PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX GINKGO BILOBA EXTRACT 500mg hard capsules

Ginkgo biloba leaf extract (standardised to 24% flavone glycosides and 6% terpene lactones) 500 mg per daily dose (2 capsules, each containing 250 mg)

Sugar free

COMPLEMENTARY MEDICINE

Western Herbal Medicine

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-gingko-biloba-extract-500mg-30-days-supply/

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

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

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

1. What Genologix Ginkgo Biloba Extract 500mg is and what it is used for

Genologix Ginkgo Biloba Extract 500mg is a Western herbal medicine. It contains a standardised extract of the leaves of the ginkgo tree (*Ginkgo biloba* L.).

Genologix Ginkgo Biloba Extract 500mg:

- is traditionally used in Western herbal medicine to support memory and mental performance.

If you notice problems with memory or concentration that persist or get worse, consult your doctor or other health care provider.

2. What you need to know before you take Genologix Ginkgo Biloba Extract 500mg

Do not take Genologix Ginkgo Biloba Extract 500mg:

- if you are hypersensitive (allergic) to ginkgo (Ginkgo biloba) or any of the other ingredients of Genologix Ginkgo Biloba Extract 500mg (listed in section 6).
- if you take medicines that thin the blood (anticoagulants or antiplatelet medicines).

Warnings and precautions

Take special care with Genologix Ginkgo Biloba Extract 500mg. Talk to your doctor or pharmacist before taking it:

- if you have a tendency to bleed or a bleeding disorder;
- if you are going to have an operation or dental surgery. Stop taking it at least 3 days before surgery;
- if you have epilepsy (seizures);
- if you take any of the medicines listed under "Other medicines and Genologix Ginkgo Biloba Extract 500mg".

Use Genologix Ginkgo Biloba Extract 500mg for a maximum of 6 months, then take a break.

Children and adolescents

Do not give Genologix Ginkgo Biloba Extract 500mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Ginkgo Biloba Extract 500mg

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

Ginkgo may increase the risk of bleeding when taken with medicines that thin the blood or prevent blood clots, such as:

- warfarin or other anticoagulants;
- aspirin, clopidogrel or other antiplatelet medicines;
- anti-inflammatory medicines (NSAIDs, e.g. ibuprofen).

Ginkgo may also change the effect of efavirenz (an HIV medicine), medicines for epilepsy and some medicines for depression. Talk to your doctor or pharmacist before you take it if you use any of these medicines.

Genologix Ginkgo Biloba Extract 500mg with food, drink and alcohol

Genologix Ginkgo Biloba Extract 500mg can be taken with or without food. Taking it with food may reduce stomach upset.

Pregnancy, breastfeeding and fertility

Genologix Ginkgo Biloba Extract 500mg is not recommended during pregnancy or breastfeeding. It may increase the risk of bleeding.

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 Ginkgo Biloba Extract 500mg is not expected to affect your ability to drive or use machines. If you feel dizzy, do not drive or use machines.

It is not always possible to predict to what extent Genologix Ginkgo Biloba Extract 500mg 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 Ginkgo Biloba Extract 500mg affects you.

Genologix Ginkgo Biloba Extract 500mg contains

Genologix Ginkgo Biloba Extract 500mg contains no sugar and no sweeteners.

3. How to take Genologix Ginkgo Biloba Extract 500mg

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

Always take Genologix Ginkgo Biloba Extract 500mg 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 500 mg of ginkgo leaf extract.

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

Children and adolescents under 18 years: Genologix Ginkgo Biloba Extract 500mg is not intended for this age group.

How to take it:

1. Swallow the capsules whole with a glass of water.
2. Stop taking Genologix Ginkgo Biloba Extract 500mg if you get any side effects (see section 4).

Use for a maximum of 6 months, then take a break. Talk to your health care provider if you want to use it for longer.

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 Ginkgo Biloba Extract 500mg than you should

If you take too many capsules, you may get headache, dizziness, an upset stomach or diarrhoea. There may be an increased risk of bleeding.

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 Ginkgo Biloba Extract 500mg

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 Ginkgo Biloba Extract 500mg

You can stop taking Genologix Ginkgo Biloba Extract 500mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Ginkgo Biloba Extract 500mg can have side effects.

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

If any of the following happens, stop taking Genologix Ginkgo Biloba Extract 500mg 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 Ginkgo Biloba Extract 500mg. You may need urgent medical attention or hospitalisation.

any unusual bleeding, such as nosebleeds, bleeding gums, blood in the urine or stools, bleeding in the eye, or bleeding that does not stop;

a sudden, severe headache.

Tell your doctor if you notice any of the following:

Frequency unknown:

- headache,
- dizziness,
- upset stomach, nausea (feeling sick) or diarrhoea,
- allergic skin reactions (redness, swelling, 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 Ginkgo Biloba Extract 500mg.

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 Ginkgo Biloba Extract 500mg

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 Ginkgo Biloba Extract 500mg 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 Ginkgo Biloba Extract 500mg contains

The active substance is a dry extract of ginkgo leaf (*Ginkgo biloba* L., folium), standardised to 24% flavone glycosides and 6% terpene lactones.

Active ingredient	Per capsule	Per daily dose (2 capsules)
Ginkgo biloba leaf extract (35:1), equivalent to 8 750 mg dried leaf per capsule	250 mg	500 mg
providing flavone glycosides (24%)	60 mg	120 mg
providing terpene lactones (6%)	15 mg	30 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 Ginkgo Biloba Extract 500mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a yellow-brown to brown powder.

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.

60 capsules (30 daily doses) 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 Ginkgo Biloba Extract 500mg 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.