PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX HE | HIM 30 DAY SEXUAL ENHANCER COMPLEX hard capsules

Per serving (4 capsules, 2 100 mg): fadogia stem extract 600 mg, L-arginine HCl 500 mg, Tongkat Ali root extract 400 mg, Panax ginseng extract 300 mg, horny goat weed leaf powder 300 mg

Sugar free

COMPLEMENTARY MEDICINE

Combination Product

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/he-him-2400-mg-sexual-enhancer-30-servings-x-120-capsules/

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

Genologix HE | HIM 30 Day Sexual Enhancer Complex is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix HE | HIM 30 Day Sexual Enhancer Complex carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix HE | HIM 30 Day Sexual Enhancer Complex 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 HE | HIM 30 Day Sexual Enhancer Complex is and what it is used for
2. What you need to know before you take Genologix HE | HIM 30 Day Sexual Enhancer Complex
3. How to take Genologix HE | HIM 30 Day Sexual Enhancer Complex
4. Possible side effects
5. How to store Genologix HE | HIM 30 Day Sexual Enhancer Complex
6. Contents of the pack and other information

1. What Genologix HE | HIM 30 Day Sexual Enhancer Complex is and what it is used for

Genologix HE | HIM 30 Day Sexual Enhancer Complex is a combination complementary medicine for adult men. It contains fadogia (*Vangueria agrestis*, also known as *Fadogia agrestis*) stem extract, Tongkat Ali (*Eurycoma longifolia*) root extract, Panax ginseng (*Panax ginseng*) extract, horny goat weed (*Epimedium brevicornu*) and the amino acid L-arginine.

Genologix HE | HIM 30 Day Sexual Enhancer Complex:

- supports male sexual wellbeing;
- contains Tongkat Ali, traditionally used in Malay traditional medicine as a tonic to support energy and vitality in men;
- contains horny goat weed, traditionally used in Traditional Chinese Medicine as a tonic for male vitality;
- contains fadogia, traditionally used to support physical performance;
- contains Panax ginseng, traditionally used in Western herbal medicine for symptoms of tiredness, such as fatigue and weakness; and
- is a source of an amino acid involved in muscle protein synthesis (L-arginine).

Genologix HE | HIM 30 Day Sexual Enhancer Complex is not a treatment for erectile dysfunction or any other medical condition. If you have ongoing problems with sexual function, consult your doctor, as this may be a sign of an underlying health problem.

2. What you need to know before you take Genologix HE | HIM 30 Day Sexual Enhancer Complex

Do not take Genologix HE | HIM 30 Day Sexual Enhancer Complex:

- if you are hypersensitive (allergic) to any of the plant extracts, L-arginine or any of the other ingredients of Genologix HE | HIM 30 Day Sexual Enhancer Complex (listed in section 6).
- if you have had a heart attack (myocardial infarction);

- if you take nitrates for chest pain (e.g. glyceryl trinitrate, isosorbide);
- if you are a woman, a child or an adolescent under 18 years.

Warnings and precautions

Take special care with Genologix HE | HIM 30 Day Sexual Enhancer Complex. Talk to your doctor or pharmacist before taking it:

- if you have heart disease, an irregular heartbeat, or if your heart condition gets worse;
- if you have high or low blood pressure;
- if you have kidney disease or follow a low-protein diet;
- if you have a hormone-sensitive condition (e.g. prostate problems or prostate cancer);
- if you have a bleeding disorder, or are going to have an operation;
- if you have diabetes or take medicine to lower your blood sugar (ginseng may lower blood sugar);
- if you take any of the medicines listed under “Other medicines and Genologix HE | HIM 30 Day Sexual Enhancer Complex”.

If you suffer from a cardiovascular disease and are attempting an increase in physical activity, consult a relevant health care provider.

Sexual activity puts extra strain on the heart. If you have a heart condition, ask your doctor whether sexual activity is safe for you.

Children and adolescents

Genologix HE | HIM 30 Day Sexual Enhancer Complex is for adult men only. Do not give it to children and adolescents under 18 years of age.

Other medicines and Genologix HE | HIM 30 Day Sexual Enhancer Complex

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

Do not take this medicine with nitrates (see “Do not take”). Talk to your doctor or pharmacist before you take it if you take:

- medicines for erectile dysfunction (e.g. sildenafil, tadalafil);
- medicines for high blood pressure or other heart medicines;
- medicines that thin the blood (e.g. warfarin, aspirin, clopidogrel);
- medicines for diabetes (ginseng may lower blood sugar);
- hormone treatments, including testosterone.

Genologix HE | HIM 30 Day Sexual Enhancer Complex with food, drink and alcohol

Genologix HE | HIM 30 Day Sexual Enhancer Complex can be taken with or without food. Avoid large amounts of alcohol.

Pregnancy, breastfeeding and fertility

Genologix HE | HIM 30 Day Sexual Enhancer Complex is intended for men only. Women must not take it, especially during pregnancy 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 HE | HIM 30 Day Sexual Enhancer Complex is not expected to affect your ability to drive or use machines. If you feel dizzy, do not drive or use machines.

It is not always possible to predict to what extent Genologix HE | HIM 30 Day Sexual Enhancer Complex 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 HE | HIM 30 Day Sexual Enhancer Complex affects you.

Genologix HE | HIM 30 Day Sexual Enhancer Complex contains

Genologix HE | HIM 30 Day Sexual Enhancer Complex contains no sugar and no sweeteners.

3. How to take Genologix HE | HIM 30 Day Sexual Enhancer Complex

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

Always take Genologix HE | HIM 30 Day Sexual Enhancer Complex 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.

Adult men (18 years and older): take four (4) capsules daily, or four (4) capsules about 90 minutes before sexual activity.

Do not take more than four (4) capsules in 24 hours.

Children and adolescents under 18 years, and women: Genologix HE | HIM 30 Day Sexual Enhancer Complex is not intended for these groups.

How to take it:

1. Swallow the capsules whole with a glass of water, once a day or about 90 minutes before sexual activity.
2. Stop taking Genologix HE | HIM 30 Day Sexual Enhancer Complex 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 HE | HIM 30 Day Sexual Enhancer Complex than you should

If you take too many capsules, you may get headache, restlessness, difficulty sleeping, a fast heartbeat, flushing, nausea or diarrhoea. If you get chest pain or a fast or irregular heartbeat, get medical help immediately.

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 HE | HIM 30 Day Sexual Enhancer Complex

If you take it daily and forget a dose, take your next dose at the usual time the next day. Do not take a double dose.

Do not take a double dose to make up for a forgotten dose.

If you stop taking Genologix HE | HIM 30 Day Sexual Enhancer Complex

You can stop taking Genologix HE | HIM 30 Day Sexual Enhancer Complex at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix HE | HIM 30 Day Sexual Enhancer Complex can have side effects.

Not all side effects reported for Genologix HE | HIM 30 Day Sexual Enhancer Complex are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix HE | HIM 30 Day Sexual Enhancer Complex, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix HE | HIM 30 Day Sexual Enhancer Complex 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 HE | HIM 30 Day Sexual Enhancer Complex. You may need urgent medical attention or hospitalisation.

chest pain, a fast or irregular heartbeat, or shortness of breath;

an erection that lasts longer than 4 hours.

Tell your doctor if you notice any of the following:

Frequency unknown:

- headache or dizziness,
- flushing (warmth and redness of the skin),
- restlessness or difficulty sleeping,
- upset stomach, nausea or diarrhoea.

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 HE | HIM 30 Day Sexual Enhancer Complex.

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 HE | HIM 30 Day Sexual Enhancer Complex

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 glass bottle. Close the lid tightly after each use.
- Do not store in a bathroom.
- Do not use after the expiry date printed on the label.
- Do not use Genologix HE | HIM 30 Day Sexual Enhancer Complex if the 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 HE | HIM 30 Day Sexual Enhancer Complex contains

The active substances are fadogia stem extract, L-arginine hydrochloride, Tongkat Ali root extract, Panax ginseng root extract and horny goat weed leaf powder.

Active ingredient	Per capsule	Per serving (4 capsules)
Vangueria agrestis (fadogia) [stem, 10:1 extract standardised to saponins], equivalent to 3 000 mg dried stem per capsule	150 mg	600 mg
L-Arginine hydrochloride	125 mg	500 mg
providing L-arginine	103,4 mg	413,5 mg
Eurycoma longifolia (Tongkat Ali) [root, 100:1 extract standardised to eurycomanone], equivalent to 10 000 mg dried root per capsule	100 mg	400 mg
Panax ginseng C.A.Mey. [root, 25:1 extract standardised to 80% ginsenosides], equivalent to 1 875 mg dried root per capsule	75 mg	300 mg
Epimedium brevicornu Maxim. (horny goat weed) [leaf powder]	75 mg	300 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 HE | HIM 30 Day Sexual Enhancer Complex 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 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.

120 capsules (30 servings) packed in a cobalt blue glass bottle with a silver aluminium lid and a silica desiccant sachet.

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

18 November 2026

Registration number

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

Access to the corresponding Professional Information

The Professional Information for Genologix HE | HIM 30 Day Sexual Enhancer Complex 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.