PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX FOLATE 500mcg hard capsules

Calcium L-methylfolate 500 mcg per daily dose (1 capsule), providing approximately 400 mcg L-5-methyltetrahydrofolate (active folate)

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-folate-folic-acid-500mcg-bulk-120-days-supply/

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

Genologix Folate 500mcg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix Folate 500mcg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Folate 500mcg 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 Folate 500mcg is and what it is used for
2. What you need to know before you take Genologix Folate 500mcg
3. How to take Genologix Folate 500mcg
4. Possible side effects
5. How to store Genologix Folate 500mcg
6. Contents of the pack and other information

1. What Genologix Folate 500mcg is and what it is used for

Genologix Folate 500mcg is a health supplement. It contains L-methylfolate (L-5-methyltetrahydrofolate, or 5-MTHF), the active form of folate (vitamin B9) that the body uses directly.

It is not folic acid. Folic acid must first be converted by the body into this active form.

Genologix Folate 500mcg:

- helps to form red blood cells;
- helps the body to metabolise proteins;
- contributes to maternal tissue growth during pregnancy;
- helps to reduce the risk of neural tube defects (birth defects of the brain and spine) when taken daily prior to becoming pregnant and during early pregnancy; and
- is a factor in the maintenance of good health.

2. What you need to know before you take Genologix Folate 500mcg

Do not take Genologix Folate 500mcg:

- if you are hypersensitive (allergic) to folate, L-methylfolate or folic acid or any of the other ingredients of Genologix Folate 500mcg (listed in section 6).

Warnings and precautions

Take special care with Genologix Folate 500mcg. Talk to your doctor or pharmacist before taking it:

- if you have, or may have, a lack of vitamin B12 (for example, if you have pernicious anaemia, follow a strict vegan diet without B12 supplements, or are elderly). Folate can hide the signs of vitamin B12 deficiency, which can then cause nerve damage if not treated;
- if you have epilepsy (seizures);
- if you are being treated for cancer; or
- if you take any of the medicines listed under "Other medicines and Genologix Folate 500mcg".

Folate and folic acid from other supplements (including multivitamins and pregnancy supplements) should be taken into account when taking Genologix Folate 500mcg. Do not take more than one capsule a day.

Children and adolescents

Do not give Genologix Folate 500mcg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Folate 500mcg

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

Folate may reduce the effect of, or be affected by:

- medicines for epilepsy (e.g. phenytoin, phenobarbital, primidone, carbamazepine, valproate);
- methotrexate (used for cancer, rheumatoid arthritis or psoriasis);
- fluorouracil (5-FU) or capecitabine (cancer medicines);
- pyrimethamine (used for malaria or toxoplasmosis);
- trimethoprim or sulfasalazine.

Genologix Folate 500mcg with food, drink and alcohol

Genologix Folate 500mcg can be taken with or without food.

Pregnancy, breastfeeding and fertility

Folate is important before and during pregnancy. If you are pregnant, planning a pregnancy or breastfeeding, consult your doctor before taking Genologix Folate 500mcg, especially if you already take a pregnancy supplement.

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 Folate 500mcg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Folate 500mcg 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 Folate 500mcg affects you.

Genologix Folate 500mcg contains

Genologix Folate 500mcg contains no sugar and no sweeteners.

3. How to take Genologix Folate 500mcg

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

Always take Genologix Folate 500mcg 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.

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

Children and adolescents under 18 years: Genologix Folate 500mcg is not intended for this age group.

How to take it:

1. Swallow the capsule whole with a glass of water.
2. If you are planning a pregnancy, start taking it before you become pregnant and continue during early pregnancy, as advised by your doctor.
3. Stop taking Genologix Folate 500mcg 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 Folate 500mcg than you should

If you take too many capsules, you may get an upset stomach, bloating or difficulty sleeping. Large amounts of folate taken for a long time may hide a lack of vitamin B12.

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 Folate 500mcg

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 Folate 500mcg

You can stop taking Genologix Folate 500mcg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Folate 500mcg can have side effects.

Not all side effects reported for Genologix Folate 500mcg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix Folate 500mcg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix Folate 500mcg 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 Folate 500mcg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- nausea, bloating or upset stomach,
- loss of appetite,
- difficulty sleeping, irritability,
- allergic skin reactions (rash, itching).

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 Folate 500mcg.

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 Folate 500mcg

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 Folate 500mcg 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 Folate 500mcg contains

The active substance is calcium L-methylfolate (calcium L-5-methyltetrahydrofolate).

Active ingredient	Per capsule	Per daily dose (1 capsule)	% NRV*
Calcium L-methylfolate	500 mcg	500 mcg	
providing L-5-methyltetrahydrofolate (folate)	approx. 400 mcg	approx. 400 mcg	100%
*NRV = Nutrient Reference Value for adults (folate 400 mcg)			

The other ingredients are microcrystalline cellulose, magnesium stearate 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. Magnesium stearate is a common ingredient in foods and medicines. A very small amount is used to help the powder flow smoothly through our production machines. These ingredients are not active ingredients. They are only used to help us make the capsules accurately and consistently.

What Genologix Folate 500mcg looks like and contents of the pack

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

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

Holder of Certificate of Registration

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This leaflet was last revised on

11 November 2026

Registration number

Not applicable. Unregistered complementary medicine, Act 101/1965.

Access to the corresponding Professional Information

The Professional Information for Genologix Folate 500mcg 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.