PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX GABA 1000mg hard capsules

Gamma-aminobutyric acid (GABA) 1 000 mg per daily dose (2 capsules, each containing 500 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-gaba-1000mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-gaba-1000mg-bulk-120-days-supply/ (120-day pack).

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix GABA 1000mg 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 GABA 1000mg is and what it is used for
2. What you need to know before you take Genologix GABA 1000mg
3. How to take Genologix GABA 1000mg
4. Possible side effects
5. How to store Genologix GABA 1000mg
6. Contents of the pack and other information

1. What Genologix GABA 1000mg is and what it is used for

Genologix GABA 1000mg is a health supplement. It contains gamma-aminobutyric acid (GABA), an amino acid that occurs naturally in the body, where it acts as a calming messenger in the nervous system.

Genologix GABA 1000mg:

- is a factor in the maintenance of good health; and
- may help support relaxation.

2. What you need to know before you take Genologix GABA 1000mg

Do not take Genologix GABA 1000mg:

- if you are hypersensitive (allergic) to gamma-aminobutyric acid (GABA) or any of the other ingredients of Genologix GABA 1000mg (listed in section 6).

Warnings and precautions

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

- if you have low blood pressure or take medicine for high blood pressure;
- if you take sleeping tablets, sedatives or medicines for anxiety, depression or epilepsy; or
- if you have a long-term illness or take other medicine prescribed by your doctor.

Children and adolescents

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

Other medicines and Genologix GABA 1000mg

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

GABA may add to the effects of:

- sleeping tablets and sedatives (e.g. benzodiazepines such as diazepam or zolpidem);

- medicines for anxiety, depression or epilepsy (e.g. gabapentin or pregabalin);
- medicines that lower blood pressure.

Talk to your doctor or pharmacist before taking it if you use any of these medicines.

Genologix GABA 1000mg with food, drink and alcohol

Genologix GABA 1000mg can be taken with or without food. Avoid alcohol while taking it, as alcohol may increase drowsiness.

Pregnancy, breastfeeding and fertility

The safety of Genologix GABA 1000mg in pregnancy and breastfeeding has not been established. Genologix GABA 1000mg is not recommended if you are pregnant 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 GABA 1000mg may cause drowsiness in some people. Do not drive or operate machinery until you know how it affects you.

It is not always possible to predict to what extent Genologix GABA 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 GABA 1000mg affects you.

Genologix GABA 1000mg contains

Genologix GABA 1000mg contains no sugar and no sweeteners.

3. How to take Genologix GABA 1000mg

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

Always take Genologix GABA 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 two (2) capsules once a day. This provides 1 000 mg of GABA.

Do not take more than two (2) capsules in 24 hours.

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

How to take it:

1. Swallow the capsules whole with a glass of water.
2. You may take them at the time of day when you most want to relax, for example in the evening.
3. Stop taking Genologix GABA 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 GABA 1000mg than you should

If you take too many capsules, you may feel drowsy or light-headed, or get a tingling feeling in the skin or shortness of breath. These effects usually pass. Do not drive or operate machinery.

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 GABA 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 GABA 1000mg

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

4. Possible side effects

Genologix GABA 1000mg can have side effects.

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

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

Tell your doctor if you notice any of the following:

Frequency unknown:

- drowsiness or sleepiness,
- tingling or flushing of the skin,
- upset stomach or nausea (feeling sick),
- headache,
- a slight drop in blood pressure (feeling light-headed).

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 GABA 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 GABA 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 GABA 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 GABA 1000mg contains

The active substance is gamma-aminobutyric acid (GABA).

Active ingredient	Per capsule	Per daily dose (2 capsules)
Gamma-aminobutyric acid (GABA)	500 mg	1 000 mg

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 GABA 1000mg looks like and contents of the pack

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

Genologix GABA 1000mg is available in two pack sizes: 60 capsules (30 daily doses) and 240 capsules (120 daily doses). 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 GABA 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.