PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX CBD 10mg hard capsules

Cannabidiol (CBD) 10 mg per capsule
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-cbd-pure-cannabidiol-10mg-bulk-120-days-supply/

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

Genologix CBD 10mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix CBD 10mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix CBD 10mg 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 10mg is and what it is used for
2. What you need to know before you take Genologix CBD 10mg
3. How to take Genologix CBD 10mg
4. Possible side effects
5. How to store Genologix CBD 10mg
6. Contents of the pack and other information

1. What Genologix CBD 10mg is and what it is used for

Genologix CBD 10mg is a health supplement. It contains pure cannabidiol (CBD) isolate from the hemp plant (*Cannabis sativa* L.).

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

Genologix CBD 10mg:

- contributes to nervous system health.

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 10mg

Do not take Genologix CBD 10mg:

- if you are hypersensitive (allergic) to cannabidiol (CBD) or cannabis or any of the other ingredients of Genologix CBD 10mg (listed in section 6).
- if you are pregnant or breastfeeding.

Warnings and precautions

Take special care with Genologix CBD 10mg. 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 take any other medicine (see "Other medicines and Genologix CBD 10mg").

Do not exceed maximum daily dose of 20 mg.

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

Children and adolescents

Genologix CBD 10mg is not to be taken by children under the age of 18 years. Adults only.

Other medicines and Genologix CBD 10mg

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.

Genologix CBD 10mg with food, drink and alcohol

Genologix CBD 10mg can be taken with or without food. Avoid caffeine (e.g. coffee, energy drinks) while taking CBD.

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.

It is not always possible to predict to what extent Genologix CBD 10mg 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 10mg affects you.

Genologix CBD 10mg contains

Genologix CBD 10mg contains no sugar and no sweeteners.

3. How to take Genologix CBD 10mg

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

Always take Genologix CBD 10mg 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) or two (2) capsules a day. This provides 10 mg to 20 mg of CBD.

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

Children and adolescents under 18 years: Genologix CBD 10mg is not to be taken by this age group.

How to take it:

1. Start with one (1) capsule a day. Wait until you know how CBD affects you before increasing to two (2) capsules.
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix CBD 10mg 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 10mg than you should

If you take more than 20 mg in a day, you may get drowsiness, light-headedness, diarrhoea or an upset stomach. 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 10mg

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 10mg

You can stop taking Genologix CBD 10mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix CBD 10mg can have side effects.

Not all side effects reported for Genologix CBD 10mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix CBD 10mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix CBD 10mg 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 10mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- drowsiness or tiredness,
- light-headedness or dizziness,
- dry mouth,
- diarrhoea or an upset stomach,
- changes in appetite.

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 10mg.

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 10mg

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 CBD 10mg 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 CBD 10mg contains

The active substance is cannabidiol (CBD) isolate from *Cannabis sativa* L.

Active ingredient	Per capsule	Maximum daily dose (2 capsules)
Cannabidiol (CBD) isolate [*Cannabis sativa* L.]	10 mg	20 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 10mg looks like and contents of the pack

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

120 capsules packed in a resealable, laminated, light-protective pouch. At one capsule a day the pack lasts 120 days; at two capsules a day it lasts 60 days.

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 CBD 10mg 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.