PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX CORDYCEPS MUSHROOM 1000mg hard capsules

Cordyceps mycelium extract 1 000 mg per daily dose (3 capsules, each containing 333,3 mg), equivalent to 10 000 mg of dried mycelium

Sugar free

COMPLEMENTARY MEDICINE

Traditional Chinese 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-cordyceps-mushroom-1000mg-30-days-supply/

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Cordyceps Mushroom 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 Cordyceps Mushroom 1000mg is and what it is used for
2. What you need to know before you take Genologix Cordyceps Mushroom 1000mg
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4. Possible side effects
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1. What Genologix Cordyceps Mushroom 1000mg is and what it is used for

Genologix Cordyceps Mushroom 1000mg is a Traditional Chinese Medicine. It contains an extract of cultivated cordyceps mushroom mycelium (Ophiocordyceps sinensis, also called Cordyceps sinensis), standardised to polysaccharides.

Genologix Cordyceps Mushroom 1000mg:

- is traditionally used in Traditional Chinese Medicine as a tonic to help support energy, stamina and vitality; and
- is traditionally used to help the body adapt to physical stress.

2. What you need to know before you take Genologix Cordyceps Mushroom 1000mg

Do not take Genologix Cordyceps Mushroom 1000mg:

- if you are hypersensitive (allergic) to cordyceps or other mushrooms or moulds or any of the other ingredients of Genologix Cordyceps Mushroom 1000mg (listed in section 6).

Warnings and precautions

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

- if you have an autoimmune condition, such as rheumatoid arthritis, lupus or multiple sclerosis, because cordyceps may stimulate the immune system;
- if you have a bleeding disorder, or take medicine to thin your blood;
- if you have diabetes or take medicine to lower your blood sugar;
- if you are going to have an operation. Stop taking it 2 weeks before planned surgery; or
- if you take any of the medicines listed under "Other medicines and Genologix Cordyceps Mushroom 1000mg".

Children and adolescents

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

Other medicines and Genologix Cordyceps Mushroom 1000mg

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 Cordyceps Mushroom 1000mg if you take:

- medicine that suppresses the immune system (e.g. after a transplant), because cordyceps may reduce its effect;
- medicine to thin your blood or prevent blood clots (e.g. warfarin, aspirin or clopidogrel), because the risk of bleeding may increase;
- medicine for diabetes, because blood sugar may drop too low.

Genologix Cordyceps Mushroom 1000mg with food, drink and alcohol

You can take Genologix Cordyceps Mushroom 1000mg with or without food. No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

The safety of Genologix Cordyceps Mushroom 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 Cordyceps Mushroom 1000mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Cordyceps Mushroom 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 Cordyceps Mushroom 1000mg affects you.

Genologix Cordyceps Mushroom 1000mg contains

Genologix Cordyceps Mushroom 1000mg contains no sugar and no sweeteners.

3. How to take Genologix Cordyceps Mushroom 1000mg

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

Always take Genologix Cordyceps Mushroom 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 three (3) capsules a day. This provides 1 000 mg of cordyceps mycelium extract.

You can take all three capsules together, or spread them through the day.

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

Children and adolescents under 18 years: Genologix Cordyceps Mushroom 1000mg is not intended for this age group.

How to take it:

1. Swallow the capsules whole with a glass of water.
2. You can take them with or without food.
3. Stop taking Genologix Cordyceps Mushroom 1000mg 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 Cordyceps Mushroom 1000mg than you should

If you take too many capsules, you may get stomach upset, 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 Cordyceps Mushroom 1000mg

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 Cordyceps Mushroom 1000mg

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

4. Possible side effects

Genologix Cordyceps Mushroom 1000mg can have side effects.

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

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

Tell your doctor if you notice any of the following:

Frequency unknown:

- nausea (feeling sick),
- stomach discomfort, diarrhoea or constipation,
- dry mouth.

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 Cordyceps Mushroom 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 Cordyceps Mushroom 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 Cordyceps Mushroom 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 Cordyceps Mushroom 1000mg contains

The active substance is an extract of cultivated cordyceps mycelium (Ophiocordyceps sinensis), standardised to polysaccharides 30 %.

Active ingredient	Per capsule (dried herb equivalent)	Per daily dose, 3 capsules (dried herb equivalent)
Ophiocordyceps sinensis (Berk.) G.H.Sung et al. (cordyceps, Dong Chong Xia Cao) [cultivated mycelium, as 333,3 mg per capsule (1 000 mg per dose) of a 10:1 extract standardised to polysaccharides 30 %]	3 333 mg	10 000 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 Cordyceps Mushroom 1000mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a yellow-brown to brown powder.

The powder in the capsules comes from natural mushroom 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 growing conditions and the growing medium. 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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11 November 2026

Registration number

Not applicable. Unregistered complementary medicine, Act 101/1965.

Access to the corresponding Professional Information

The Professional Information for Genologix Cordyceps Mushroom 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.