# PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:** S0

## GENOLOGIX TAURINE 1500mg hard capsules

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

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

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

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


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

Genologix Taurine 1500mg is a health supplement. It contains taurine, an amino acid found naturally in the body, especially in the heart, muscles, eyes and brain. The taurine in this product is made synthetically and is not of animal origin.

Genologix Taurine 1500mg:

- is an amino acid that plays a role in the support of the immune system;
- is an antioxidant;
- is important for energy metabolism (the transformation of food into energy); and
- helps to support cardiovascular function.

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

**Do not take Genologix Taurine 1500mg:**

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

**Warnings and precautions**

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

- if you have low blood pressure, or take medicine for high blood pressure;
- if you have diabetes or take medicine to lower your blood sugar, because taurine may lower blood sugar;
- if you take lithium (a medicine for bipolar disorder);
- if you have kidney disease.

Do not exceed the daily dose without consulting a relevant health care provider.

**Children and adolescents**

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

**Other medicines and Genologix Taurine 1500mg**

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 it if you take:

- lithium (taurine may affect how the body removes lithium);
- medicines for high blood pressure (taurine may lower blood pressure further);
- medicines for diabetes (blood sugar may drop too low).

**Genologix Taurine 1500mg with food, drink and alcohol**

Take Genologix Taurine 1500mg after food. Avoid taking it with alcohol or energy drinks.

**Pregnancy, breastfeeding and fertility**

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

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

**Genologix Taurine 1500mg contains**

Genologix Taurine 1500mg contains no sugar and no sweeteners.

## 3. How to take Genologix Taurine 1500mg

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

Always take Genologix Taurine 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 once a day, after food. This provides 1 500 mg of taurine.

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

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

**How to take it:**

1. Take the capsules after a meal.
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix Taurine 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 Taurine 1500mg than you should**

If you take too many capsules, you may get an upset stomach, indigestion, diarrhoea or constipation, or feel light-headed.

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 Taurine 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 Taurine 1500mg**

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

## 4. Possible side effects

Genologix Taurine 1500mg can have side effects.

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

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

Tell your doctor if you notice any of the following:

**Frequency unknown:**

- indigestion or upset stomach,
- diarrhoea or constipation,
- light-headedness (low blood pressure or low blood sugar).

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 Taurine 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 Taurine 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 Taurine 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 Taurine 1500mg contains**

The active substance is taurine (2-aminoethanesulfonic acid).

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

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

Genologix Taurine 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**

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 Taurine 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.