# PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:** S0

## GENOLOGIX LIONS MANE MUSHROOM 1000mg hard capsules

Lion's mane mushroom fruiting body extract 1 000 mg per daily dose (3 capsules, each containing 333,3 mg), equivalent to 13 000 mg of dried mushroom

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 on the product pages at https://genologix.co.za/product/genologix-lions-mane-mushroom-1000mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-lions-mane-mushroom-1000mg-bulk-120-days-supply/ (120-day pack).

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Lions Mane 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 Lions Mane Mushroom 1000mg is and what it is used for
2. What you need to know before you take Genologix Lions Mane Mushroom 1000mg
3. How to take Genologix Lions Mane Mushroom 1000mg
4. Possible side effects
5. How to store Genologix Lions Mane Mushroom 1000mg
6. Contents of the pack and other information


## 1. What Genologix Lions Mane Mushroom 1000mg is and what it is used for

Genologix Lions Mane Mushroom 1000mg is a Western herbal medicine. It contains an extract of the fruiting body (the mushroom itself) of lion's mane (Hericium erinaceus), standardised to polysaccharides.

Genologix Lions Mane Mushroom 1000mg:

- is traditionally used to support mental clarity and focus.

## 2. What you need to know before you take Genologix Lions Mane Mushroom 1000mg

**Do not take Genologix Lions Mane Mushroom 1000mg:**

- if you are hypersensitive (allergic) to lion's mane or other mushrooms or any of the other ingredients of Genologix Lions Mane Mushroom 1000mg (listed in section 6).

**Warnings and precautions**

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

- if you have asthma or allergies to mushrooms or moulds;
- 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 medicine prescribed by your doctor.

**Children and adolescents**

Do not give Genologix Lions Mane 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 Lions Mane 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 Lions Mane Mushroom 1000mg if you take:

- 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 Lions Mane Mushroom 1000mg with food, drink and alcohol**

Take Genologix Lions Mane Mushroom 1000mg with food (see section 3). No interactions with drinks or alcohol are known.

**Pregnancy, breastfeeding and fertility**

The safety of Genologix Lions Mane 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 Lions Mane 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 Lions Mane 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 Lions Mane Mushroom 1000mg affects you.

**Genologix Lions Mane Mushroom 1000mg contains**

Genologix Lions Mane Mushroom 1000mg contains no sugar and no sweeteners.

## 3. How to take Genologix Lions Mane Mushroom 1000mg

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

Always take Genologix Lions Mane 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 once a day. This provides 1 000 mg of lion’s mane mushroom extract.

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

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

**How to take it:**

1. Take the capsules first thing in the morning.
2. Take them with food.
3. Swallow the capsules whole with a glass of water.
4. Stop taking Genologix Lions Mane 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 Lions Mane Mushroom 1000mg than you should**

If you take too many capsules, you may get stomach discomfort or nausea.

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 Lions Mane Mushroom 1000mg**

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 Lions Mane Mushroom 1000mg**

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

## 4. Possible side effects

Genologix Lions Mane Mushroom 1000mg can have side effects.

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

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

Tell your doctor if you notice any of the following:

**Frequency unknown:**

- stomach discomfort or nausea (feeling sick),
- skin rash or itching (allergic skin reaction),
- difficulty breathing in people with mushroom allergies (stop taking it and seek medical help immediately).

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 Lions Mane 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 Lions Mane 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 Lions Mane 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 Lions Mane Mushroom 1000mg contains**

The active substance is an extract of lion’s mane mushroom fruiting body (Hericium erinaceus), standardised to polysaccharides 50 %.

| Active ingredient | Per capsule (dried herb equivalent) | Per daily dose, 3 capsules (dried herb equivalent) |
|---|---|---|
| Hericium erinaceus (Bull.) Pers. (lion’s mane mushroom)<br>[fruiting body, as 333,3 mg per capsule (1 000 mg per dose) of a 13:1 extract standardised to polysaccharides 50 %] | 4 333 mg | 13 000 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 Lions Mane Mushroom 1000mg looks like and contents of the pack**

Clear, hard vegan (hypromellose) capsules filled with a light 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 time of harvest. It does not affect the quality of the product.

Genologix Lions Mane Mushroom 1000mg is available in two pack sizes: 90 capsules (30 daily doses of 3 capsules) and 360 capsules (120 daily doses). Both are packed in a resealable, laminated, light-protective pouch.

**Holder of Certificate of Registration**

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**This leaflet was last revised on**

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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 Lions Mane 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.