PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX ALPHA LIPOIC ACID 600mg hard capsules

Alpha lipoic acid 600 mg per daily dose (2 capsules, each containing 300 mg)
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-alpha-lipoic-acid-ala-600mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-alpha-lipoic-acid-ala-600mg-bulk-120-days-supply/ (120-day pack).

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

Genologix Alpha Lipoic Acid 600mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Alpha Lipoic Acid 600mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Alpha Lipoic Acid 600mg 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 Alpha Lipoic Acid 600mg is and what it is used for
2. What you need to know before you take Genologix Alpha Lipoic Acid 600mg
3. How to take Genologix Alpha Lipoic Acid 600mg
4. Possible side effects
5. How to store Genologix Alpha Lipoic Acid 600mg
6. Contents of the pack and other information

1. What Genologix Alpha Lipoic Acid 600mg is and what it is used for

Genologix Alpha Lipoic Acid 600mg is a health supplement. It contains alpha lipoic acid (ALA), a natural compound that your body makes in small amounts and uses in energy production.

Genologix Alpha Lipoic Acid 600mg:

- provides antioxidants for the maintenance of good health; and
- helps to promote healthy glucose metabolism.

2. What you need to know before you take Genologix Alpha Lipoic Acid 600mg

Do not take Genologix Alpha Lipoic Acid 600mg:

- if you are hypersensitive (allergic) to alpha lipoic acid or any of the other ingredients of Genologix Alpha Lipoic Acid 600mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Alpha Lipoic Acid 600mg. Talk to your doctor or pharmacist before taking it:

- if you have diabetes. Consult your health care provider before you use it;
- if you have a thyroid condition or take thyroid medicine; or
- if you are being treated for cancer with chemotherapy or radiotherapy.

Stop taking it and consult your health care provider if you get signs of low blood sugar, such as sweating, paleness, chills, headache, dizziness or confusion.

Children and adolescents

Do not give Genologix Alpha Lipoic Acid 600mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Alpha Lipoic Acid 600mg

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 Alpha Lipoic Acid 600mg if you take:

- medicine for diabetes (including insulin), because blood sugar may drop too low;
- thyroid hormone medicine (e.g. levothyroxine), because ALA may change its effect;
- chemotherapy, because antioxidants may affect how some cancer treatments work.

Genologix Alpha Lipoic Acid 600mg with food, drink and alcohol

For best results, take Genologix Alpha Lipoic Acid 600mg on an empty stomach (see section 3). Avoid drinking large amounts of alcohol while taking it.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, consult your health care provider before you take Genologix Alpha Lipoic Acid 600mg.

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 Alpha Lipoic Acid 600mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Alpha Lipoic Acid 600mg 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 Alpha Lipoic Acid 600mg affects you.

Genologix Alpha Lipoic Acid 600mg contains

Genologix Alpha Lipoic Acid 600mg contains no sugar and no sweeteners.

3. How to take Genologix Alpha Lipoic Acid 600mg

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

Always take Genologix Alpha Lipoic Acid 600mg 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 once a day. This provides 600 mg of alpha lipoic acid.

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

Children and adolescents under 18 years: Genologix Alpha Lipoic Acid 600mg is not intended for this age group.

How to take it:

1. Take the capsules on an empty stomach, if possible (for example, 30 minutes before breakfast).
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix Alpha Lipoic Acid 600mg 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 Alpha Lipoic Acid 600mg than you should

If you take too many capsules, you may get nausea, stomach upset or signs of low blood sugar (sweating, dizziness, confusion).

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 Alpha Lipoic Acid 600mg

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 Alpha Lipoic Acid 600mg

You can stop taking Genologix Alpha Lipoic Acid 600mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Alpha Lipoic Acid 600mg can have side effects.

Not all side effects reported for Genologix Alpha Lipoic Acid 600mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Alpha Lipoic Acid 600mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Alpha Lipoic Acid 600mg 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 Alpha Lipoic Acid 600mg. You may need urgent medical attention or hospitalisation.

If you get signs of low blood sugar (sweating, paleness, chills, headache, dizziness or confusion), stop taking it, eat or drink something sugary, and consult your health care provider.

Tell your doctor if you notice any of the following:

Frequency unknown:

- nausea (feeling sick) or stomach upset,
- skin rash or itching,
- headache,
- a slight sulphur-like smell to the urine.

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 Alpha Lipoic Acid 600mg.

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 Alpha Lipoic Acid 600mg

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 Alpha Lipoic Acid 600mg 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 Alpha Lipoic Acid 600mg contains

The active substance is alpha lipoic acid (thioctic acid).

Active ingredient	Per capsule	Per daily dose (2 capsules)
Alpha lipoic acid (thioctic acid)	300 mg	600 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 Alpha Lipoic Acid 600mg looks like and contents of the pack

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

Genologix Alpha Lipoic Acid 600mg 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

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 Alpha Lipoic Acid 600mg 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.