# PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:** S0

## GENOLOGIX MARINE COLLAGEN PEPTIDES 2500mg hard capsules

Hydrolysed fish collagen peptides (CollaGENx™) 2 500 mg per daily dose (6 capsules, each containing 416,7 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 at https://genologix.co.za/product/genologix-marine-collagen-peptides-collagenx-30-days-supply/

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

Genologix Marine Collagen Peptides 2500mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Marine Collagen Peptides 2500mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Marine Collagen Peptides 2500mg 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 Marine Collagen Peptides 2500mg is and what it is used for
2. What you need to know before you take Genologix Marine Collagen Peptides 2500mg
3. How to take Genologix Marine Collagen Peptides 2500mg
4. Possible side effects
5. How to store Genologix Marine Collagen Peptides 2500mg
6. Contents of the pack and other information


## 1. What Genologix Marine Collagen Peptides 2500mg is and what it is used for

Genologix Marine Collagen Peptides 2500mg is a health supplement. It contains CollaGENx™, concentrated hydrolysed type I collagen peptides made from fish.

Collagen is the main structural protein in skin, bones, tendons and joints.

Genologix Marine Collagen Peptides 2500mg:

- helps to assist joint health; and
- helps support skin elasticity and hydration.

Use of collagen for 5 months has been shown to be beneficial for joint health. Long-term use should therefore be undertaken in consultation with your health care provider.

## 2. What you need to know before you take Genologix Marine Collagen Peptides 2500mg

**Do not take Genologix Marine Collagen Peptides 2500mg:**

- if you are hypersensitive (allergic) to fish or collagen or any of the other ingredients of Genologix Marine Collagen Peptides 2500mg (listed in section 6).
- if you are allergic to fish.

**Warnings and precautions**

Take special care with Genologix Marine Collagen Peptides 2500mg. Talk to your doctor or pharmacist before taking it:

- if you have liver or kidney disease, or if you have been told to follow a low-protein diet;
- if you have phenylketonuria (PKU), because collagen contains phenylalanine; or
- if you take any medicine prescribed by your doctor.

**Children and adolescents**

Do not give Genologix Marine Collagen Peptides 2500mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

**Other medicines and Genologix Marine Collagen Peptides 2500mg**

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

No interactions with other medicines are known.

**Genologix Marine Collagen Peptides 2500mg with food, drink and alcohol**

You can take Genologix Marine Collagen Peptides 2500mg with or without food.

**Pregnancy, breastfeeding and fertility**

The safety of Genologix Marine Collagen Peptides 2500mg in pregnancy and breastfeeding has not been established. It is not recommended if you are pregnant 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 Marine Collagen Peptides 2500mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Marine Collagen Peptides 2500mg 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 Marine Collagen Peptides 2500mg affects you.

**Genologix Marine Collagen Peptides 2500mg contains fish**

Genologix Marine Collagen Peptides 2500mg is made from fish collagen. Do not take it if you are allergic to fish. It contains no sugar and no sweeteners.

## 3. How to take Genologix Marine Collagen Peptides 2500mg

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

Always take Genologix Marine Collagen Peptides 2500mg 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 six (6) capsules a day. This provides 2 500 mg of hydrolysed collagen peptides.

You can take all six capsules together, or split them during the day (for example, three in the morning and three in the evening).

**Do not take more than six (6) capsules in 24 hours.**

**Children and adolescents under 18 years:** Genologix Marine Collagen Peptides 2500mg is not intended for 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 Marine Collagen Peptides 2500mg if you get any side effects (see section 4).

Use for 5 months has been shown to be beneficial for joint health. For long-term use, consult 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 Marine Collagen Peptides 2500mg than you should**

If you take too many capsules, you may get mild stomach upset, a feeling of fullness or heartburn.

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 Marine Collagen Peptides 2500mg**

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 Marine Collagen Peptides 2500mg**

You can stop taking Genologix Marine Collagen Peptides 2500mg at any time. No withdrawal effects are expected.

## 4. Possible side effects

Genologix Marine Collagen Peptides 2500mg can have side effects.

Not all side effects reported for Genologix Marine Collagen Peptides 2500mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Marine Collagen Peptides 2500mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Marine Collagen Peptides 2500mg 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 Marine Collagen Peptides 2500mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

**Frequency unknown:**

- mild stomach upset, bloating or a feeling of fullness,
- heartburn,
- an unpleasant taste in the mouth.

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 Marine Collagen Peptides 2500mg.

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 Marine Collagen Peptides 2500mg

**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 Marine Collagen Peptides 2500mg 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 Marine Collagen Peptides 2500mg contains**

The active substance is hydrolysed fish type I collagen peptides (CollaGENx™).

| Active ingredient | Per capsule | Per daily dose (6 capsules) |
|---|---|---|
| Hydrolysed collagen peptides, type I (CollaGENx™)<br>[fish skin and scales] | 416,7 mg | 2 500 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 Marine Collagen Peptides 2500mg looks like and contents of the pack**

Clear, hard vegan (hypromellose) capsules filled with a white to off-white powder.

180 capsules (30 daily doses of 6 capsules) packed in a resealable, laminated, light-protective pouch.

**Holder of Certificate of Registration**

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**This leaflet was last revised on**

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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 Marine Collagen Peptides 2500mg 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.