PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX L-GLUTAMINE 1500mg hard capsules

L-Glutamine 1 500 mg per daily dose (3 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-l-glutamine-1500mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-l-glutamine-1500mg-bulk-120-days-supply/ (120-day pack).

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

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

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

1. What Genologix L-Glutamine 1500mg is and what it is used for

Genologix L-Glutamine 1500mg is a health supplement. It contains L-glutamine, the most abundant amino acid in the body. It is a non-essential amino acid: the body can make it. Non-essential amino acids serve many functions to create optimal health.

Genologix L-Glutamine 1500mg:

- is a source of an amino acid involved in muscle protein synthesis.

Sufficient protein is provided in normal well-balanced daily meals.

2. What you need to know before you take Genologix L-Glutamine 1500mg

Do not take Genologix L-Glutamine 1500mg:

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

Warnings and precautions

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

- if you are following a low protein diet;
- if you are pregnant or breastfeeding.

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

The indicated daily dose should not be exceeded.

Children and adolescents

Genologix L-Glutamine 1500mg is not suitable for children under the age of 18 years.

Other medicines and Genologix L-Glutamine 1500mg

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

No interactions with other medicines are known. If you take any medicine prescribed by your doctor, talk to your doctor or pharmacist before taking it.

Genologix L-Glutamine 1500mg with food, drink and alcohol

For best results, take Genologix L-Glutamine 1500mg on an empty stomach (see section 3). Ensure to drink enough fluid before, during and after exercise.

Pregnancy, breastfeeding and fertility

Consult a relevant health care provider prior to use if you are pregnant or breastfeeding. Genologix L-Glutamine 1500mg 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 L-Glutamine 1500mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix L-Glutamine 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 L-Glutamine 1500mg affects you.

Genologix L-Glutamine 1500mg contains

Genologix L-Glutamine 1500mg contains no sugar and no sweeteners.

3. How to take Genologix L-Glutamine 1500mg

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

Always take Genologix L-Glutamine 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 L-glutamine.

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

Children and adolescents under 18 years: Genologix L-Glutamine 1500mg is not suitable for this age group.

How to take it:

1. Take the capsules on an empty stomach, ideally before exercise and/or just before sleep. You may split the dose during the day.
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix L-Glutamine 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 L-Glutamine 1500mg than you should

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

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 L-Glutamine 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 L-Glutamine 1500mg

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

4. Possible side effects

Genologix L-Glutamine 1500mg can have side effects.

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

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

Tell your doctor if you notice any of the following:

Frequency unknown:

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

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 L-Glutamine 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 L-Glutamine 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 L-Glutamine 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 L-Glutamine 1500mg contains

The active substance is L-glutamine.

Active ingredient	Per capsule	Per daily dose (3 capsules)
L-Glutamine	500 mg	1 500 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 L-Glutamine 1500mg looks like and contents of the pack

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

Genologix L-Glutamine 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 L-Glutamine 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.