PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX PROBALANCE PCOS SUPPORT COMPLEX hard capsules

Per serving (2 capsules, 1 370,5 mg): myo-inositol 550 mg, berberine hydrochloride 500 mg, resveratrol 150 mg, D-chiro-inositol 100 mg, zinc gluconate 70 mg (providing 9,3 mg zinc), calcium L-methylfolate 0,5 mg (providing approx. 400 mcg folate)

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/probalance-pcos-1370mg-hormonal-balance-30-serv-x-60-caps/

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

Genologix ProBalance PCOS Support Complex is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix ProBalance PCOS Support Complex carefully to get the best results from it.

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

1. What Genologix ProBalance PCOS Support Complex is and what it is used for

Genologix ProBalance PCOS Support Complex is a combination complementary medicine for adult women. It contains myo-inositol and D-chiro-inositol, berberine from barberry root (*Berberis vulgaris*), resveratrol from Japanese knotweed root, zinc, and folate in its active form (L-methylfolate).

Genologix ProBalance PCOS Support Complex:

- contains folate, which helps to form red blood cells and helps the body to metabolise proteins;
- contains zinc, which helps the body to metabolise carbohydrates, fats and proteins, helps to maintain immune function and helps to maintain healthy skin;
- contains resveratrol, an antioxidant;
- contains berberine, which helps support healthy glucose metabolism in healthy adults; and
- is a factor in the maintenance of good health.

Genologix ProBalance PCOS Support Complex is not intended to diagnose, treat or cure polycystic ovary syndrome (PCOS), diabetes or any other medical condition. If you have, or think you may have, any of these conditions, consult your doctor.

2. What you need to know before you take Genologix ProBalance PCOS Support Complex

Do not take Genologix ProBalance PCOS Support Complex:

- if you are hypersensitive (allergic) to any of the ingredients (inositol, berberine, barberry, resveratrol, zinc or folate) or any of the other ingredients of Genologix ProBalance PCOS Support Complex (listed in section 6).
- if you are pregnant or breastfeeding (see "Pregnancy, breastfeeding and fertility").

Warnings and precautions

Take special care with Genologix ProBalance PCOS Support Complex. Talk to your doctor or pharmacist before taking it:

- if you suspect that you may have insulin resistance, high blood glucose levels or diabetes, or you take medicine to lower your blood sugar, because your blood sugar may drop too low;
- if you have a hormone-sensitive condition (e.g. breast, uterine or ovarian cancer, endometriosis or uterine fibroids);
- if you have low blood pressure or liver disease;
- if you take any medicine prescribed by your doctor, because berberine and resveratrol change how the body breaks down many medicines (see “Other medicines and Genologix ProBalance PCOS Support Complex”).

Do not use Genologix ProBalance PCOS Support Complex for longer than 3 months without consulting your health care provider.

Folate and zinc from other supplements (including multivitamins) should be taken into account when taking Genologix ProBalance PCOS Support Complex.

Children and adolescents

Genologix ProBalance PCOS Support Complex is not suitable for children. Do not give it to children and adolescents under 18 years of age. Berberine can be harmful to newborn babies.

Other medicines and Genologix ProBalance PCOS Support Complex

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

Berberine and resveratrol can change how the body breaks down many medicines. Talk to your doctor or pharmacist before you take it if you take:

- medicine for diabetes (e.g. metformin, insulin), because blood sugar may drop too low;
- anticoagulants or antiplatelet medicines (e.g. warfarin, aspirin, clopidogrel);
- cyclosporine or tacrolimus (medicines used after organ transplants);
- medicine for high blood pressure;
- hormonal contraceptives or hormone treatments;
- medicines for epilepsy, or methotrexate (folate may affect these);
- antibiotics such as tetracyclines or quinolones (take at least 2 hours apart from zinc);
- sedatives or sleeping tablets;
- any other prescription medicine.

Genologix ProBalance PCOS Support Complex with food, drink and alcohol

Take Genologix ProBalance PCOS Support Complex with food. No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

Do not take Genologix ProBalance PCOS Support Complex if you are pregnant or breastfeeding. Berberine can pass to the unborn baby and into breast milk, and may harm newborn babies. Stop taking it as soon as you know you are pregnant. If you are planning a pregnancy, talk to your health care provider about a suitable folate supplement.

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 ProBalance PCOS Support Complex is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix ProBalance PCOS Support 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 ProBalance PCOS Support Complex affects you.

Genologix ProBalance PCOS Support Complex contains

Genologix ProBalance PCOS Support Complex contains no sugar and no sweeteners.

3. How to take Genologix ProBalance PCOS Support Complex

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

Always take Genologix ProBalance PCOS Support 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 two (2) capsules once a day with food.

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

Children and adolescents under 18 years: Genologix ProBalance PCOS Support Complex is not suitable for this age group.

How to take it:

1. Take the capsules with a meal.
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix ProBalance PCOS Support Complex if you get any side effects (see section 4).

Do not use Genologix ProBalance PCOS Support Complex for longer than 3 months without consulting your health care provider.

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 ProBalance PCOS Support Complex than you should

If you take too many capsules, you may get stomach cramps, nausea, diarrhoea or constipation, or feel light-headed because of low blood sugar or low blood pressure.

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 ProBalance PCOS Support Complex

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 ProBalance PCOS Support Complex

You can stop taking Genologix ProBalance PCOS Support Complex at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix ProBalance PCOS Support Complex can have side effects.

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

If any of the following happens, stop taking Genologix ProBalance PCOS Support 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 ProBalance PCOS Support Complex. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- stomach cramps, bloating or wind,
- nausea (feeling sick), diarrhoea or constipation,
- a bitter taste,
- headache or dizziness,
- low blood sugar (shakiness, sweating, light-headedness).

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 ProBalance PCOS Support 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 ProBalance PCOS Support 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 ProBalance PCOS Support 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 ProBalance PCOS Support Complex contains

The active substances are myo-inositol, berberine hydrochloride, resveratrol, D-chiro-inositol, zinc gluconate and calcium L-methylfolate.

Active ingredient	Per capsule	Per serving (2 capsules)
Myo-inositol	275 mg	550 mg
Berberine hydrochloride [*Berberis vulgaris* root, 40:1 extract, 97% berberine HCl], equivalent to 10 000 mg dried root per capsule	250 mg	500 mg
Resveratrol [*Polygonum cuspidatum* (Japanese knotweed) root extract]	75 mg	150 mg
D-chiro-inositol	50 mg	100 mg
Zinc gluconate	35 mg	70 mg
providing zinc	4,7 mg	9,3 mg
Calcium L-methylfolate	0,25 mg	0,5 mg
providing L-5-methyltetrahydrofolate (folate)	approx. 200 mcg	approx. 400 mcg

The only other ingredient is hypromellose (the vegan capsule shell).

What Genologix ProBalance PCOS Support Complex looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a yellow powder. Berberine is naturally bitter and may stain fabrics yellow.

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.

60 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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11 November 2026

Registration number

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

Access to the corresponding Professional Information

The Professional Information for Genologix ProBalance PCOS Support 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.