PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX RHODIOLA ROSEA 500mg hard capsules

Rhodiola rosea root extract 500 mg per daily dose (2 capsules, each containing 250 mg), equivalent to 2 000 mg of dried root

Sugar free

COMPLEMENTARY MEDICINE

Western Herbal Medicine

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-rhodiola-rosea-500mg-30-days-supply/

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Rhodiola Rosea 500mg with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 14 days.

What is in this leaflet

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

Genologix Rhodiola Rosea 500mg is a Western herbal medicine. It contains an extract of the root of Rhodiola rosea (also called arctic root or golden root).

Genologix Rhodiola Rosea 500mg:

- is traditionally used in Western herbal medicine for the relief of symptoms of stress, such as fatigue and exhaustion.

If symptoms persist, consult your health care provider.

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

Do not take Genologix Rhodiola Rosea 500mg:

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

Warnings and precautions

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

- if you have an autoimmune condition, such as rheumatoid arthritis, lupus or multiple sclerosis, because rhodiola may stimulate the immune system;
- if you have low blood pressure; or
- if you take any of the medicines listed under "Other medicines and Genologix Rhodiola Rosea 500mg".

If your symptoms get worse, or do not improve after 2 weeks, consult your doctor or health care provider.

Children and adolescents

Do not give Genologix Rhodiola Rosea 500mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Rhodiola Rosea 500mg

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

Talk to your doctor or pharmacist before you take Genologix Rhodiola Rosea 500mg if you take medicine:

- for diabetes, because blood sugar may drop too low;
- for high blood pressure, because blood pressure may drop too low;
- for depression (antidepressants), because your heart may beat too fast;
- to thin your blood (e.g. warfarin);
- that suppresses the immune system (e.g. after a transplant or for an autoimmune condition), because rhodiola may reduce its effect.

Genologix Rhodiola Rosea 500mg with food, drink and alcohol

For best results, take Genologix Rhodiola Rosea 500mg on an empty stomach (see section 3). No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

The safety of Genologix Rhodiola Rosea 500mg in pregnancy and breastfeeding has not been established. It is not recommended if you are pregnant or 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.

Driving and using machines

No studies on the effect on the ability to drive and use machines have been done. Some people may feel dizzy.

It is not always possible to predict to what extent Genologix Rhodiola Rosea 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 Rhodiola Rosea 500mg affects you.

Genologix Rhodiola Rosea 500mg contains

Genologix Rhodiola Rosea 500mg contains no sugar and no sweeteners.

3. How to take Genologix Rhodiola Rosea 500mg

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

Always take Genologix Rhodiola Rosea 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 Rhodiola rosea root extract.

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

Children and adolescents under 18 years: Genologix Rhodiola Rosea 500mg is not recommended for this age group, because its safety has not been established.

How to take it:

1. Take the capsules first thing in the morning.
2. Take them on an empty stomach, if possible.
3. Swallow the capsules whole with a glass of water.
4. Stop taking Genologix Rhodiola Rosea 500mg if you get any side effects (see section 4).

If your symptoms do not improve after 2 weeks of use, consult your doctor or 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 Rhodiola Rosea 500mg than you should

No cases of overdose have been reported.

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 Rhodiola Rosea 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 Rhodiola Rosea 500mg

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

4. Possible side effects

Genologix Rhodiola Rosea 500mg can have side effects.

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

If any of the following happens, stop taking Genologix Rhodiola Rosea 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 Rhodiola Rosea 500mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- headache,
- nausea (feeling sick),
- abdominal (stomach) pain,
- diarrhoea,
- dizziness,
- dry mouth or more saliva than usual.

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 Rhodiola Rosea 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 Rhodiola Rosea 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 Rhodiola Rosea 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 Rhodiola Rosea 500mg contains

The active substance is an extract of Rhodiola rosea root, standardised to rosavins 3,0 % and salidroside 1,0 %.

Active ingredient	Per capsule (dried herb equivalent)	Per daily dose, 2 capsules (dried herb equivalent)
Rhodiola rosea L. (rhodiola, arctic root) [root, as 250 mg per capsule (500 mg per dose) of a 4:1 extract standardised to rosavins 3,0 % and salidroside 1,0 %]	1 000 mg	2 000 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 Rhodiola Rosea 500mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a yellow-brown to brown 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 Rhodiola Rosea 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.