PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX L-THEANINE 300mg hard capsules

L-Theanine 300 mg per daily dose (1 capsule)
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-theanine-300mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-l-theanine-300mg-bulk-120-days-supply/ (120-day pack).

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

Genologix L-Theanine 300mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix L-Theanine 300mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix L-Theanine 300mg 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-Theanine 300mg is and what it is used for
2. What you need to know before you take Genologix L-Theanine 300mg
3. How to take Genologix L-Theanine 300mg
4. Possible side effects
5. How to store Genologix L-Theanine 300mg
6. Contents of the pack and other information

1. What Genologix L-Theanine 300mg is and what it is used for

Genologix L-Theanine 300mg is a health supplement. It contains L-theanine, an amino acid found naturally in tea leaves.

Genologix L-Theanine 300mg:

- helps to support relaxation; and
- helps to temporarily promote relaxation.

2. What you need to know before you take Genologix L-Theanine 300mg

Do not take Genologix L-Theanine 300mg:

- if you are hypersensitive (allergic) to L-theanine or any of the other ingredients of Genologix L-Theanine 300mg (listed in section 6).

Warnings and precautions

Take special care with Genologix L-Theanine 300mg. 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 other medicines that make you drowsy; or
- if you have a long-term illness or take other medicine prescribed by your doctor.

The indicated daily dose should not be exceeded.

Children and adolescents

Do not give Genologix L-Theanine 300mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix L-Theanine 300mg

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

L-theanine may add to the effects of:

- medicines that lower blood pressure;
- sleeping tablets, sedatives and other medicines that act on the brain (CNS depressants).

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

Genologix L-Theanine 300mg with food, drink and alcohol

For best results, take Genologix L-Theanine 300mg on an empty stomach. Large amounts of caffeine may reduce its relaxing effect. Avoid alcohol, as it may increase drowsiness.

Pregnancy, breastfeeding and fertility

The safety of Genologix L-Theanine 300mg in pregnancy and breastfeeding has not been established. Genologix L-Theanine 300mg 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 L-Theanine 300mg may cause drowsiness in some people. Do not drive or operate machinery if you are affected.

It is not always possible to predict to what extent Genologix L-Theanine 300mg 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-Theanine 300mg affects you.

Genologix L-Theanine 300mg contains

Genologix L-Theanine 300mg contains no sugar and no sweeteners.

3. How to take Genologix L-Theanine 300mg

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

Always take Genologix L-Theanine 300mg 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. This provides 300 mg of L-theanine.

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

Children and adolescents under 18 years: Genologix L-Theanine 300mg is not intended for this age group.

How to take it:

1. Take the capsule first thing in the morning, preferably on an empty stomach.
2. Swallow the capsule whole with a glass of water.
3. Stop taking Genologix L-Theanine 300mg 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-Theanine 300mg than you should

If you take too many capsules, you may feel drowsy or light-headed, or get a headache or 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-Theanine 300mg

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-Theanine 300mg

You can stop taking Genologix L-Theanine 300mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix L-Theanine 300mg can have side effects.

Not all side effects reported for Genologix L-Theanine 300mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix L-Theanine 300mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix L-Theanine 300mg 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-Theanine 300mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- drowsiness,
- headache or dizziness,
- upset stomach or nausea (feeling sick).

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-Theanine 300mg.

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-Theanine 300mg

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-Theanine 300mg 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-Theanine 300mg contains

The active substance is L-theanine (N-ethyl-L-glutamine).

Active ingredient	Per capsule	Per daily dose (1 capsule)
L-Theanine	300 mg	300 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 L-Theanine 300mg looks like and contents of the pack

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

Genologix L-Theanine 300mg is available in two pack sizes: 30 capsules (30 daily doses) and 120 capsules (120 daily doses). Both are 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

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 L-Theanine 300mg 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.