PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX VITAMIN C ESTER 1000mg hard capsules

Ascorbyl palmitate (vitamin C ester) 1 000 mg per daily dose (3 capsules, each containing 333,3 mg), providing 400 mg vitamin C

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 at https://genologix.co.za/product/genologix-vitamin-c-ester-400mg-bulk-120-days-supply/

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Genologix Vitamin C Ester 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 Vitamin C Ester 1000mg is and what it is used for
2. What you need to know before you take Genologix Vitamin C Ester 1000mg
3. How to take Genologix Vitamin C Ester 1000mg
4. Possible side effects
5. How to store Genologix Vitamin C Ester 1000mg
6. Contents of the pack and other information

1. What Genologix Vitamin C Ester 1000mg is and what it is used for

Genologix Vitamin C Ester 1000mg is a health supplement. It contains ascorbyl palmitate, a fat-soluble form of vitamin C made by joining vitamin C (ascorbic acid) to palmitic acid, a fatty acid. It is less acidic than ordinary vitamin C.

Genologix Vitamin C Ester 1000mg:

- contributes to the protection of cells from oxidative stress;
- is an antioxidant for the maintenance of good health;
- contributes to the normal function of the immune system; and
- contributes to normal collagen formation for the normal function of the skin, bones, cartilage and blood vessels.

2. What you need to know before you take Genologix Vitamin C Ester 1000mg

Do not take Genologix Vitamin C Ester 1000mg:

- if you are hypersensitive (allergic) to ascorbyl palmitate or vitamin C or any of the other ingredients of Genologix Vitamin C Ester 1000mg (listed in section 6).

Warnings and precautions

Take special care with Genologix Vitamin C Ester 1000mg. Talk to your doctor or pharmacist before taking it:

- if you have kidney disease or have had kidney stones;
- if you have glucose-6-phosphate dehydrogenase (G6PD) deficiency (an inherited blood disorder);
- if you have iron overload (haemochromatosis), because vitamin C increases iron absorption;
- if you are being treated for cancer with chemotherapy or radiotherapy (antioxidants may affect how some treatments work).

Vitamin C from other supplements should be taken into account when taking Genologix Vitamin C Ester 1000mg.

Children and adolescents

Do not give Genologix Vitamin C Ester 1000mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix Vitamin C Ester 1000mg

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:

- warfarin (a medicine that thins the blood);
- antacids containing aluminium (vitamin C may increase aluminium absorption);
- medicines containing oestrogen (e.g. hormone replacement therapy, some contraceptives);
- cancer medicines (chemotherapy).

Genologix Vitamin C Ester 1000mg with food, drink and alcohol

Take Genologix Vitamin C Ester 1000mg with food.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, consult your health care provider before taking Genologix Vitamin C Ester 1000mg.

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 Vitamin C Ester 1000mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix Vitamin C Ester 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 Vitamin C Ester 1000mg affects you.

Genologix Vitamin C Ester 1000mg contains

Genologix Vitamin C Ester 1000mg contains no sugar and no sweeteners.

3. How to take Genologix Vitamin C Ester 1000mg

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

Always take Genologix Vitamin C Ester 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 three (3) capsules a day, preferably with food. This provides 400 mg of vitamin C.

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

Children and adolescents under 18 years: Genologix Vitamin C Ester 1000mg is not intended for this age group.

How to take it:

1. Take the capsules with a meal.
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix Vitamin C Ester 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 Vitamin C Ester 1000mg than you should

If you take too many capsules, you may get stomach cramps, nausea 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 Vitamin C Ester 1000mg

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 Vitamin C Ester 1000mg

You can stop taking Genologix Vitamin C Ester 1000mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix Vitamin C Ester 1000mg can have side effects.

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

If any of the following happens, stop taking Genologix Vitamin C Ester 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 Vitamin C Ester 1000mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- stomach upset, heartburn or nausea (feeling sick),
- diarrhoea,
- 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 Vitamin C Ester 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 Vitamin C Ester 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 Vitamin C Ester 1000mg if the pouch seal is broken or the capsules look damaged or discoloured.

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 Vitamin C Ester 1000mg contains

The active substance is ascorbyl palmitate (vitamin C ester).

Active ingredient	Per capsule	Per daily dose (3 capsules)	% NRV*
Ascorbyl palmitate	333,3 mg	1 000 mg	
providing vitamin C (ascorbic acid)	133,3 mg	400 mg	444%
*NRV = Nutrient Reference Value for adults			

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 Vitamin C Ester 1000mg looks like and contents of the pack

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

360 capsules (120 daily doses) 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 Vitamin C Ester 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.