PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX ASTAXANTHIN 8mg hard capsules

Astaxanthin 8 mg per daily dose (1 capsule), from 266 mg Haematococcus pluvialis algae powder standardised to 3% astaxanthin

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 on the product pages at https://genologix.co.za/product/genologix-astaxanthin-8mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-astaxanthin-8mg-bulk-120-days-supply/ (120-day pack).

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

Genologix Astaxanthin 8mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Astaxanthin 8mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Astaxanthin 8mg 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 Astaxanthin 8mg is and what it is used for
2. What you need to know before you take Genologix Astaxanthin 8mg
3. How to take Genologix Astaxanthin 8mg
4. Possible side effects
5. How to store Genologix Astaxanthin 8mg
6. Contents of the pack and other information

1. What Genologix Astaxanthin 8mg is and what it is used for

Genologix Astaxanthin 8mg is a health supplement. It contains astaxanthin, a natural red carotenoid (plant pigment) from the microalga *Haematococcus pluvialis*.

Genologix Astaxanthin 8mg:

- is a source of antioxidants; and
- is an antioxidant that helps protect cells against the oxidative damage caused by free radicals.

2. What you need to know before you take Genologix Astaxanthin 8mg

Do not take Genologix Astaxanthin 8mg:

- if you are hypersensitive (allergic) to astaxanthin or Haematococcus pluvialis algae or any of the other ingredients of Genologix Astaxanthin 8mg (listed in section 6).
- if you have a bleeding disorder;
- if you take immunosuppressants (medicines that lower the activity of the immune system, e.g. after an organ transplant);
- if you take 5-α-reductase inhibitors (e.g. finasteride or dutasteride, used for an enlarged prostate or hair loss).

Warnings and precautions

Take special care with Genologix Astaxanthin 8mg. Talk to your doctor or pharmacist before taking it:

- if you have a long-term illness or take medicine prescribed by your doctor.

For use beyond 3 months, consult a relevant health care provider.

Children and adolescents

Genologix Astaxanthin 8mg is not suitable for children. Do not give it to children and adolescents under 18 years of age.

Other medicines and Genologix Astaxanthin 8mg

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

Do not take this medicine with:

- immunosuppressants;
- 5-α-reductase inhibitors (e.g. finasteride, dutasteride).

Genologix Astaxanthin 8mg with food, drink and alcohol

Take Genologix Astaxanthin 8mg just after a meal. Astaxanthin dissolves in fat and is absorbed better with food. No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

The safety of Genologix Astaxanthin 8mg 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 Astaxanthin 8mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Astaxanthin 8mg 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 Astaxanthin 8mg affects you.

Genologix Astaxanthin 8mg contains

Genologix Astaxanthin 8mg contains no sugar and no sweeteners.

3. How to take Genologix Astaxanthin 8mg

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

Always take Genologix Astaxanthin 8mg 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 one (1) capsule once a day. This provides 8 mg of astaxanthin.

Do not take more than one (1) capsule in 24 hours.

Children and adolescents under 18 years: Genologix Astaxanthin 8mg is not suitable for this age group.

How to take it:

1. Take the capsule just after a meal.
2. Swallow the capsule whole with a glass of water.
3. Stop taking Genologix Astaxanthin 8mg if you get any side effects (see section 4).

For use beyond 3 months, consult 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 Astaxanthin 8mg than you should

If you take too many capsules, you may get an upset stomach. Your stools may turn reddish. This is harmless.

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 Astaxanthin 8mg

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 Astaxanthin 8mg

You can stop taking Genologix Astaxanthin 8mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Astaxanthin 8mg can have side effects.

Not all side effects reported for Genologix Astaxanthin 8mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Astaxanthin 8mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Astaxanthin 8mg 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 Astaxanthin 8mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- reddish colour of the stools (harmless),
- stomach discomfort,
- increased frequency of bowel movements.

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 Astaxanthin 8mg.

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 Astaxanthin 8mg

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 Astaxanthin 8mg 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 Astaxanthin 8mg contains

The active substance is astaxanthin, from *Haematococcus pluvialis* (whole algae) powder.

Active ingredient	Per capsule	Per daily dose (1 capsule)
Haematococcus pluvialis algae powder [whole algae], standardised to 3% astaxanthin	266 mg	266 mg
providing astaxanthin	8 mg	8 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 Astaxanthin 8mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a red to dark red powder. The powder may have a slight seaweed smell. This is normal.

The powder in the capsules comes from natural algae 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 growing conditions and the time of harvest. It does not affect the quality of the product.

Genologix Astaxanthin 8mg is available in two pack sizes: 30 capsules (30 daily doses) and 120 capsules (120 daily doses). Both are packed in a resealable, laminated, light-protective pouch.

Holder of Certificate of Registration

Genologix Distributors (Pty) Ltd
Nguni Business Park
1 Nguni Way
Waterfall, KwaZulu-Natal
3610
South Africa
Tel: 087 094 0594
WhatsApp: 060 532 8317
Email: info@genologix.co.za

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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 Astaxanthin 8mg 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.