B1 en B3 help om koolhidrate, vette en proteïene te metaboliseer, en dra by tot normale groei en ontwikkeling.

Vitamiën B2, B5 en B6 help om koolhidrate, vette en proteïene te metaboliseer en dra by tot weefselvorming.

Vitamiën B12 help om koolhidrate, vette en proteïene te metaboliseer, en dra by tot normale rooibloedselvorming.

Folaat help die liggaam om proteïene te metaboliseer en help om rooibloedselle te vorm.

Cholien help om lewerfunksie te ondersteun.

Sink help met bindweefselvorming, help om gesonde vel te handhaaf, help die liggaam om koolhidrate, vette en proteïene te metaboliseer, en help om immuunfunksie te handhaaf.

Molibdeen help die liggaam om proteïene te metaboliseer.

Mangaan help die liggaam om koolhidrate, vette en proteïene te metaboliseer, en dra by tot die ontwikkeling en instandhouding van normale bene.

N-Asetiel-L-Sisteien is 'n bron van aminosure wat betrokke is by spierproteïensintese.

2. Wat jy moet weet voordat jy ActiVive B™ gebruik

Moenie ActiVive B™ gebruik nie:

As jy hipersensitief (allergies) is vir enige van die ander bestanddele van ActiVive B™ (sien afdeling 6).

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met ActiVive B™.

Ander medisyne en ActiVive B™

- Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik. (Dit sluit alle aanvullings- of tradisionele medisyne in).
- Antasuurmedisyne moet 2 uur voor of na die inname van ActiVive B™ geneem word, aangesien antasuurmiddels die absorpsie van sekere vitamien en minerale kan verminder.
- Sink kan inmeng met die absorpsie van sekere antibiotika en medikasie vir reumatoïede artritis. Sink kan ook interaksie hê met sekere diuretika en die absorpsie van sekere antibiotika verminder.
- Mangaan kan interaksie hê met sekere antibiotika, bisfosfonate en medikasie vir Parkinson se siekte.

Swangerskap en borsvoeding

As jy swanger is of borsvoed, vermoed dat jy swanger is of 'n baba beplan, raadpleeg jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy hierdie medisyne neem.

Die veiligheid van ActiVive B™ tydens swangerskap en borsvoeding is nie vasgestel nie.

Bestuur en gebruik van masjiene

ActiVive B™ het min of geen invloed op jou vermoë om voertuie te bestuur of masjiene te gebruik nie.

3. Hoe om ActiVive B™ te gebruik

Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.

Gebruik ActiVive B™ presies soos beskryf in hierdie inligtingsblad of soos jou dokter of apteker aanbeveel het. Raadpleeg u dokter of apteker as u nie seker is nie.

Die gewone dosis is een (1) kapsule daaglik, of soos aanbeveel deur u gesondheidsorgverskaffer.

As u meer ActiVive B™ inneem as wat u behoort

In die geval van oordosis, raadpleeg u dokter of apteker. Indien geneene beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. Neem die medisynepak saam met u.

As u vergeet om ActiVive B™ te gebruik

As u vergeet om ActiVive B™ te gebruik, gebruik dit sodra u onthou. Neem ActiVive B™ op die gewone tyd van toe af.

Moenie 'n dubbele dosis neem om vergeete individuele dosisse in te haal nie.

4. Moontlike nuwe-effekte

ActiVive B™ kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir ActiVive B™ gerapporteer is, word in hierdie pamflet ingesluit nie. As jou algemene gesondheid vererger of as jy enige ongewenste effekte ervaar terwyl jy ActiVive B™ gebruik, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies.

As enige van die volgende gebeur, stop met die gebruik van ActiVive B™ en vertel jou dokter onmiddellik of gaan na die nood dienste by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe en mond of keel, wat asemhalings- of slikprobleme kan veroorsaak;
- huiduitslag of jeuk;
- floute.

Dit is baie ernstige nuwe-effekte. As jy een van hulle ervaar, het jy moontlik 'n ernstige reaksie op ActiVive B™ gehad. Jy mag dalk dringende mediese aandaag of hospitalisasie benodig.

Vertel jou dokter as jy een van die volgende opmerk:

- naarheid (voel siek);
- abdominale kramp of maagpyn;
- hoofpyn;
- duiseligheid;
- moegheid;
- lighoofdigheid;
- winderigheid;
- diaree;
- appetietverlies.

As jy enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, informeer jou dokter of apteker.

Meld van nuwe-effekte:

Jy kan nuwe-effekte aan Delfran (Pty) Ltd rapporteer via qa@delfran.co.za of bel (012) 654 3029. Jy kan ook nuwe-effekte aan die SAHPRA rapporteer via die **"6.04 Adverse Drug Reaction Reporting Form"**, wat aanlyn beskikbaar is onder die SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/6>.

Deur nuwe-effekte te rapporteer, kan jy help om meer inligting oor die veiligheid van ActiVive B™ te verskaf.

5. Hoe om ActiVive B™ te bêre

- Bêre alle medisyne buite bereik van kinders.
- Bêre teen of onder 25 °C.
- Bêre in die oorspronklike houër en hou dit goed verseël.
- Moenie ActiVive B™ na die vervaldatum gebruik nie.
- Neem ongebruikte medikasie terug na jou apteek.
- Moenie medisyne in dreine of rioolstelsels weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat ActiVive B™ bevat:

Die aktiewe bestanddele in ActiVive B™ is:

Samestelling	Per Kapsule
Tiamienmononitraat Verskaf Tiamien (Vitamiën B1) – 33 mg	40 mg
Riboflavin (Vitamiën B2)	5 mg
Niasien (Vitamiën B3)	66.67 mg
Kalsiumpantotenaat Verskaf Pantoteensuur (Vitamiën B5) – 25 mg	27 mg
Piridoksal-5'-Fosfaat Verskaf Piridoksien (Vitamiën B6) – 8.16 mg	12 mg
Kalsium-L-Metieffolaat Verskaf Folaat (Foliesuur) – 344.66 µg	367 µg
Metielkobalamien (Vitamiën B12)	100 µg
Cholienbitaraat Verskaf Cholien – 32.80 mg	80 mg
Sinksoksied Verskaf Sink – 0.50 mg	0.63 mg
Molibdeen-Aminosuurchelaat Verskaf Molibdeen – 5 µg	2500 µg
Mangaan(ii) Sulfaatmonohidraat Verskaf Mangaan – 0.13 mg	0.40 mg
N-Asetiel-L-Sisteien Verskaf L-Sisteien – 200 mg	266 mg

Minerale word in hul elementêre en nie-elementêre vorme gelys.

Ander bestanddele: Magnesiumstearaat.

Hoe ActiVive B™ lyk en inhoud van die verpakking:

'n Kartoneenheid wat 'n wit HDPE-bottel met 'n kinderveilige sluiting bevat. Die inhoud van die houër sluit 'n siliëgel-droogmiddel en 90 naaswit ActiVive B™-plantkapsules in wat geel poeier bevat.

Houer van registrasiesertifikaat:

Delfran (Pty) Ltd.
Diamond Park, Eenheid 7,
Jacarandastraat 70,
Hennopspark,
Centurion 0157,
Suid-Afrika.
(012) 654 3029

Registrasienuommer:

Word toegewys

Hierdie pamflet is laas hersien in Januarie 2026.

Die Professionele Inligting-pamflet is beskikbaar by <http://www.delfran.co.za/>



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REPRO

Date: 04 February 2026
Operator: Jacky Pistorius
Customer: Delfran Pharmaceuticals
Product Name: ActiVive B-Complex Caps PIL
Product Code: ACTIV B-PIL-001-V1
Dimensions: 180 x 255 mm
Fold Size: 180 x 32 mm
Font Size: 6 point Helvetica
Colours: (1) Black
Material: 50 gsm
Pharma code: --
Proof Status: 1st (First)

Proof read by:

Liann Brown

Reset: ☐ Alterations: ☐ Disk/Possie: ☒

No alterations - Proceed as soon as possible ☒

Note alterations - Further proof is required ☐

PLEASE CHECK CAREFULLY.

Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.

Signature:  Date: 04-02-2026

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