PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX HMB 1500mg hard capsules

Calcium beta-hydroxy beta-methylbutyrate (calcium HMB) 1 500 mg per daily dose (3 capsules, each containing 500 mg), providing approximately 1 200 mg HMB and 210 mg calcium

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-hmb-1500mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-hmb-1500mg-bulk-120-days-supply/ (120-day pack).

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

Genologix HMB 1500mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix HMB 1500mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix HMB 1500mg 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 HMB 1500mg is and what it is used for
2. What you need to know before you take Genologix HMB 1500mg
3. How to take Genologix HMB 1500mg
4. Possible side effects
5. How to store Genologix HMB 1500mg
6. Contents of the pack and other information

1. What Genologix HMB 1500mg is and what it is used for

Genologix HMB 1500mg is a health supplement. It contains HMB (beta-hydroxy beta-methylbutyrate), a compound your body makes in small amounts from the amino acid leucine.

Genologix HMB 1500mg:

- may help support muscle strength when combined with resistance (strength) training; and
- may help support muscle recovery after exercise.

For best results, use Genologix HMB 1500mg together with regular exercise and a diet that contains enough protein.

2. What you need to know before you take Genologix HMB 1500mg

Do not take Genologix HMB 1500mg:

- if you are hypersensitive (allergic) to HMB or any of the other ingredients of Genologix HMB 1500mg (listed in section 6).

Warnings and precautions

Take special care with Genologix HMB 1500mg. Talk to your doctor or pharmacist before taking it:

- if you have kidney disease or kidney stones;
- if you have a high calcium level in your blood;
- if you have a long-term illness or take medicine prescribed by your doctor.

Genologix HMB 1500mg contains about 210 mg calcium per daily dose. Calcium from other supplements and antacids should be taken into account.

Children and adolescents

Do not give Genologix HMB 1500mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix HMB 1500mg

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

Calcium can reduce the absorption of some medicines. Take these medicines at least 2 hours before or 4 hours after taking Genologix HMB 1500mg:

- antibiotics called tetracyclines (e.g. doxycycline) or quinolones (e.g. ciprofloxacin);
- bisphosphonates (medicines for weak bones, e.g. alendronate);
- levothyroxine (a thyroid medicine);
- iron supplements.

Genologix HMB 1500mg with food, drink and alcohol

Genologix HMB 1500mg can be taken with or without food. Taking it with a meal that contains protein is ideal.

Pregnancy, breastfeeding and fertility

The safety of Genologix HMB 1500mg in pregnancy and breastfeeding has not been established. Genologix HMB 1500mg 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 HMB 1500mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix HMB 1500mg 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 HMB 1500mg affects you.

Genologix HMB 1500mg contains

Genologix HMB 1500mg contains no sugar and no sweeteners.

3. How to take Genologix HMB 1500mg

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

Always take Genologix HMB 1500mg 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 three (3) capsules a day. This provides 1 500 mg of calcium HMB.

Do not take more than three (3) capsules in 24 hours.

Children and adolescents under 18 years: Genologix HMB 1500mg is not intended for this age group.

How to take it:

1. Take the capsules at any time of day, all at once or spread across the day, ideally with a meal that contains protein.
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix HMB 1500mg 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 HMB 1500mg than you should

If you take too many capsules, you may get an upset stomach, bloating or constipation.

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 HMB 1500mg

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 HMB 1500mg

You can stop taking Genologix HMB 1500mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix HMB 1500mg can have side effects.

Not all side effects reported for Genologix HMB 1500mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix HMB 1500mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix HMB 1500mg 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 HMB 1500mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- upset stomach or nausea (feeling sick),
- bloating or wind,
- constipation or diarrhoea.

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 HMB 1500mg.

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 HMB 1500mg

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 HMB 1500mg 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 HMB 1500mg contains

The active substance is calcium beta-hydroxy beta-methylbutyrate (calcium HMB).

Active ingredient	Per capsule	Per daily dose (3 capsules)
Calcium beta-hydroxy beta-methylbutyrate (calcium HMB)	500 mg	1 500 mg
providing HMB	approx. 400 mg	approx. 1 200 mg
providing calcium	approx. 70 mg	approx. 210 mg

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

What Genologix HMB 1500mg looks like and contents of the pack

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

Genologix HMB 1500mg is available in two pack sizes: 90 capsules (30 daily doses) and 360 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 HMB 1500mg 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.