PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX SHE | HER 30 DAY SEXUAL ENHANCER COMPLEX hard capsules

Per serving (3 capsules, 2 000 mg): ashwagandha root powder 500 mg, horny goat weed leaf powder 500 mg, L-arginine HCl 500 mg, Panax ginseng extract 300 mg, green tea epicatechin 200 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/she-her-2100-mg-sexual-enhancer-30-servings-x-90-capsules/

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

Genologix SHE | HER 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 SHE | HER 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 SHE | HER 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 SHE | HER 30 Day Sexual Enhancer Complex is and what it is used for
2. What you need to know before you take Genologix SHE | HER 30 Day Sexual Enhancer Complex
3. How to take Genologix SHE | HER 30 Day Sexual Enhancer Complex
4. Possible side effects
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1. What Genologix SHE | HER 30 Day Sexual Enhancer Complex is and what it is used for

Genologix SHE | HER 30 Day Sexual Enhancer Complex is a combination complementary medicine for adult women. It contains ashwagandha (*Withania somnifera*) root, horny goat weed (*Epimedium brevicornu*) leaf, Panax ginseng (*Panax ginseng*) extract, epicatechin from green tea (*Camellia sinensis*), and the amino acid L-arginine.

Genologix SHE | HER 30 Day Sexual Enhancer Complex:

- supports female sexual wellbeing;
- contains ashwagandha, traditionally used in Ayurveda as a Rasayana (rejuvenating tonic) to support vitality and to help the body cope with stress;
- contains horny goat weed, traditionally used in Traditional Chinese Medicine as a tonic for vitality;
- contains Panax ginseng, traditionally used in Western herbal medicine for symptoms of tiredness, such as fatigue and weakness;
- contains green tea catechins, a source of antioxidants for the maintenance of good health; and
- is a source of an amino acid involved in muscle protein synthesis (L-arginine).

Genologix SHE | HER 30 Day Sexual Enhancer Complex is not a treatment for any medical condition. If you have ongoing problems with sexual desire or 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 SHE | HER 30 Day Sexual Enhancer Complex

Do not take Genologix SHE | HER 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 SHE | HER 30 Day Sexual Enhancer Complex (listed in section 6).

- if you are pregnant, trying to become pregnant, or breastfeeding;
- 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 man, a child or an adolescent under 18 years.

Warnings and precautions

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

- if you have heart disease, an irregular heartbeat, or high or low blood pressure;
- if you have kidney disease;
- if you have a thyroid disorder or take thyroid hormone;
- if you have an autoimmune disease (e.g. lupus, rheumatoid arthritis, multiple sclerosis) or take medicines that suppress the immune system;
- if you have diabetes or take medicine to lower your blood sugar;
- if you have a hormone-sensitive condition (e.g. breast, uterine or ovarian cancer, endometriosis);
- if you are going to have an operation;
- if you have a liver disorder or an iron deficiency;
- if you have high blood pressure, glaucoma or an overactive bladder (detrusor instability);
- if you take any of the medicines listed under “Other medicines and Genologix SHE | HER 30 Day Sexual Enhancer Complex”.

CONTAINS CAFFEINE. Contains not more than 0,7 mg caffeine per capsule (not more than 2 mg per daily dose). A cup of instant coffee contains approximately 80 mg of caffeine.

Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported. Stop use and consult a relevant health care provider if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite.

Consult a relevant health care provider for use beyond 12 weeks.

Use of caffeine may result in sleep deprivation.

Children and adolescents

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

Other medicines and Genologix SHE | HER 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 high blood pressure or other heart medicines;
- medicines for erectile dysfunction or other PDE5 inhibitors (e.g. sildenafil, tadalafil);
- medicines that thin the blood (e.g. warfarin, aspirin, clopidogrel);
- sleeping tablets or sedatives (ashwagandha may add to their effects);
- thyroid hormone (e.g. levothyroxine);
- immunosuppressants;
- medicines for diabetes;
- hormone treatments, including hormonal contraceptives or hormone replacement therapy;
- lithium, or any other chronic, complementary or traditional medicine (caffeine);
- medicines or products that increase blood pressure (e.g. bitter orange extract, synephrine, octopamine, ephedra, ephedrine).

Genologix SHE | HER 30 Day Sexual Enhancer Complex with food, drink and alcohol

Genologix SHE | HER 30 Day Sexual Enhancer Complex can be taken with or without food. Avoid large amounts of alcohol. Take into account caffeine from other products or foods (e.g. coffee, tea, colas, cocoa, guarana, maté).

Pregnancy, breastfeeding and fertility

Do not take Genologix SHE | HER 30 Day Sexual Enhancer Complex if you are pregnant, trying to become pregnant or breastfeeding. Ashwagandha, ginseng and green tea extract are not recommended during pregnancy. Consult a relevant health care provider if you are unsure.

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 SHE | HER 30 Day Sexual Enhancer Complex may cause drowsiness or dizziness in some people. Do not drive or use machines if you are affected.

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

Genologix SHE | HER 30 Day Sexual Enhancer Complex contains

Genologix SHE | HER 30 Day Sexual Enhancer Complex contains no sugar and no sweeteners.

3. How to take Genologix SHE | HER 30 Day Sexual Enhancer Complex

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

Always take Genologix SHE | HER 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 women (18 years and older): take three (3) capsules daily, or three (3) capsules about 90 minutes before sexual activity.

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

Children and adolescents under 18 years, and men: Genologix SHE | HER 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 SHE | HER 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 SHE | HER 30 Day Sexual Enhancer Complex than you should

If you take too many capsules, you may get headache, drowsiness, restlessness, a fast heartbeat, 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 SHE | HER 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 SHE | HER 30 Day Sexual Enhancer Complex

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

4. Possible side effects

Genologix SHE | HER 30 Day Sexual Enhancer Complex can have side effects.

Not all side effects reported for Genologix SHE | HER 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 SHE | HER 30 Day Sexual Enhancer Complex, please consult your health care provider for advice.

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

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

yellowing of the skin or eyes, dark urine or pain in the upper abdomen (signs of liver problems).

Tell your doctor if you notice any of the following:

Frequency unknown:

- headache or dizziness,
- drowsiness,
- flushing (warmth and redness of the skin),
- 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 SHE | HER 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 SHE | HER 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 SHE | HER 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 SHE | HER 30 Day Sexual Enhancer Complex contains

The active substances are ashwagandha root powder, horny goat weed leaf powder, L-arginine hydrochloride, Panax ginseng root extract and epicatechin from green tea.

Active ingredient	Per capsule	Per serving (3 capsules)
Panax ginseng C.A.Mey. [root, 25:1 extract standardised to 80% ginsenosides], equivalent to 2 500 mg dried root per capsule	100 mg	300 mg
Withania somnifera (L.) Dunal (ashwagandha) [root powder]	166,7 mg	500 mg
L-Arginine hydrochloride	166,7 mg	500 mg
providing L-arginine	137,8 mg	413,5 mg
Epicatechin from *Camellia sinensis* (L.) Kuntze (green tea)	66,7 mg	200 mg
Epimedium brevicornu Maxim. (horny goat weed) [leaf powder]	166,7 mg	500 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 SHE | HER 30 Day Sexual Enhancer Complex looks like and contents of the pack

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

90 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

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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 SHE | HER 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.