PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX GARCINIA CAMBOGIA 1000mg hard capsules

Garcinia fruit rind extract 1 000 mg per daily dose (3 capsules, each containing 333,3 mg), standardised to hydroxycitric acid (HCA) 60 %

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-garcinia-cambogia-hca-1000mg-30-days-supply/

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Garcinia Cambogia 1000mg 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 Garcinia Cambogia 1000mg is and what it is used for
2. What you need to know before you take Genologix Garcinia Cambogia 1000mg
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6. Contents of the pack and other information

1. What Genologix Garcinia Cambogia 1000mg is and what it is used for

Genologix Garcinia Cambogia 1000mg is a Western herbal medicine. It contains an extract of the fruit rind of Garcinia gummi-gutta (also called Garcinia cambogia or Malabar tamarind), standardised to hydroxycitric acid (HCA).

Genologix Garcinia Cambogia 1000mg:

- is traditionally used to help temporarily increase feelings of fullness, as part of a weight-control programme that includes a reduced-calorie diet and regular exercise.

Genologix Garcinia Cambogia 1000mg is not intended to treat obesity.

2. What you need to know before you take Genologix Garcinia Cambogia 1000mg

Do not take Genologix Garcinia Cambogia 1000mg:

- if you are hypersensitive (allergic) to garcinia or hydroxycitric acid or any of the other ingredients of Genologix Garcinia Cambogia 1000mg (listed in section 6).
- if you have, or have had, liver disease or liver problems.

Warnings and precautions

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

- if you have kidney disease;
- if you have diabetes or take medicine to lower your blood sugar;
- if you take medicines that affect serotonin levels (see "Other medicines and Genologix Garcinia Cambogia 1000mg"); or
- if you take any other medicine prescribed by your doctor.

Do not use Genologix Garcinia Cambogia 1000mg continuously for longer than 2 months without consulting your doctor.

Children and adolescents

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

Other medicines and Genologix Garcinia Cambogia 1000mg

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

Genologix Garcinia Cambogia 1000mg may increase the risk of serotonin-related side effects if taken with medicines that affect serotonin levels, such as:

- antidepressants (e.g. SSRIs such as fluoxetine or sertraline);
- migraine medicines (triptans);
- tramadol.

If you take any of these medicines, use it with caution and talk to your doctor first.

Garcinia may also lower blood sugar. If you take medicine for diabetes, your blood sugar may need closer monitoring.

Genologix Garcinia Cambogia 1000mg with food, drink and alcohol

Take Genologix Garcinia Cambogia 1000mg 45 minutes before a meal (see section 3). No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

The safety of Genologix Garcinia Cambogia 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

Genologix Garcinia Cambogia 1000mg 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 Garcinia Cambogia 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 Garcinia Cambogia 1000mg affects you.

Genologix Garcinia Cambogia 1000mg contains

Genologix Garcinia Cambogia 1000mg contains no sugar and no sweeteners. It contains calcium from the calcium salt of HCA.

3. How to take Genologix Garcinia Cambogia 1000mg

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

Always take Genologix Garcinia Cambogia 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 three (3) times a day, 45 minutes before a meal. Three capsules provide 1 000 mg of garcinia extract.

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

Children and adolescents under 18 years: Genologix Garcinia Cambogia 1000mg is not recommended for this age group.

How to take it:

1. Take one capsule 45 minutes before each main meal.
2. Swallow the capsule whole with a full glass of water.
3. Stop taking Genologix Garcinia Cambogia 1000mg if you get any side effects (see section 4).

Do not use Genologix Garcinia Cambogia 1000mg continuously for longer than 2 months without consulting your doctor.

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 Garcinia Cambogia 1000mg than you should

If you take too many capsules, you may get headache, dizziness, nausea 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 Garcinia Cambogia 1000mg

If you forget a dose, skip it and take your next capsule before your next meal.

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

If you stop taking Genologix Garcinia Cambogia 1000mg

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

4. Possible side effects

Genologix Garcinia Cambogia 1000mg can have side effects.

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

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

Stop taking Genologix Garcinia Cambogia 1000mg and see your doctor immediately if you notice signs of liver problems:

- yellowing of the skin or the whites of the eyes,
- dark urine or pale stools,
- stomach pain, unusual tiredness or loss of appetite.

Also stop taking Genologix Garcinia Cambogia 1000mg and get medical help immediately if you take a serotonin-affecting medicine and you get agitation, confusion, a fast heartbeat, sweating, shivering, muscle twitching or a high temperature.

Tell your doctor if you notice any of the following:

Frequency unknown:

- headache,
- dizziness,
- dry mouth,
- nausea (feeling sick) or diarrhoea.

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 Garcinia Cambogia 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 Garcinia Cambogia 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 Garcinia Cambogia 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 Garcinia Cambogia 1000mg contains

The active substance is an extract of Garcinia gummi-gutta fruit rind, standardised to hydroxycitric acid (HCA) 60 % as the calcium salt.

Active ingredient	Per capsule (dried herb equivalent)	Per daily dose, 3 capsules (dried herb equivalent)
Garcinia gummi-gutta (L.) Roxb. (Garcinia cambogia) [fruit rind, as 333,3 mg per capsule (1 000 mg per dose) of a 5:1 extract standardised to hydroxycitric acid (as calcium salt) 60 %]	1 667 mg	5 000 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 Garcinia Cambogia 1000mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a white to off-white 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 Garcinia Cambogia 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.