PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX APPLE CIDER VINEGAR 1000mg hard capsules

Apple cider vinegar powder (Malus domestica fruit), standardised to not less than 5% total acids, 1 000 mg per daily dose (3 capsules, each containing 333,3 mg)

Sugar free

COMPLEMENTARY MEDICINE

Western Herbal Medicine

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-apple-cider-vinegar-1000mg-bulk-120-days-supply/

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

Genologix Apple Cider Vinegar 1000mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Apple Cider Vinegar 1000mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Apple Cider Vinegar 1000mg with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

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1. What Genologix Apple Cider Vinegar 1000mg is and what it is used for

Genologix Apple Cider Vinegar 1000mg is a Western herbal medicine. It contains apple cider vinegar in powder form, made from fermented apples (*Malus domestica*). Its natural acids, mainly acetic acid, give vinegar its sour taste.

The capsules let you take apple cider vinegar without the sour taste and without harm to your teeth.

Genologix Apple Cider Vinegar 1000mg:

- is traditionally used in Western herbal medicine to support healthy digestion.

If your digestive symptoms persist or get worse, consult your doctor or other health care provider.

2. What you need to know before you take Genologix Apple Cider Vinegar 1000mg

Do not take Genologix Apple Cider Vinegar 1000mg:

- if you are hypersensitive (allergic) to apple or apple cider vinegar or any of the other ingredients of Genologix Apple Cider Vinegar 1000mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Apple Cider Vinegar 1000mg. Talk to your doctor or pharmacist before taking it:

- if you have a stomach ulcer, severe heartburn or reflux, or difficulty swallowing;
- if you have low potassium levels in your blood;
- if you have diabetes or take medicine to lower your blood sugar; or
- if you take any of the medicines listed under "Other medicines and Genologix Apple Cider Vinegar 1000mg".

Children and adolescents

Do not give Genologix Apple Cider Vinegar 1000mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Apple Cider Vinegar 1000mg

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

Apple cider vinegar in large amounts may lower potassium levels or blood sugar. Although the amount in this product is small, talk to your doctor or pharmacist before you take it if you take:

- digoxin (a heart medicine);
- diuretics ("water tablets"), e.g. furosemide or hydrochlorothiazide;
- insulin or other medicines for diabetes.

Genologix Apple Cider Vinegar 1000mg with food, drink and alcohol

Take Genologix Apple Cider Vinegar 1000mg with plenty of water (see section 3). No interactions with food or alcohol are known.

Pregnancy, breastfeeding and fertility

The safety of Genologix Apple Cider Vinegar 1000mg in pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, consult your health care provider before taking it.

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 Apple Cider Vinegar 1000mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Apple Cider Vinegar 1000mg 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 Apple Cider Vinegar 1000mg affects you.

Genologix Apple Cider Vinegar 1000mg contains

Genologix Apple Cider Vinegar 1000mg contains no sugar and no sweeteners.

3. How to take Genologix Apple Cider Vinegar 1000mg

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

Always take Genologix Apple Cider Vinegar 1000mg 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 three (3) capsules once a day. This provides 1 000 mg of apple cider vinegar powder.

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

Children and adolescents under 18 years: Genologix Apple Cider Vinegar 1000mg is not intended for this age group.

How to take it:

1. Take the capsules in the morning.
2. Take them on an empty stomach, if possible. If they upset your stomach, take them with food.
3. Swallow the capsules whole with a full glass of water. Do not open the capsules.
4. Stop taking Genologix Apple Cider Vinegar 1000mg 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 Apple Cider Vinegar 1000mg than you should

If you take too many capsules, you may get heartburn, nausea or an upset stomach.

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 Apple Cider Vinegar 1000mg

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 Apple Cider Vinegar 1000mg

You can stop taking Genologix Apple Cider Vinegar 1000mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Apple Cider Vinegar 1000mg can have side effects.

Not all side effects reported for Genologix Apple Cider Vinegar 1000mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Apple Cider Vinegar 1000mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Apple Cider Vinegar 1000mg 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 Apple Cider Vinegar 1000mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- heartburn or indigestion,
- nausea (feeling sick) or an upset stomach,
- irritation of the throat if a capsule gets stuck (always take with a full glass of water).

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 Apple Cider Vinegar 1000mg.

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 Apple Cider Vinegar 1000mg

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 Apple Cider Vinegar 1000mg 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 Apple Cider Vinegar 1000mg contains

The active substance is apple cider vinegar powder (from the fruit of *Malus domestica*, apple), standardised to not less than 5% total acids (as acetic acid).

Active ingredient	Per capsule	Per daily dose (3 capsules)
Apple cider vinegar powder [*Malus domestica* fruit], not less than 5% total acids	333,3 mg	1 000 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 Apple Cider Vinegar 1000mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with an off-white to light yellow powder. The powder may smell slightly of vinegar. This is normal.

The powder in the capsules comes from natural apple 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 the apple harvest and the fermentation process. It does not affect the quality of the product.

360 capsules (120 daily doses) packed in a resealable, laminated, light-protective pouch.

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 Apple Cider Vinegar 1000mg 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.