PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX ASTRAGALUS 750mg hard capsules

Astragalus root extract 750 mg per daily dose (2 capsules, each containing 375 mg), equivalent to 3 750 mg of dried root

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-astragalus-750mg-30-days-supply/

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Astragalus 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 Astragalus 750mg is and what it is used for
2. What you need to know before you take Genologix Astragalus 750mg
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1. What Genologix Astragalus 750mg is and what it is used for

Genologix Astragalus 750mg is a Western herbal medicine. It contains an extract of the root of astragalus (Astragalus membranaceus, also known as Huang Qi), standardised to astragaloside IV.

Genologix Astragalus 750mg:

- is traditionally used in herbal medicine to help support immune function.

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

Do not take Genologix Astragalus 750mg:

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

Warnings and precautions

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

- if you have an autoimmune condition, such as rheumatoid arthritis, lupus or multiple sclerosis, because astragalus may stimulate the immune system;
- if you have had an organ transplant or take medicine that suppresses the immune system;
- if you have diabetes or high or low blood pressure; or
- if you take any of the medicines listed under "Other medicines and Genologix Astragalus 750mg".

Children and adolescents

Do not give Genologix Astragalus 750mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Astragalus 750mg

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 Astragalus 750mg if you take:

- medicine that suppresses the immune system (e.g. cyclosporine, tacrolimus, or corticosteroids taken long term), because astragalus may reduce its effect;
- lithium, because astragalus may affect how the body removes it;
- medicine for diabetes or blood pressure.

Genologix Astragalus 750mg with food, drink and alcohol

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

Pregnancy, breastfeeding and fertility

The safety of Genologix Astragalus 750mg 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 Astragalus 750mg is not expected to affect your ability to drive or use machines.

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

Genologix Astragalus 750mg contains

Genologix Astragalus 750mg contains no sugar and no sweeteners.

3. How to take Genologix Astragalus 750mg

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

Always take Genologix Astragalus 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 one (1) capsule in the morning and one (1) capsule at night. This provides 750 mg of astragalus root extract a day.

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

Children and adolescents under 18 years: Genologix Astragalus 750mg is not intended for this age group.

How to take it:

1. Take one capsule in the morning and one capsule at night.
2. Take them with food, if possible.
3. Swallow each capsule whole with a glass of water.
4. Stop taking Genologix Astragalus 750mg 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 Astragalus 750mg than you should

If you take too many capsules, you may get stomach upset 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 Astragalus 750mg

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 Astragalus 750mg

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

4. Possible side effects

Genologix Astragalus 750mg can have side effects.

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

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

Tell your doctor if you notice any of the following:

Frequency unknown:

- stomach upset, bloating or loose stools,
- nausea (feeling sick),
- skin rash or itching.

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 Astragalus 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 Astragalus 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 Astragalus 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 Astragalus 750mg contains

The active substance is an extract of astragalus root (Astragalus membranaceus), standardised to astragaloside IV 0,5 %.

Active ingredient	Per capsule (dried herb equivalent)	Per daily dose, 2 capsules (dried herb equivalent)
Astragalus membranaceus (Fisch.) Bunge (astragalus, Huang Qi) [root, as 375 mg per capsule (750 mg per dose) of a 5:1 extract standardised to astragaloside IV 0,5 %]	1 875 mg	3 750 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 Astragalus 750mg 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.

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 Astragalus 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.