PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX CBD RELIEF COMPLEX hard capsules

Per serving (2 capsules): cannabidiol (CBD) 20 mg, valerian root extract 300 mg, turmeric root extract (95% curcuminoids) 300 mg, passion flower extract 250 mg, BioPerine® black pepper extract 40 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/cbd-complex/

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

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

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

1. What Genologix CBD Relief Complex is and what it is used for

Genologix CBD Relief Complex is a combination complementary medicine. It contains pure cannabidiol (CBD) isolate from the hemp plant (*Cannabis sativa* L.), together with valerian (*Valeriana officinalis*) root extract, passion flower (*Passiflora incarnata*) extract, turmeric (*Curcuma longa*) root extract, and BioPerine®, an extract of black pepper.

CBD does not make you "high". The CBD isolate used is purified and contains less than 0,001% THC (tetrahydrocannabinol).

Genologix CBD Relief Complex:

- contributes to nervous system health (CBD);
- contributes to healthy sleep (CBD);
- contains turmeric extract, an antioxidant; and
- contains valerian and passion flower, traditionally used for the relief of mild symptoms of mental stress and to aid sleep.

If symptoms persist or get worse, consult a relevant health care provider for advice.

2. What you need to know before you take Genologix CBD Relief Complex

Do not take Genologix CBD Relief Complex:

- if you are hypersensitive (allergic) to cannabidiol (CBD), cannabis, valerian, passion flower, turmeric or black pepper or any of the other ingredients of Genologix CBD Relief Complex (listed in section 6).
- if you are pregnant or breastfeeding.

Warnings and precautions

Take special care with Genologix CBD Relief Complex. Talk to your doctor or pharmacist before taking it:

- if you have Parkinson's disease. Oral preparations of cannabidiol (CBD) taken at doses more than 20 mg per day may worsen symptoms of Parkinson's disease;
- if you have liver disease, gallstones or a bile duct obstruction;
- if you have stomach ulcers or excess stomach acid;

- if you are taking antiplatelet medication or blood thinners;
- if you are going to have an operation. Stop taking it at least 2 weeks before surgery;
- if you take any other medicine (see “Other medicines and Genologix CBD Relief Complex”).

Do not exceed maximum daily dose of 20 mg (2 capsules).

Duration of use: no longer than 3 months without advice from a relevant health care provider.

Children and adolescents

Genologix CBD Relief Complex is not to be taken by children under the age of 18 years. Adults only.

Other medicines and Genologix CBD Relief Complex

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

CBD may interact with numerous medicines. Consult your health care provider before starting CBD if you are taking any other medicine, particularly:

- antifungals,
- antiretrovirals (ARVs),
- antibiotics,
- TB medicines,
- anti-epileptic medicines,
- herbal medicines.

The use of CBD together with opioids and caffeine should be avoided.

BioPerine® (piperine) and turmeric may also change how the body absorbs and breaks down some medicines, and turmeric may increase the effect of blood thinners. Valerian and passion flower may add to the effects of sleeping tablets, sedatives and alcohol.

Genologix CBD Relief Complex with food, drink and alcohol

Take Genologix CBD Relief Complex with food. Avoid caffeine (e.g. coffee, energy drinks) and alcohol while taking it.

Pregnancy, breastfeeding and fertility

Do not take 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

Taking CBD may cause light-headedness, dry mouth or drowsiness. Do not drive or operate machinery until you know how CBD affects you. Valerian may also impair your ability to drive.

It is not always possible to predict to what extent Genologix CBD Relief 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 CBD Relief Complex affects you.

Genologix CBD Relief Complex contains

Genologix CBD Relief Complex contains no sugar and no sweeteners.

3. How to take Genologix CBD Relief Complex

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

Always take Genologix CBD Relief 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.

Adults (18 years and older): take two (2) capsules once a day with food. This provides 20 mg of CBD.

Do not exceed maximum daily dose of 20 mg CBD (2 capsules).

Children and adolescents under 18 years: Genologix CBD Relief Complex is not to be taken by this age group.

How to take it:

1. Take the capsules with a meal, for example in the evening.
2. Swallow the capsules whole with a glass of water. Do not open the capsules, as the powder stains.
3. Stop taking Genologix CBD Relief Complex if you get any side effects (see section 4).

Do not use for longer than 3 months without advice from a relevant 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 CBD Relief Complex than you should

If you take more than 2 capsules in a day, you may get drowsiness, light-headedness, an upset stomach or diarrhoea. Do not drive or operate machinery. If you feel very drowsy, contact your doctor or pharmacist.

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 CBD Relief Complex

If you forget a dose, do not take a double 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 CBD Relief Complex

You can stop taking Genologix CBD Relief Complex at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix CBD Relief Complex can have side effects.

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

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

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:

- drowsiness or tiredness, including the next morning,
- light-headedness or dizziness,
- dry mouth,
- diarrhoea, nausea, heartburn or upset stomach,
- changes in appetite,
- yellow-coloured stools (harmless).

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 CBD Relief 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 CBD Relief 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 CBD Relief 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 CBD Relief Complex contains

The active substances are cannabidiol (CBD) isolate, valerian root extract, turmeric root extract, passion flower extract and BioPerine® black pepper extract.

Active ingredient	Per capsule	Per serving (2 capsules)
Cannabidiol (CBD) isolate [*Cannabis sativa* L.]	10 mg	20 mg
Valeriana officinalis (valerian) root extract (4:1), standardised to 0,8% valeric acid, equivalent to 600 mg dried root per capsule	150 mg	300 mg
Curcuma longa (turmeric) root extract (20:1), standardised to 95% curcuminoids, equivalent to 3 000 mg dried root per capsule	150 mg	300 mg
providing curcuminoids	142,5 mg	285 mg
Passiflora incarnata (passion flower) herb extract, standardised to 4% flavones	125 mg	250 mg
BioPerine® [*Piper nigrum* (black pepper) fruit extract] (piperine)	20 mg	40 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 CBD Relief Complex looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a yellow-orange to brownish powder. Valerian has a strong, characteristic smell. This is normal.

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; 600 mg CBD in total) packed in a cobalt blue glass bottle with an 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 CBD Relief 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.