PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX ZINC GLUCONATE 150mg hard capsules

Zinc gluconate 150 mg per daily dose (1 capsule), providing 20 mg of zinc
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 at https://genologix.co.za/product/genologix-zinc-gluconate-20mg-bulk-120-days-supply/

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

Genologix Zinc Gluconate 150mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Zinc Gluconate 150mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Zinc Gluconate 150mg 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 Zinc Gluconate 150mg is and what it is used for
2. What you need to know before you take Genologix Zinc Gluconate 150mg
3. How to take Genologix Zinc Gluconate 150mg
4. Possible side effects
5. How to store Genologix Zinc Gluconate 150mg
6. Contents of the pack and other information

1. What Genologix Zinc Gluconate 150mg is and what it is used for

Genologix Zinc Gluconate 150mg is a health supplement. It contains zinc gluconate, a well-absorbed form of the mineral zinc.

Genologix Zinc Gluconate 150mg:

- contributes to the maintenance of immune function;
- contributes to the maintenance of normal skin, hair and nails;
- contributes to the protection of cells from oxidative stress; and
- is a factor in the maintenance of good health.

2. What you need to know before you take Genologix Zinc Gluconate 150mg

Do not take Genologix Zinc Gluconate 150mg:

- if you are hypersensitive (allergic) to zinc gluconate or any of the other ingredients of Genologix Zinc Gluconate 150mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Zinc Gluconate 150mg. Talk to your doctor or pharmacist before taking it:

- if you have kidney disease; or
- if you take any of the medicines listed under "Other medicines and Genologix Zinc Gluconate 150mg".

Zinc from other supplements (such as multivitamins) should be taken into account when taking Genologix Zinc Gluconate 150mg. Taking more than 25 mg of zinc a day for a long time may lower copper levels in the body.

Children and adolescents

Do not give Genologix Zinc Gluconate 150mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Zinc Gluconate 150mg

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

Zinc may reduce the absorption of some medicines, and some medicines and minerals may reduce the absorption of zinc. Take Genologix Zinc Gluconate 150mg at least 2 hours apart from:

- antibiotics such as tetracyclines (e.g. doxycycline) or quinolones (e.g. ciprofloxacin);
- penicillamine (used for rheumatoid arthritis and Wilson's disease);
- iron or calcium supplements.

Genologix Zinc Gluconate 150mg with food, drink and alcohol

Take Genologix Zinc Gluconate 150mg with food, to reduce the chance of an upset stomach (see section 3).

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, consult your health care provider before taking Genologix Zinc Gluconate 150mg.

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 Zinc Gluconate 150mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Zinc Gluconate 150mg 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 Zinc Gluconate 150mg affects you.

Genologix Zinc Gluconate 150mg contains

Genologix Zinc Gluconate 150mg contains no sugar and no sweeteners.

3. How to take Genologix Zinc Gluconate 150mg

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

Always take Genologix Zinc Gluconate 150mg 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 once a day. This provides 20 mg of zinc.

Do not take more than one (1) capsule in 24 hours.

Children and adolescents under 18 years: Genologix Zinc Gluconate 150mg is not intended for this age group.

How to take it:

1. Take the capsule with food.
2. Swallow the capsule whole with a glass of water.
3. Stop taking Genologix Zinc Gluconate 150mg 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 Zinc Gluconate 150mg than you should

If you take too many capsules, you may get nausea, vomiting, stomach cramps 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 Zinc Gluconate 150mg

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 Zinc Gluconate 150mg

You can stop taking Genologix Zinc Gluconate 150mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Zinc Gluconate 150mg can have side effects.

Not all side effects reported for Genologix Zinc Gluconate 150mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Zinc Gluconate 150mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Zinc Gluconate 150mg 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 Zinc Gluconate 150mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- nausea (feeling sick), especially on an empty stomach,
- stomach upset or cramps,
- a metallic taste in the 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 Zinc Gluconate 150mg.

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 Zinc Gluconate 150mg

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 Zinc Gluconate 150mg 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 Zinc Gluconate 150mg contains

The active substance is zinc gluconate.

Active ingredient	Per capsule	Per daily dose (1 capsule)
Zinc gluconate	150 mg	150 mg
providing zinc (elemental)	20 mg	20 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 Zinc Gluconate 150mg looks like and contents of the pack

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

120 capsules (120 daily doses) packed in a resealable, laminated, light-protective pouch.

Holder of Certificate of Registration

Genologix Distributors (Pty) Ltd
Nguni Business Park
1 Nguni Way
Waterfall, KwaZulu-Natal
3610
South Africa
Tel: 087 094 0594
WhatsApp: 060 532 8317
Email: info@genologix.co.za

This leaflet was last revised on

11 November 2026

Registration number

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

Access to the corresponding Professional Information

The Professional Information for Genologix Zinc Gluconate 150mg 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.