PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX NAC 600mg hard capsules

N-acetyl-L-cysteine (NAC) 600 mg per daily dose (2 capsules, each containing 300 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-nac-n-acetyl-l-cysteine-600mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-nac-n-acetyl-l-cysteine-600mg-bulk-120-days-supply/ (120-day pack).

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

Genologix NAC 600mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix NAC 600mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix NAC 600mg 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 NAC 600mg is and what it is used for
2. What you need to know before you take Genologix NAC 600mg
3. How to take Genologix NAC 600mg
4. Possible side effects
5. How to store Genologix NAC 600mg
6. Contents of the pack and other information

1. What Genologix NAC 600mg is and what it is used for

Genologix NAC 600mg is a health supplement. It contains N-acetyl-L-cysteine (NAC), a form of the amino acid L-cysteine.

Genologix NAC 600mg:

- is a source of an amino acid involved in muscle protein synthesis; and
- helps the body make glutathione, one of its main natural antioxidants.

Genologix NAC 600mg is a health supplement only. It is not intended for the treatment of coughs, chest conditions or any other illness.

2. What you need to know before you take Genologix NAC 600mg

Do not take Genologix NAC 600mg:

- if you are hypersensitive (allergic) to N-acetyl-L-cysteine or any of the other ingredients of Genologix NAC 600mg (listed in section 6).

Warnings and precautions

Take special care with Genologix NAC 600mg. Talk to your doctor or pharmacist before taking it:

- if you have asthma;
- if you have, or have had, a stomach ulcer;
- if you have kidney disease or kidney stones; or
- if you take any of the medicines listed under "Other medicines and Genologix NAC 600mg".

Children and adolescents

Do not give Genologix NAC 600mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix NAC 600mg

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

Talk to your doctor or pharmacist before you take Genologix NAC 600mg if you take:

- nitroglycerin or other nitrates (heart medicines), because NAC may increase their effect and cause headaches or low blood pressure;
- activated charcoal, which can reduce the effect of NAC;
- medicine to thin the blood (e.g. warfarin);
- certain antibiotics: take them at least 2 hours apart from NAC.

Genologix NAC 600mg with food, drink and alcohol

Take Genologix NAC 600mg in the morning with food (see section 3). No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

The safety of Genologix NAC 600mg as a supplement in pregnancy and breastfeeding has not been established. It 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 NAC 600mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix NAC 600mg 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 NAC 600mg affects you.

Genologix NAC 600mg contains

Genologix NAC 600mg contains no sugar and no sweeteners.

3. How to take Genologix NAC 600mg

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

Always take Genologix NAC 600mg 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 600 mg of NAC.

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

Children and adolescents under 18 years: Genologix NAC 600mg is not intended for this age group.

How to take it:

1. Take the capsules in the morning.
2. Take them with food.
3. Swallow the capsules whole with a glass of water.
4. Stop taking Genologix NAC 600mg 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 NAC 600mg than you should

If you take too many capsules, you may get nausea, vomiting, stomach pain or diarrhoea.

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 NAC 600mg

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 NAC 600mg

You can stop taking Genologix NAC 600mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix NAC 600mg can have side effects.

Not all side effects reported for Genologix NAC 600mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix NAC 600mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix NAC 600mg 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 NAC 600mg. You may need urgent medical attention or hospitalisation.

If you have asthma and your breathing becomes difficult or wheezy, stop taking it and seek medical help immediately.

Tell your doctor if you notice any of the following:

Frequency unknown:

- nausea (feeling sick) or vomiting,
- stomach pain, heartburn or diarrhoea,
- headache,
- a sulphur-like smell or taste.

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 NAC 600mg.

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 NAC 600mg

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 NAC 600mg 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 NAC 600mg contains

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

Active ingredient	Per capsule	Per daily dose (2 capsules)
N-Acetyl-L-cysteine	300 mg	600 mg
providing L-cysteine	222,7 mg	445,4 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 NAC 600mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a white powder. NAC naturally has a slight sulphur smell. This is normal.

Genologix NAC 600mg is available in two pack sizes: 60 capsules (30 daily doses) and 240 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 NAC 600mg 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.