PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX L-TYROSINE 1000mg hard capsules

N-Acetyl-L-tyrosine 1 000 mg per daily dose (2 capsules, each containing 500 mg), providing 800 mg L-tyrosine

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-tyrosine-1000mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-l-tyrosine-1000mg-bulk-120-days-supply/ (120-day pack).

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix L-Tyrosine 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 L-Tyrosine 1000mg is and what it is used for
2. What you need to know before you take Genologix L-Tyrosine 1000mg
3. How to take Genologix L-Tyrosine 1000mg
4. Possible side effects
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1. What Genologix L-Tyrosine 1000mg is and what it is used for

Genologix L-Tyrosine 1000mg is a health supplement. It contains N-acetyl-L-tyrosine, a form of the amino acid L-tyrosine. L-tyrosine is a non-essential amino acid: the body can make it. Non-essential amino acids serve many functions to create optimal health.

The body also uses tyrosine to make certain chemical messengers in the brain and thyroid hormone.

Genologix L-Tyrosine 1000mg:

- 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-Tyrosine 1000mg

Do not take Genologix L-Tyrosine 1000mg:

- if you are hypersensitive (allergic) to L-tyrosine or N-acetyl-L-tyrosine or any of the other ingredients of Genologix L-Tyrosine 1000mg (listed in section 6).
- if you take a monoamine oxidase inhibitor (MAOI) antidepressant, or have taken one in the last 2 weeks.

Warnings and precautions

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

- if you are following a low protein diet;
- if you are pregnant or breastfeeding;
- if you have an overactive thyroid (hyperthyroidism), Graves' disease, or take thyroid hormone;
- if you take levodopa (a medicine for Parkinson's disease);
- if you suffer from migraines.

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-Tyrosine 1000mg is not suitable for children under the age of 18 years.

Other medicines and Genologix L-Tyrosine 1000mg

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

Do not take this medicine with MAOI antidepressants (e.g. phenelzine, tranylcypromine, selegiline). Together they may cause a dangerous rise in blood pressure.

Talk to your doctor or pharmacist before you take it if you take:

- thyroid hormone (e.g. levothyroxine);
- levodopa.

Genologix L-Tyrosine 1000mg with food, drink and alcohol

Take Genologix L-Tyrosine 1000mg before meals.

Pregnancy, breastfeeding and fertility

Consult a relevant health care provider prior to use if you are pregnant or breastfeeding. Genologix L-Tyrosine 1000mg 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-Tyrosine 1000mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix L-Tyrosine 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 L-Tyrosine 1000mg affects you.

Genologix L-Tyrosine 1000mg contains

Genologix L-Tyrosine 1000mg contains no sugar and no sweeteners.

3. How to take Genologix L-Tyrosine 1000mg

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

Always take Genologix L-Tyrosine 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 one (1) capsule twice a day, before meals. This provides 800 mg of L-tyrosine a day.

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

Children and adolescents under 18 years: Genologix L-Tyrosine 1000mg is not suitable for this age group.

How to take it:

1. Take one capsule before breakfast and one capsule before another meal later in the day.
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix L-Tyrosine 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 L-Tyrosine 1000mg than you should

If you take too many capsules, you may get nausea, headache, nervousness, a fast heartbeat or difficulty sleeping.

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-Tyrosine 1000mg

If you forget a dose, skip it and take your next dose at the usual time. Do not take two capsules at once.

Do not take a double dose to make up for a forgotten dose.

If you stop taking Genologix L-Tyrosine 1000mg

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

4. Possible side effects

Genologix L-Tyrosine 1000mg can have side effects.

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

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

Tell your doctor if you notice any of the following:

Frequency unknown:

- nausea (feeling sick) or heartburn,
- headache,
- tiredness,
- joint pain.

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-Tyrosine 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 L-Tyrosine 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 L-Tyrosine 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 L-Tyrosine 1000mg contains

The active substance is N-acetyl-L-tyrosine.

Active ingredient	Per capsule	Per daily dose (2 capsules)
N-Acetyl-L-tyrosine	500 mg	1 000 mg
providing L-tyrosine	400 mg	800 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-Tyrosine 1000mg looks like and contents of the pack

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

Genologix L-Tyrosine 1000mg is available in two pack sizes: 60 capsules (30 days) and 240 capsules (120 days). 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-Tyrosine 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.