PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX FADOGIA AGRESTIS 500mg hard capsules

Fadogia agrestis stem extract 500 mg per daily dose (2 capsules, each containing 250 mg), equivalent to 5 000 mg of dried stem

Sugar free

COMPLEMENTARY MEDICINE
Herbal Medicine (Other Herbal)
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-fadogia-agrestis-500mg-30-days-supply/

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

Genologix Fadogia Agrestis 500mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Fadogia Agrestis 500mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Fadogia Agrestis 500mg 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 Fadogia Agrestis 500mg is and what it is used for
2. What you need to know before you take Genologix Fadogia Agrestis 500mg
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1. What Genologix Fadogia Agrestis 500mg is and what it is used for

Genologix Fadogia Agrestis 500mg is a herbal medicine. It contains an extract of the stem of Fadogia agrestis (also called Vangueria agrestis), a shrub from West Africa.

Genologix Fadogia Agrestis 500mg:

- is traditionally used to support physical performance.

2. What you need to know before you take Genologix Fadogia Agrestis 500mg

Do not take Genologix Fadogia Agrestis 500mg:

- if you are hypersensitive (allergic) to Fadogia agrestis or any of the other ingredients of Genologix Fadogia Agrestis 500mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Fadogia Agrestis 500mg. Talk to your doctor or pharmacist before taking it:

- if you have, or have had, a hormone-sensitive condition, such as prostate cancer or an enlarged prostate;
- if you are trying to conceive (father a child) or have fertility problems;
- if you have kidney or liver disease;
- if you take hormone treatments (e.g. testosterone) or any other medicine prescribed by your doctor.

Long-term use or excessive doses may lead to hormonal imbalances. For long-term use of Genologix Fadogia Agrestis 500mg, consult your health care provider.

Children and adolescents

Do not give Genologix Fadogia Agrestis 500mg to children and adolescents under 18 years of age.

Other medicines and Genologix Fadogia Agrestis 500mg

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 Fadogia Agrestis 500mg if you take hormone treatments (e.g. testosterone) or medicines that affect hormone levels. No other interactions are known, but it has not been well studied.

Genologix Fadogia Agrestis 500mg with food, drink and alcohol

You can take Genologix Fadogia Agrestis 500mg with or without food. No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

Do not take Genologix Fadogia Agrestis 500mg if you are pregnant or breastfeeding. Its safety has not been established.

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 Fadogia Agrestis 500mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Fadogia Agrestis 500mg 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 Fadogia Agrestis 500mg affects you.

Genologix Fadogia Agrestis 500mg contains

Genologix Fadogia Agrestis 500mg contains no sugar and no sweeteners.

3. How to take Genologix Fadogia Agrestis 500mg

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

Always take Genologix Fadogia Agrestis 500mg 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 a day. This provides 500 mg of Fadogia agrestis extract.

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

Children and adolescents under 18 years: do not give Genologix Fadogia Agrestis 500mg to this age group.

How to take it:

1. Swallow the capsules whole with a glass of water.
2. You can take them with or without food.
3. Stop taking Genologix Fadogia Agrestis 500mg 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 Fadogia Agrestis 500mg than you should

The effects of overdose are not known. Excessive doses may lead to hormonal imbalances.

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 Fadogia Agrestis 500mg

If you forget a dose, take your next dose at the usual time.

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

If you stop taking Genologix Fadogia Agrestis 500mg

You can stop taking Genologix Fadogia Agrestis 500mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Fadogia Agrestis 500mg can have side effects.

Not all side effects reported for Genologix Fadogia Agrestis 500mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Fadogia Agrestis 500mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Fadogia Agrestis 500mg 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 Fadogia Agrestis 500mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- stomach upset,
- headache,
- restlessness or trouble sleeping,
- pain or discomfort in the testicles (stop taking it and see your doctor).

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 Fadogia Agrestis 500mg.

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 Fadogia Agrestis 500mg

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 Fadogia Agrestis 500mg 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 Fadogia Agrestis 500mg contains

The active substance is an extract of Fadogia agrestis stem.

Active ingredient	Per capsule (dried herb equivalent)	Per daily dose, 2 capsules (dried herb equivalent)
Fadogia agrestis Schweinf. ex Hiern (syn. Vangueria agrestis) [stem, as 250 mg per capsule (500 mg per dose) of a 10:1 extract]	2 500 mg	5 000 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 Fadogia Agrestis 500mg 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.

60 capsules (30 daily doses) packed in a resealable, laminated, light-protective pouch.

Holder of Certificate of Registration

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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 Fadogia Agrestis 500mg 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.