

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

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GENOLOGIX NMN -hard capsule

Active ingredient	Quantity per capsule	Quantity per serving
Beta-Nicotinamide Mononucleotide	333 mg	1000 mg
<i>providing Nicotinamide (Vitamin B3)</i>	121,67 mg	365,01 mg

Sugar free

COMPLEMENTARY MEDICINE: Health Supplement– Vitamins

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.

GENOLOGIX NMN (Nicotinamide Mononucleotide) is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use GENOLOGIX NMN carefully to get the best results from it.

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

1. What is GENOLOGIX NMN used for

GENOLOGIX NMN assists the body in metabolising carbohydrates, fats and proteins which contributes to normal growth and development, suitable energy levels, proper psychological function and healthy skin. NMN supports vitality and contributes to the reduction of fatigue and tiredness.

2. What you need to know before you take GENOLOGIX NMN .

Do not take GENOLOGIX NMN

- If you are hypersensitive (allergic) to Nicotinamide Mononucleotide (Vitamin B3) or any of the other ingredients of GENOLOGIX NMN (listed in section 6).

Warnings and precautions

Take special care with GENOLOGIX NMN:

- Vitamins and minerals obtained from other sources should be taken into account when taking GENOLOGIX NMN.

Children

Not intended for children younger than 18 years.

Other medicines and GENOLOGIX NMN

Always tell your health care provider if you are taking any other medicine. (This includes all complementary and traditional medicines).

Pregnancy, breastfeeding and fertility

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

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.

Driving and using machines

GENOLOGIX NMN should not affect the ability of individuals to drive or operate machinery.

3. How to take GENOLOGIX NMN

Do not share your medicines with any other person.

Always take GENOLOGIX NMN 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.

Adults: The usual dose is 1 capsule daily.

Children: Not intended for children younger than 18 years.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

If you take more GENOLOGIX NMN 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 GENOLOGIX NMN

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

4. Possible side effects

GENOLOGIX NMN can have side effects.

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

If any of the following happens, stop taking GENOLOGIX NMN 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 all very serious side effects. If you have them, you may have had a serious reaction to GENOLOGIX NMN. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequent side effects:

- stomach pain,
- diarrhoea (loose, watery stools),
- nausea (feeling sick),
- vomiting (being sick).

Side effect with unknown frequency:

- flushing.

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 Reaction Reporting Form”, found online under 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 GENOLOGIX NMN.

5. How to store GENOLOGIX NMN.

Store all medicines out of reach of children.

Store at or below 25 °C in a dry place.

Protect from moisture and light.

6. Contents of the pack and other information.

The active substance is Beta-Nicotinamide Mononucleotide providing Nicotinamide (Vitamin B3).

The other ingredients are Hypromellose capsules and microcrystalline cellulose.

What GENOLOGIX NMN looks like and the contents of the pack

Clear capsules containing a white powder.

90 capsules, packed in a blue glass bottle with a metal lid.

Holder of Certificate of Registration

GENOLOGIX Distributors (Pty) Ltd

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Waterfall

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Genologix
November 2022

Version 1

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This leaflet was revised in

November 2022.

Registration

To be allocated by SAHPRA.