PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX ALPHA GPC 500mg hard capsules

L-alpha-glycerylphosphorylcholine (alpha GPC) 500 mg per daily dose (2 capsules, each containing 250 mg)
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-alpha-gpc-500mg-30-days-supply/

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Alpha GPC 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 Alpha GPC 500mg is and what it is used for
2. What you need to know before you take Genologix Alpha GPC 500mg
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1. What Genologix Alpha GPC 500mg is and what it is used for

Genologix Alpha GPC 500mg is a health supplement. It contains alpha GPC (L-alpha-glycerylphosphorylcholine), a natural source of choline.

Your body uses choline to make cell membranes and acetylcholine, a chemical messenger in the nervous system.

Genologix Alpha GPC 500mg:

- helps to support liver function; and
- is a factor in the maintenance of good health.

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

Do not take Genologix Alpha GPC 500mg:

- if you are hypersensitive (allergic) to alpha GPC (L-alpha-glycerylphosphorylcholine) or any of the other ingredients of Genologix Alpha GPC 500mg (listed in section 6).

Warnings and precautions

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

- if you have had a stroke, or have a high risk of stroke or heart disease;
- if you have low blood pressure; or
- if you take any medicine prescribed by your doctor.

Choline from other supplements should be taken into account when taking Genologix Alpha GPC 500mg.

Children and adolescents

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

Other medicines and Genologix Alpha GPC 500mg

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

Alpha GPC increases acetylcholine in the body. It may reduce the effect of medicines that block acetylcholine (anticholinergic medicines), such as scopolamine (hyoscine), used for motion sickness or stomach cramps.

Genologix Alpha GPC 500mg with food, drink and alcohol

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

Pregnancy, breastfeeding and fertility

The safety of Genologix Alpha GPC 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

Genologix Alpha GPC 500mg is not expected to affect your ability to drive or use machines. Some people may feel dizzy.

It is not always possible to predict to what extent Genologix Alpha GPC 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 Alpha GPC 500mg affects you.

Genologix Alpha GPC 500mg contains

Genologix Alpha GPC 500mg contains no sugar and no sweeteners.

3. How to take Genologix Alpha GPC 500mg

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

Always take Genologix Alpha GPC 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 a day. This provides 500 mg of alpha GPC.

You can take both capsules together, or one in the morning and one at midday.

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

Children and adolescents under 18 years: Genologix Alpha GPC 500mg is not intended for this age group.

How to take it:

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

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 Alpha GPC 500mg than you should

If you take too many capsules, you may get heartburn, headache, nausea or trouble sleeping.

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 Alpha GPC 500mg

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 Alpha GPC 500mg

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

4. Possible side effects

Genologix Alpha GPC 500mg can have side effects.

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

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

Tell your doctor if you notice any of the following:

Frequency unknown:

- heartburn,
- nausea (feeling sick),
- headache,
- dizziness,
- restlessness or trouble sleeping (insomnia),
- skin rash.

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 Alpha GPC 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 Alpha GPC 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. Alpha GPC easily absorbs moisture from the air.
- 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 Alpha GPC 500mg if the pouch seal is broken or the capsules look damaged, sticky or discoloured.

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 Alpha GPC 500mg contains

The active substance is L-alpha-glycerylphosphorylcholine (alpha GPC).

Active ingredient	Per capsule	Per daily dose (2 capsules)
L-alpha-glycerylphosphorylcholine (alpha GPC)	250 mg	500 mg
providing choline	101,3 mg	202,5 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 Alpha GPC 500mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a white powder.

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 Alpha GPC 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.