MANNATECH

Click the banner to go to the Document.

01 PATIENT INFORMATION LEAFLET
OMEGA-3 with VITAMIN D_3

02 PASIËNTINLIGTINGSBLAD
OMEGA-3 with VITAMIN D_3

03 PROFESSIONAL INFORMATION FOR
OMEGA-3 with VITAMIN D_3

PATIENT INFORMATION LEAFLET
OMEGA-3 with VITAMIN D_3

SCHEDULING STATUS

S0

MANNATECH OMEGA-3 with VITAMIN D_3 capsules

Omega-3 / Eicosapentaenoic acid (EPA) / Docosahexaenoic acid (DHA) / Cholecalciferol (vitamin D_3)

Sugar free.

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

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

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

MANNATECH OMEGA-3 with VITAMIN D_3 is available without a doctor's prescription. Nevertheless, you still need to take MANNATECH OMEGA-3 with VITAMIN D_3 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet

1. What MANNATECH OMEGA-3 with VITAMIN D_3 is and what it is used for.
2. What you need to know before you take MANNATECH OMEGA-3 with VITAMIN D_3 .
3. How to take MANNATECH OMEGA-3 with VITAMIN D_3 .
4. Possible side effects.
5. How to store MANNATECH OMEGA-3 with VITAMIN D_3 .
6. Contents of the pack and other information.

1. What MANNATECH OMEGA-3 with VITAMIN D_3 is and what it is used for

MANNATECH OMEGA-3 with VITAMIN D_3 is a health supplement which provides essential omega-3 fatty acids and vitamin D_3 for the maintenance of good health. Omega-3 with Vitamin D_3 helps maintain and support cardiovascular health and brain health and function. It also supports the absorption and use of calcium and phosphorous.

2. What you need to know before you take MANNATECH OMEGA-3 with VITAMIN D_3

Do not take MANNATECH OMEGA-3 with VITAMIN D_3:

If you are hypersensitive (allergic) to fish oil, omega-3 fatty acids, EPA, DHA, vitamin D_3 or any of the other ingredients of MANNATECH OMEGA-3 with VITAMIN D_3 (see section 6).

Warnings and precautions
Take special care with MANNATECH OMEGA-3 with VITAMIN D_3:
- If you have a bleeding disorder.
- If you are asthmatic with an aspirin sensitivity.

Other medicines and MANNATECH OMEGA-3 with VITAMIN D_3
Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Tell your doctor or pharmacist if you are currently using anticoagulant medicines (used to prevent your blood from clotting) or herbal supplements with blood thinning effects.

MANNATECH OMEGA-3 with VITAMIN D_3 with food and drink
See section 3.

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 health care provider for advice before taking MANNATECH OMEGA-3 with VITAMIN D_3.
Safety and efficacy of MANNATECH OMEGA-3 with VITAMIN D_3 during pregnancy and lactation have not been established.

Driving and using machines
MANNATECH OMEGA-3 with VITAMIN D_3 is unlikely to have an effect on your ability to drive a vehicle and use machines.

3. How to take MANNATECH OMEGA-3 with VITAMIN D_3
Do not share medicines with any other person.
The usual dose is:
Take 2 capsules daily with a glass of water or other liquid.
Do not exceed the recommended dosage. Always take MANNATECH OMEGA-3 with VITAMIN D_3 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.

MANNATECH OMEGA-3 with VITAMIN D_3 can be taken with or without food.
If you have the impression that the effect of MANNATECH OMEGA-3 with VITAMIN D_3 is too strong or too weak, tell your doctor or pharmacist.

If you take more MANNATECH OMEGA-3 with VITAMIN D_3 than you should:
In the event of an overdosage, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre.
Take this leaflet and the remaining MANNATECH OMEGA-3 with VITAMIN D_3 with you so the doctor will know what you have taken.

4. Possible side effects

MANNATECH OMEGA-3 with VITAMIN D_3 can have side effects.
Not all side effects reported for MANNATECH OMEGA-3 with VITAMIN D_3 are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking MANNATECH OMEGA-3 with VITAMIN D_3, please consult your health care provider for advice.

If any of the following happens, stop taking MANNATECH OMEGA-3 with VITAMIN D_3 and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, 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 allergic reaction to MANNATECH OMEGA-3 with VITAMIN D_3. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:
Side effects occurring with an unknown frequency:

- burping with a fishy aftertaste.

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 Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.
By reporting side effects, you can help provide more information on the safety of MANNATECH OMEGA-3 with VITAMIN D_3.

5. How to store MANNATECH OMEGA-3 with VITAMIN D_3

- Store at or below 25 °C, in a dry place.
- Keep the container tightly closed.
- Do not use if the inner seal is missing or broken.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the packaging.
- 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 MANNATECH OMEGA-3 with VITAMIN D_3 contains

Each capsule contains:

Fish oil concentrate	1 050 mg
providing omega-3 fatty acids	555 mg
[containing eicosapentaenoic acid (EPA)	330 mg
and docosahexaenoic acid (DHA)	225 mg]
Cholecalciferol (Vitamin D_3)	4,1 µg

The other ingredients are gelatine, glycerine (E422) and orange flavour.

What MANNATECH OMEGA-3 with VITAMIN D_3 looks like and contents of the pack

Pale-yellow, lightly pliable, clear, soft gel capsule.

HDPE round bottle with a PP cap containing 60 capsules.

Holder of Certificate of Registration

LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Ground Floor, Unit 6
10 Church Street
Durbanville 7551
South Africa
Tel.: 087 551 3245

This leaflet was last revised in

August 2026.

Registration number

Will be allocated by SAHPRA upon registration.

Access to corresponding Professional Information

https://library.mannatech.com/download/12227

PASIËNTINLIGTINGSBLAD
OMEGA-3 with VITAMIN D_3

SKEDULERINGSTATUS
S0

MANNATECH OMEGA-3 with VITAMIN D_3 kapsules
Omega-3-vetsure / Eikosapentaënoësuur (EPA) / Dokosaheksaënoësuur (DHA) / Cholekalsiferol (vitamien D_3)
Suikervry.

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

Lees hierdie hele inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou.
MANNATECH OMEGA-3 with VITAMIN D_3 is beskikbaar sonder 'n dokter se voorskrif. Jy moet MANNATECH OMEGA-3 with VITAMIN D_3 nietemin steeds versigtig neem om die beste resultate te verkry.
- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat is MANNATECH OMEGA-3 with VITAMIN D_3 en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy MANNATECH OMEGA-3 with VITAMIN D_3 neem.
3. Hoe om MANNATECH OMEGA-3 with VITAMIN D_3 te neem.
4. Moontlike newe-effekte.
5. Hoe om MANNATECH OMEGA-3 with VITAMIN D_3 te bêre.
6. Inhoud van die pak en ander inligting.

1. Wat is MANNATECH OMEGA-3 with VITAMIN D_3 en waarvoor word dit gebruik
MANNATECH OMEGA-3 with VITAMIN D_3 is 'n gesondheidsaanvulling wat essensiële omega-3-vetsure en vitamien D vir die instandhouding van goeie gesondheid verskaf. MANNATECH OMEGA-3 with VITAMIN D_3 help om kardiovaskulêre gesondheid en breingesondheid en -funksie te handhaaf en te ondersteun. Dit help ook met die opname en gebruik van kalsium en fosfor.

2. Wat jy moet weet voordat jy MANNATECH OMEGA-3 with VITAMIN D_3 neem
Moenie MANNATECH OMEGA-3 with VITAMIN D_3 neem nie:
Indien jy hipersensitief (allergies) is vir visolie, die omega-3-vetsure EPA en DHA, vitamien D_3 of enige van die ander bestanddele van MANNATECH OMEGA-3 with VITAMIN D_3 (sien afdeling 6).

Waarskuwings en voorsorgmaatreëls
Wees versigtig met MANNATECH OMEGA-3 with VITAMIN D_3:
- Indien jy 'n bloedingsteuring het.
- Indien jy 'n asmalyer met 'n sensitiwiteit vir aspirien is.

Ander medisyne en MANNATECH OMEGA-3 with VITAMIN D_3
Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisynes in.)

Sê vir jou dokter of apteker indien jy tans antikoagulant-medisyne (om te keer dat jou bloed klonte vorm) of kruie-aanvullings met bloedverdunnende effekte gebruik.

MANNATECH OMEGA-3 with VITAMIN D_3 met kos, drinkgoed en alkohol
Sien afdeling 3.

Swangerskap, borsvoeding en vrugbaarheid
Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy MANNATECH OMEGA-3 with VITAMIN D_3 neem.
Dit is nie bepaal of MANNATECH OMEGA-3 with VITAMIN D_3 veilig en effektief is wanneer dit tydens swangerskap en borsvoeding gebruik word nie.

Bestuur en die gebruik van masjiene
Dit is onwaarskynlik dat MANNATECH OMEGA-3 with VITAMIN D_3 jou vermoë om 'n voertuig te bestuur en masjiene te gebruik sal affekteer.

3. Hoe om MANNATECH OMEGA-3 with VITAMIN D_3 te neem
Moenie jou medisyne met enigiemand anders deel nie.
Die gebruiklike dosis is:
Neem 2 kapsules daagliks met 'n glas water of ander vloeistof.
Moenie die aanbevole dosis oorskry nie. Neem MANNATECH OMEGA-3 with VITAMIN D_3 altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteker vir jou aangewys het. Vra gerus jou dokter of apteker indien jy onseker is.
MANNATECH OMEGA-3 with VITAMIN D_3 kan met of sonder kos geneem word.
Indien jy die indruk kry dat die uitwerking van MANNATECH OMEGA-3 with VITAMIN D_3 te sterk of te swak is, bespreek dit met jou dokter of apteker.

Wat om te doen indien jy meer MANNATECH OMEGA-3 with VITAMIN D_3 geneem het as wat jy moet
In die geval van 'n oordosis, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.
Neem hierdie inligtingsblad en die oorblywende MANNATECH OMEGA-3 with VITAMIN D_3 saam sodat die dokter kan sien wat jy geneem het.

4. Moontlike newe-effekte

MANNATECH OMEGA-3 with VITAMIN D_3 kan newe-effekte hê.
Nie alle newe-effekte wat vir MANNATECH OMEGA-3 with VITAMIN D_3 gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongunstige effekte ondervind terwyl jy MANNATECH OMEGA-3 with VITAMIN D_3 neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om MANNATECH OMEGA-3 with VITAMIN D_3 te neem en sê dadelik vir jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling;
- uitslag of gejeuk;
- floute.

Hierdie is baie ernstige newe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op MANNATECH OMEGA-3 with VITAMIN D_3 gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:
Newe-effekte wat met 'n onbekende frekwensie voorkom:

- bring winde op met 'n visserige nasmaak.

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

Rapportering van newe-effekte

Indien jy newe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook newe-effekte aan SAHPRA rapporteer via die Med Safety-toepassing (Medsafety X SAHPRA) en eReporting-platform (who-umc.org), wat op SAHPRA se webwerf beskikbaar is.
Deur newe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van MANNATECH OMEGA-3 with VITAMIN D_3 te verskaf.

5. Hoe om MANNATECH OMEGA-3 with VITAMIN D_3 te bêre

- Bêre by of onder 25 °C, op 'n droë plek.
- Hou die houer dig toe.
- Moenie gebruik indien die binneste seël weg of beskadig is nie.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik ná die vervaldatum wat op die verpakking gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) wegdoen nie.

6. Inhoud van die pak en ander inligting

Wat MANNATECH OMEGA-3 with VITAMIN D_3 bevat

Elke kapsule bevat:

Visolie-konsentraat	1 050 mg
verskaf omega-3-vetsure	555 mg
[bevat eikosapentaënoësuur (EPA)	330 mg
en dokosaheksaënoësuur (DHA)	225 mg]
Cholekalsiferol (Vitamien D_3)	4,1 µg

Die ander bestanddele is gelatien, gliserien (E422) en lemoengeursel.

Hoe MANNATECH OMEGA-3 with VITAMIN D_3 lyk en inhoud van die verpakking

Dowwe geel, effens buigsame, deurskynende, sagte gelatienkapsule.
Ronde HDPE-bottel met 'n PP-prop, wat 60 kapsules bevat.

Houer van die registrasiesertifikaat

LeBasi Pharmaceuticals (Edms.) Bpk.
San Domenico-gebou, Grondvloer, Eenheid 6
Kerkstraat 10
Durbanville 7551
Suid-Afrika
Tel: 087 551 3245

Hierdie inligtingsblad is laas hersien in

Augustus 2026.

Registrasienommer

Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

https://library.mannatech.com/download/12227

PROFESSIONAL INFORMATION FOR MANNATECH OMEGA-3 with VITAMIN D_3

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS
S0

1. NAME OF THE MEDICINE
MANNATECH OMEGA-3 WITH VITAMIN D_3 capsules

2. QUALITATIVE AND QUANTITATIVE COMPOSITION
Each capsule contains:

Fish oil concentrate	1 050 mg
providing omega-3 fatty acids	555 mg
[containing eicosapentaenoic acid (EPA)	330 mg
and docosahexaenoic acid (DHA)	225 mg]
Cholecalciferol (Vitamin D_3)	4,1 µg

Sugar free.

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM
Soft capsule.
Pale-yellow, lightly pliable, clear, soft gel capsule.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications
MANNATECH OMEGA-3 with VITAMIN D_3 is a health supplement which provides essential omega-3 fatty acids and vitamin D_3 for the maintenance of good health. Omega-3 with Vitamin D_3 helps maintain and support cardiovascular health and brain health and function. It also helps in the absorption and use of calcium and phosphorous.

4.2 Posology and method of administration
Take 2 capsules daily with a glass of water or other liquid.
Do not exceed the recommended dosage.

4.3 Contraindications

Hypersensitivity to fish oil, omega-3 fatty acids, EPA, DHA, vitamin D_3 or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

Patients should consult a relevant health care provider before use if they suffer from a bleeding disorder, take blood thinning medicines (see section 4.5) or are asthmatic with sensitivity to aspirin.

The use of vitamin D supplements such as MANNATECH OMEGA-3 with VITAMIN D_3 may worsen hypercalcaemia.

4.5 Interaction with other medicines and other forms of interaction

Anticoagulant or antiplatelet medicines:

MANNATECH OMEGA-3 with VITAMIN D_3 may potentiate the effects of anticoagulant and antiplatelet medicines or herbal supplements with blood thinning effects (see section 4.4).

4.6 Fertility, pregnancy and lactation

Safety in pregnancy and lactation has not been established.

4.7 Effects on ability to drive and use machines

MANNATECH OMEGA-3 with VITAMIN D_3 is unlikely to affect the ability to drive and use machines.

4.8 Undesirable effects

MANNATECH OMEGA-3 with VITAMIN D_3 is generally well-tolerated.

General disorders and administration site conditions:

Frequency unknown: burping with fishy aftertaste.

Reporting of suspected adverse reactions:

Reporting suspected adverse reactions after authorisation of MANNATECH OMEGA-3 with VITAMIN D_3 is important. It allows continued monitoring of the benefit/risk balance of MANNATECH OMEGA-3 with VITAMIN D_3. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

4.9 Overdose

In overdose, side effects can be precipitated and/or be of increased severity. See section 4.8.

In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Category and class: D 34.12 Health supplement: Multiple substance formulation.

Mechanism of action:

Omega-3 fatty acids are essential fatty acids that help with the maintenance of good health.
Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) help to maintain/support cardiovascular health.
Vitamin D_3 is a fat-soluble vitamin that plays a role in cardiovascular health.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Gelatine,
Glycerine (E422),
Orange flavour.

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

24 months.

6.4 Special precautions for storage

Store at or below 25 °C, in a dry place.
Keep the container tightly closed.
Do not use if inner seal is missing or broken.

6.5 Nature and contents of container

HDPE round bottle with a PP cap containing 60 capsules.

6.6 Special precautions for disposal and other handling

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Ground Floor, Unit 6
10 Church Street
Durbanville 7551
South Africa

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

August 2026.