PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX PANAX GINSENG 1000mg hard capsules

Panax ginseng leaf and stem extract 1 000 mg per daily dose (up to 3 capsules, each containing 333,3 mg), equivalent to 25 000 mg of dried leaf and stem

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-panax-ginseng-1000mg-30-days-supply/

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

Genologix Panax Ginseng 1000mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Panax Ginseng 1000mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Panax Ginseng 1000mg 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

1. What Genologix Panax Ginseng 1000mg is and what it is used for
2. What you need to know before you take Genologix Panax Ginseng 1000mg
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1. What Genologix Panax Ginseng 1000mg is and what it is used for

Genologix Panax Ginseng 1000mg is a Western herbal medicine. It contains an extract of the leaves and stems of Panax ginseng (Korean ginseng), standardised to its natural compounds called ginsenosides.

Genologix Panax Ginseng 1000mg:

- is traditionally used in Western herbal medicine for symptoms of tiredness, such as fatigue and weakness.

If symptoms persist, consult your health care provider.

2. What you need to know before you take Genologix Panax Ginseng 1000mg

Do not take Genologix Panax Ginseng 1000mg:

- if you are hypersensitive (allergic) to Panax ginseng or any of the other ingredients of Genologix Panax Ginseng 1000mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Panax Ginseng 1000mg. Talk to your doctor or pharmacist before taking it:

- if you have high blood pressure or a heart condition;
- if you have diabetes or take medicine to lower your blood sugar;
- if you have a hormone-sensitive condition, such as breast, ovarian or uterine cancer, endometriosis or uterine fibroids;
- if you have trouble sleeping (insomnia); or
- if you take any of the medicines listed under "Other medicines and Genologix Panax Ginseng 1000mg".

If your symptoms get worse, or do not improve after 2 weeks, consult your doctor or health care provider. Do not use for longer than 3 months without advice from your health care provider.

Children and adolescents

Do not give Genologix Panax Ginseng 1000mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Panax Ginseng 1000mg

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 Panax Ginseng 1000mg if you take:

- medicine for diabetes (including insulin), because blood sugar may drop too low;
- medicine to thin your blood (e.g. warfarin), because ginseng may change its effect;
- medicine for depression, especially monoamine oxidase inhibitors (MAOIs such as phenelzine);
- medicine that suppresses the immune system (e.g. after a transplant);
- stimulants, including large amounts of caffeine (coffee, energy drinks).

Genologix Panax Ginseng 1000mg with food, drink and alcohol

Take Genologix Panax Ginseng 1000mg with food (see section 3). Avoid large amounts of caffeine (coffee, tea, energy drinks) while taking it, because it may increase restlessness or trouble sleeping.

Pregnancy, breastfeeding and fertility

The safety of Genologix Panax Ginseng 1000mg 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.

It is not always possible to predict to what extent Genologix Panax Ginseng 1000mg 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 Panax Ginseng 1000mg affects you.

Genologix Panax Ginseng 1000mg contains

Genologix Panax Ginseng 1000mg contains no sugar and no sweeteners.

3. How to take Genologix Panax Ginseng 1000mg

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

Always take Genologix Panax Ginseng 1000mg 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 one (1) capsule up to three (3) times a day. Three capsules provide 1 000 mg of Panax ginseng extract.

Do not take more than three (3) capsules in 24 hours.

Children and adolescents under 18 years: Genologix Panax Ginseng 1000mg is not recommended for this age group, because its safety has not been established.

How to take it:

1. Take each capsule with food.
2. Swallow the capsule whole with a glass of water.
3. Take your last capsule of the day before the late afternoon, to avoid trouble sleeping.
4. Stop taking Genologix Panax Ginseng 1000mg if you get any side effects (see section 4).

Do not take Genologix Panax Ginseng 1000mg for longer than 3 months without advice from your health care provider. 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 Panax Ginseng 1000mg than you should

No cases of overdose have been reported. Taking too much may cause trouble sleeping, nervousness or stomach upset.

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 Panax Ginseng 1000mg

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

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

If you stop taking Genologix Panax Ginseng 1000mg

You can stop taking Genologix Panax Ginseng 1000mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Panax Ginseng 1000mg can have side effects.

Not all side effects reported for Genologix Panax Ginseng 1000mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Panax Ginseng 1000mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Panax Ginseng 1000mg 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 Panax Ginseng 1000mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- stomach discomfort,
- nausea (feeling sick) or vomiting (being sick),
- diarrhoea or constipation,
- trouble sleeping (insomnia),
- itchy skin or hives (allergic skin reaction).

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 Panax Ginseng 1000mg.

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 Panax Ginseng 1000mg

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 Panax Ginseng 1000mg 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 Panax Ginseng 1000mg contains

The active substance is an extract of Panax ginseng leaf and stem, standardised to ginsenosides 80 %.

Active ingredient	Per capsule (dried herb equivalent)	Per daily dose, 3 capsules (dried herb equivalent)
Panax ginseng C.A.Mey. (Korean ginseng) [leaf and stem, as 333,3 mg per capsule (1 000 mg per dose) of a 25:1 extract standardised to ginsenosides 80 %]	8 333 mg	25 000 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 Panax Ginseng 1000mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a light yellow 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.

90 capsules (30 daily doses of 3 capsules) 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 Panax Ginseng 1000mg 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.