

PATIENT INFORMATION LEAFLET**SCHEDULING STATUS**

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GENOLOGIX MARINE COLLAGEN PEPTIDE (CollaGENx™ Type I) - hard capsule

Active ingredient	Quantity per capsule	Quantity per serving
Hydrolysed Collagen Type I	416,67 mg	2500 mg

Sugar free**COMPLEMENTARY MEDICINE: Health Supplement– Other**

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 MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) 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 MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) is and what it is used for.

2. What you need to know before you take GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I).
3. How to take GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I).
4. Possible side effects.
5. How to store GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I).
6. Contents of the pack and other information.

1. What is GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) used for

GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) supports healthy skin and may also alleviate joint discomfort.

2. What you need to know before you take GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I).

Do not take GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I)

- If you are hypersensitive (allergic) fish collagen, seafood, or any of the other ingredients of GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) (listed in section 6).

Warnings and precautions

Take special care with GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I):

- If you have liver or kidney disease or if you have been instructed to follow a low protein diet, consult a relevant health care provider prior to use.
- May cause mild gastrointestinal disturbances.
- Use of this substance for 5 (five) months has been shown to be beneficial and therefore its use should be undertaken in consultation with a relevant health care provider.

Children

Not intended for children younger than 18 years.

Other medicines and GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I)

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 MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) should not affect an individual's ability to drive or operate machinery. If you experience side effects which may affect these abilities, do not drive or operate machinery until the effects have completely disappeared.

3. How to take GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I)

Do not share your medicines with any other person.

Always take GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) 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 6 capsule daily. You may split the dose if desired.

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 MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) 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 MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I)

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

4. Possible side effects

GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) can have side effects.

Not all side effects reported for GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I), please consult your health care provider for advice.

If any of the following happens, stop taking GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) 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 MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I). You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Side effect with unknown frequency:

- mild gastrointestinal disturbances,

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 MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I).

5. How to store GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I).

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 hydrolysed collagen peptides (type I),

There other ingredients are the hypromellose capsules and microcrystalline cellulose.

**What GENOLOGIX MARINE COLLAGEN PEPTIDE (COLLAGENX™ TYPE I) looks like
and contents of the pack**

Clear capsules containing an off-white powder.

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

Holder of Certificate of Registration

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Registration

To be allocated by SAHPRA.