PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX PQQ 20mg hard capsules

Pyrroloquinoline quinone disodium salt (PQQ) 20 mg per daily dose (1 capsule)
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-pqq-20mg-30-days-supply/

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

Genologix PQQ 20mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix PQQ 20mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix PQQ 20mg 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 PQQ 20mg is and what it is used for
2. What you need to know before you take Genologix PQQ 20mg
3. How to take Genologix PQQ 20mg
4. Possible side effects
5. How to store Genologix PQQ 20mg
6. Contents of the pack and other information

1. What Genologix PQQ 20mg is and what it is used for

Genologix PQQ 20mg is a health supplement. It contains pyrroloquinoline quinone (PQQ), as its disodium salt.

PQQ is a natural compound found in small amounts in foods such as kiwi fruit, green peppers, parsley, green tea and fermented soya beans.

Genologix PQQ 20mg:

- is an antioxidant; and
- is a factor in the maintenance of good health.

The European Food Safety Authority (EFSA) has assessed PQQ disodium salt as safe for adults at 20 mg a day.

2. What you need to know before you take Genologix PQQ 20mg

Do not take Genologix PQQ 20mg:

- if you are hypersensitive (allergic) to pyrroloquinoline quinone (PQQ) or any of the other ingredients of Genologix PQQ 20mg (listed in section 6).

Warnings and precautions

Take special care with Genologix PQQ 20mg. Talk to your doctor or pharmacist before taking it:

- if you have kidney disease; or
- if you take any medicine prescribed by your doctor.

Children and adolescents

Do not give Genologix PQQ 20mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix PQQ 20mg

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

No interactions with other medicines are known.

Genologix PQQ 20mg with food, drink and alcohol

You can take Genologix PQQ 20mg with or without food (see section 3). No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

The safety of Genologix PQQ 20mg 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 PQQ 20mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix PQQ 20mg 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 PQQ 20mg affects you.

Genologix PQQ 20mg contains

Genologix PQQ 20mg contains no sugar and no sweeteners. It contains about 3 mg of sodium per capsule, from the PQQ disodium salt.

3. How to take Genologix PQQ 20mg

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

Always take Genologix PQQ 20mg 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 once a day. This provides 20 mg of PQQ disodium salt.

Do not take more than one (1) capsule in 24 hours.

Children and adolescents under 18 years: Genologix PQQ 20mg is not intended for this age group.

How to take it:

1. Take the capsule first thing in the morning.
2. You can take it with or without food.
3. Swallow the capsule whole with a glass of water.
4. Stop taking Genologix PQQ 20mg 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 PQQ 20mg than you should

If you take too many capsules, you may get a headache or feel tired or unwell.

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 PQQ 20mg

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 PQQ 20mg

You can stop taking Genologix PQQ 20mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix PQQ 20mg can have side effects.

Not all side effects reported for Genologix PQQ 20mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix PQQ 20mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix PQQ 20mg 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 PQQ 20mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- headache,
- tiredness or drowsiness,
- trouble sleeping (insomnia),
- stomach upset.

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 PQQ 20mg.

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 PQQ 20mg

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 PQQ 20mg 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 PQQ 20mg contains

The active substance is pyrroloquinoline quinone disodium salt (PQQ).

Active ingredient	Per capsule	Per daily dose (1 capsule)
Pyrroloquinoline quinone disodium salt (PQQ)	20 mg	20 mg

The other ingredients are microcrystalline cellulose, magnesium stearate 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. Magnesium stearate is a common ingredient in foods and medicines. A very small amount is used to help the powder flow smoothly through our production machines. These ingredients are not active ingredients. They are only used to help us make the capsules accurately and consistently.

What Genologix PQQ 20mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a pale pink to light reddish-brown powder. PQQ itself is a reddish-brown (henna-coloured) powder; it is mixed with a white filler.

30 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 PQQ 20mg 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.