PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX RESVERATROL 500mg hard capsules

Trans-resveratrol 500 mg per daily dose (2 capsules, each containing 250 mg), from Japanese knotweed root extract

Sugar free

COMPLEMENTARY MEDICINE

Health Supplement

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

This leaflet is also available in Afrikaans at https://genologix.co.za/product/genologix-resveratrol-500mg-30-days-supply/

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

Genologix Resveratrol 500mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Resveratrol 500mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Resveratrol 500mg 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 Resveratrol 500mg is and what it is used for
2. What you need to know before you take Genologix Resveratrol 500mg
3. How to take Genologix Resveratrol 500mg
4. Possible side effects
5. How to store Genologix Resveratrol 500mg
6. Contents of the pack and other information

1. What Genologix Resveratrol 500mg is and what it is used for

Genologix Resveratrol 500mg is a health supplement. It contains trans-resveratrol, a natural plant compound (a polyphenol).

The resveratrol is extracted from the root of Japanese knotweed (Reynoutria japonica, also called Polygonum cuspidatum).

Genologix Resveratrol 500mg:

- is an antioxidant.

2. What you need to know before you take Genologix Resveratrol 500mg

Do not take Genologix Resveratrol 500mg:

- if you are hypersensitive (allergic) to resveratrol or any of the other ingredients of Genologix Resveratrol 500mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Resveratrol 500mg. Talk to your doctor or pharmacist before taking it:

- if you are pregnant or breastfeeding;
- if you take any medicine prescribed by your doctor, because resveratrol may change how well some medicines work;
- if you take medicine to thin your blood or prevent blood clots (see "Other medicines and Genologix Resveratrol 500mg"); or
- if you have a hormone-sensitive condition, such as breast, ovarian or uterine cancer, endometriosis or uterine fibroids.

For prolonged use of Genologix Resveratrol 500mg, consult your health care provider.

Children and adolescents

Resveratrol is not suitable for children. Do not give Genologix Resveratrol 500mg to children and adolescents under 18 years of age.

Other medicines and Genologix Resveratrol 500mg

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

Resveratrol may interact with:

- anticoagulant medicines, which thin the blood (e.g. warfarin);
- antiplatelet medicines, which prevent blood clots (e.g. aspirin or clopidogrel).

Resveratrol may also change how well some other prescription medicines work. Talk to your doctor or pharmacist before you take it with any prescription medicine.

Genologix Resveratrol 500mg with food, drink and alcohol

Take Genologix Resveratrol 500mg with food (see section 3). No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

Consult your health care provider before you take Genologix Resveratrol 500mg if you are pregnant or breastfeeding. Its safety during pregnancy and breastfeeding has not been established, and it is not recommended during this time.

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 Resveratrol 500mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Resveratrol 500mg may interfere with your daily activities. Do not drive, operate machinery or take part in activities that need you to be alert until you know how Genologix Resveratrol 500mg affects you.

Genologix Resveratrol 500mg contains

Genologix Resveratrol 500mg contains no sugar and no sweeteners.

3. How to take Genologix Resveratrol 500mg

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

Always take Genologix Resveratrol 500mg 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 (18 years and older): take two (2) capsules once a day. This provides 500 mg of trans-resveratrol.

Do not take more than two (2) capsules in 24 hours.

Children and adolescents under 18 years: Genologix Resveratrol 500mg is not suitable for this age group.

How to take it:

1. Take the capsules first thing in the morning.
2. Take them with food.
3. Swallow the capsules whole with a glass of water.
4. Stop taking Genologix Resveratrol 500mg if you get any side effects (see section 4).

For prolonged use of Genologix Resveratrol 500mg, consult your health care provider.

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 Resveratrol 500mg than you should

If you take too many capsules, you may feel sick (nausea), or get stomach pain or diarrhoea.

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

If you forget to take Genologix Resveratrol 500mg

If you forget a dose, take your next dose at the usual time the next day.

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

If you stop taking Genologix Resveratrol 500mg

You can stop taking Genologix Resveratrol 500mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Resveratrol 500mg can have side effects.

Not all side effects reported for Genologix Resveratrol 500mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Resveratrol 500mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Resveratrol 500mg and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the 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 reaction to Genologix Resveratrol 500mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

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

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 Genologix Resveratrol 500mg.

You can also report side effects directly to Genologix by completing the side effect report form on our website at https://genologix.co.za/adr-form-page/, or by contacting us on 087 094 0594, WhatsApp 060 532 8317 or info@genologix.co.za.

5. How to store Genologix Resveratrol 500mg

Store all medicines out of reach of children.

- Store in a cool, dry place at or below 25 °C.
- Protect from light and moisture.
- Keep the capsules in the original pouch. Reseal the pouch tightly after each use.
- Do not store in a bathroom.
- Do not use after the expiry date printed on the pouch.
- Do not use Genologix Resveratrol 500mg if the pouch seal is broken or the capsules look damaged.

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 Genologix Resveratrol 500mg contains

The active substance is trans-resveratrol, extracted from Japanese knotweed root (Reynoutria japonica).

Active ingredient	Per capsule	Per daily dose (2 capsules)
Trans-resveratrol [Reynoutria japonica (Japanese knotweed) root extract, standardised to trans-resveratrol 98 %]	250 mg	500 mg

The other ingredients are microcrystalline cellulose and hypromellose (the vegan capsule shell).

Microcrystalline cellulose is a plant fibre used as a filler. It makes sure that every capsule contains the correct amount of the active ingredient. These ingredients are not active ingredients. They are only used to help us make the capsules accurately and consistently.

What Genologix Resveratrol 500mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with an off-white to yellowish powder.

The powder in the capsules comes from natural plant material, so its colour can vary from batch to batch. It may be lighter or darker. This is normal. It is caused by natural factors such as soil conditions, rainfall and the time of harvest. It does not affect the quality of the product.

60 capsules (30 daily doses) packed in a resealable, laminated, light-protective pouch.

Holder of Certificate of Registration

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Registration number

Not applicable. Unregistered complementary medicine, Act 101/1965.

Access to the corresponding Professional Information

The Professional Information for Genologix Resveratrol 500mg is available on request from Genologix on 087 094 0594 or info@genologix.co.za. Address your correspondence for the attention of the Responsible Pharmacist.