PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX CURCUMIN 800mg hard capsules

Turmeric root extract (95% curcuminoids) 800 mg and BioPerine® black pepper extract (piperine) 20 mg per daily dose (2 capsules, each containing 400 mg and 10 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 on the product pages at https://genologix.co.za/product/genologix-curcumin-800mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-curcumin-800mg-bulk-120-days-supply/ (120-day pack).

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

Genologix Curcumin 800mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Curcumin 800mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Curcumin 800mg 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 Curcumin 800mg is and what it is used for
2. What you need to know before you take Genologix Curcumin 800mg
3. How to take Genologix Curcumin 800mg
4. Possible side effects
5. How to store Genologix Curcumin 800mg
6. Contents of the pack and other information

1. What Genologix Curcumin 800mg is and what it is used for

Genologix Curcumin 800mg is a health supplement. It contains curcumin, the natural yellow compound from turmeric root (*Curcuma longa*), together with BioPerine®, an extract of black pepper (*Piper nigrum*) that contains piperine.

Piperine is added to improve the absorption of curcumin.

Genologix Curcumin 800mg:

- is an antioxidant; and
- helps to relieve inflammation.

Relief of inflammation: consult a relevant health care provider if symptoms persist or worsen.

2. What you need to know before you take Genologix Curcumin 800mg

Do not take Genologix Curcumin 800mg:

- if you are hypersensitive (allergic) to turmeric, curcumin, black pepper or piperine or any of the other ingredients of Genologix Curcumin 800mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Curcumin 800mg. Talk to your doctor or pharmacist before taking it:

- if you are pregnant;
- if you are taking antiplatelet medication or blood thinners (e.g. aspirin, clopidogrel or warfarin);
- if you have gallstones or a bile duct obstruction;
- if you have stomach ulcers or excess stomach acid; or
- if you are going to have an operation.

Consult a relevant health care provider prior to use if any of the above applies to you.

Children and adolescents

Do not give Genologix Curcumin 800mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Curcumin 800mg

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

Curcumin may increase the effect of medicines that thin the blood or prevent blood clots (e.g. warfarin, aspirin, clopidogrel), which may increase the risk of bleeding.

Piperine may change how the body absorbs and breaks down some medicines. Talk to your doctor or pharmacist before you take it if you take any medicine prescribed by your doctor, particularly:

- medicines for diabetes;
- medicines that reduce stomach acid;
- medicines for epilepsy (e.g. phenytoin).

Genologix Curcumin 800mg with food, drink and alcohol

Take Genologix Curcumin 800mg with food. This helps absorption and reduces the chance of stomach upset.

Pregnancy, breastfeeding and fertility

Consult a relevant health care provider prior to use if you are pregnant. Genologix Curcumin 800mg is not recommended 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

Genologix Curcumin 800mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Curcumin 800mg 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 Curcumin 800mg affects you.

Genologix Curcumin 800mg contains

Genologix Curcumin 800mg contains no sugar and no sweeteners.

3. How to take Genologix Curcumin 800mg

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

Always take Genologix Curcumin 800mg 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 twice a day, with food. This provides 800 mg of turmeric extract a day.

Do not take more than one (1) capsule at a time, or more than two (2) capsules in 24 hours.

Children and adolescents under 18 years: Genologix Curcumin 800mg is not intended for this age group.

How to take it:

1. Take one capsule with breakfast and one capsule with another meal later in the day.
2. Swallow the capsules whole with a glass of water. Do not open the capsules, as the powder stains.
3. Stop taking Genologix Curcumin 800mg 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 Curcumin 800mg than you should

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

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 Curcumin 800mg

If you forget a dose, skip it and take your next dose at the usual time. Do not take two capsules at once.

Do not take a double dose to make up for a forgotten dose.

If you stop taking Genologix Curcumin 800mg

You can stop taking Genologix Curcumin 800mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Curcumin 800mg can have side effects.

Not all side effects reported for Genologix Curcumin 800mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Curcumin 800mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Curcumin 800mg 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 Curcumin 800mg. You may need urgent medical attention or hospitalisation.

yellowing of the skin or eyes, dark urine or pain in the upper right part of the abdomen (signs of liver problems).

Tell your doctor if you notice any of the following:

Frequency unknown:

- upset stomach, heartburn or indigestion,
- nausea (feeling sick),
- diarrhoea,
- 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 Curcumin 800mg.

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 Curcumin 800mg

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 Curcumin 800mg 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 Curcumin 800mg contains

The active substances are turmeric (*Curcuma longa*) root extract, standardised to 95% curcuminoids, and BioPerine® black pepper (*Piper nigrum*) fruit extract (piperine).

Active ingredient	Per capsule	Per daily dose (2 capsules)
Turmeric extract [*Curcuma longa* root, 20:1 extract, standardised to 95% curcuminoids] equivalent to 8 000 mg dried root per capsule	400 mg	800 mg
providing curcuminoids	380 mg	760 mg
BioPerine® black pepper extract [*Piper nigrum* fruit] (piperine)	10 mg	20 mg

The only other ingredient is hypromellose (the vegan capsule shell).

What Genologix Curcumin 800mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a bright yellow to orange powder. The powder can stain skin, clothing and surfaces.

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.

Genologix Curcumin 800mg is available in two pack sizes: 60 capsules (30 days) and 240 capsules (120 days). Both are 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 Curcumin 800mg 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.