PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX QUERCETIN 750mg hard capsules

Quercetin dihydrate 750 mg per daily dose (2 capsules, each containing 375 mg), from Japanese pagoda tree flower buds

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 on the product pages at https://genologix.co.za/product/genologix-quercetin-750mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-quercetin-750mg-bulk-120-days-supply/ (120-day pack).

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

Genologix Quercetin 750mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Quercetin 750mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Quercetin 750mg 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 Quercetin 750mg is and what it is used for
2. What you need to know before you take Genologix Quercetin 750mg
3. How to take Genologix Quercetin 750mg
4. Possible side effects
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6. Contents of the pack and other information

1. What Genologix Quercetin 750mg is and what it is used for

Genologix Quercetin 750mg is a health supplement. It contains quercetin, a natural plant compound (a flavonoid) extracted from the flower buds of the Japanese pagoda tree (Styphnolobium japonicum, also called Sophora japonica).

Genologix Quercetin 750mg:

- is an antioxidant;
- contributes to maintaining a normal immune response to seasonal allergens; and
- is used as a capillary (small blood vessel) protectant.

2. What you need to know before you take Genologix Quercetin 750mg

Do not take Genologix Quercetin 750mg:

- if you are hypersensitive (allergic) to quercetin or any of the other ingredients of Genologix Quercetin 750mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Quercetin 750mg. Talk to your doctor or pharmacist before taking it:

- if you are pregnant or breastfeeding;
- if you take any of the medicines listed under "Other medicines and Genologix Quercetin 750mg"; or
- if you have kidney disease.

For use beyond 12 weeks, consult your health care provider.

Children and adolescents

Genologix Quercetin 750mg is not for use in children. Do not give it to children and adolescents under 18 years of age.

Other medicines and Genologix Quercetin 750mg

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

Quercetin may interact with:

- certain antibiotics (quinolones, such as ciprofloxacin);
- cyclosporine (a medicine used after organ transplants);
- warfarin (a medicine that thins the blood);
- medicines that are broken down by the liver. Quercetin may change how quickly the liver breaks down these medicines, which can change their effects and side effects.

Talk to your doctor or pharmacist before you take it with any of these medicines.

Genologix Quercetin 750mg with food, drink and alcohol

Take Genologix Quercetin 750mg with food or meals (see section 3). No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

Consult your health care provider before you take Genologix Quercetin 750mg if you are pregnant or breastfeeding. Its safety during pregnancy and breastfeeding has not been established.

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 Quercetin 750mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Quercetin 750mg 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 Quercetin 750mg affects you.

Genologix Quercetin 750mg contains

Genologix Quercetin 750mg contains no sugar and no sweeteners.

3. How to take Genologix Quercetin 750mg

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

Always take Genologix Quercetin 750mg 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, in two divided doses: one (1) capsule with breakfast and one (1) capsule with your evening meal. This provides 750 mg of quercetin dihydrate a day.

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

Children and adolescents under 18 years: Genologix Quercetin 750mg is not for use in this age group.

How to take it:

1. Take in 2 divided doses with food or meals.
2. Swallow each capsule whole with a glass of water.
3. Stop taking Genologix Quercetin 750mg if you get any side effects (see section 4).

For use beyond 12 weeks, consult your 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 Quercetin 750mg than you should

If you take too many capsules, you may get headache, stomach upset or a tingling feeling in the arms and legs.

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 Quercetin 750mg

If you forget a dose, take the next capsule with your next meal as usual.

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

If you stop taking Genologix Quercetin 750mg

You can stop taking Genologix Quercetin 750mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Quercetin 750mg can have side effects.

Not all side effects reported for Genologix Quercetin 750mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Quercetin 750mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Quercetin 750mg 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 Quercetin 750mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- headache,
- stomach upset,
- tingling in the arms and legs.

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 Quercetin 750mg.

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 Quercetin 750mg

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 Quercetin 750mg 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 Quercetin 750mg contains

The active substance is quercetin dihydrate, extracted from Japanese pagoda tree flower buds (Styphnolobium japonicum).

Active ingredient	Per capsule	Per daily dose (2 capsules)
Quercetin dihydrate [Styphnolobium japonicum (L.) Schott (Japanese pagoda tree) flower bud extract, standardised to quercetin dihydrate 95 %]	375 mg	750 mg

The other ingredient is hypromellose (the vegan capsule shell). The capsules contain no filler.

What Genologix Quercetin 750mg looks like and contents of the pack

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

Genologix Quercetin 750mg is available in two pack sizes: 60 capsules (30 daily doses) and 240 capsules (120 daily doses). Both are 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 Quercetin 750mg 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.