SPORTRON

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Sportron Brain Food Capsules

Active Ingredients per serving (1 capsule): Lions Mane (Hericium erinaceus) powder 310 mg, Green Tea Extract 125mg, L-Theanine 60,3 mg, Saffron Extract (Crocuc sativicus) 50 mg, Vitamin E 9 mg, Vitamin B1 (Thiamine) 1,1 mg, Vitamin B2 (Riboflavin) 1,1 mg, Vitamin B3 (Niacin) 14 mg, Vitamin B5 (Pantothenic acid) 5 mg, Vitamin B6 (Pyridoxine) 1,3 mg, Vitamin B9 (Folic acid) 200 mcg, Vitamin B12 (Cobalamine) 0,4 mcg.

Category D: Complementary Medicine, D34.12 Health Supplements

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety, or intended use.

Read this leaflet carefully as it contains important information for you.

Sportron Brain Food Capsules are available without a doctor's prescription for cognitive health. Nevertheless, you still need to use Sportron Brain Food Capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Sportron Brain Food Capsules with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must consult a doctor if your condition worsens or does not improve after 7 days.

What is in this leaflet:

1. **What Sportron Brain Food Capsules are and what it is used for**
2. **What you need to know before you use Sportron Brain Food Capsules**
3. **How to use Sportron Brain Food Capsules**
4. **Possible side effects**
5. **How to store Sportron Brain Food Capsules**
6. **Contents of the pack and other information**

1. WHAT SPORTRON BRAIN FOOD CAPSULES ARE AND WHAT THEY ARE USED FOR

Sportron Brain Food Capsules are used for daily boost and brain maintenance. This product may be used by adults aged 18 years and over.

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2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON BRAIN FOOD CAPSULES

- Do not use Sportron Brain Food Capsules if you are hypersensitive (allergic) to any ingredients.
- If you are unsure if you should use Sportron Brain Food Capsules, talk to your doctor or pharmacist.

Warnings and precautions:

Sportron Brain Food Capsules are for ingestion only.

If you are taking prescription medication, consult a healthcare practitioner prior to use. If any unwanted/adverse effect develops, discontinue use and consult your doctor or pharmacist. Use is described in adults aged 18 years and older.

Tell your healthcare provider prior to use

- If you are taking any prescription medication
- If you are pregnant, trying to become pregnant or are breast-feeding ask your doctor or pharmacist for advice

Pregnancy and Breastfeeding

Sportron Brain Food Capsules should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Sportron Brain Food Capsules when breastfeeding.

Driving and using machines

Sportron Brain Food Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Sportron Brain Food Capsules

Always tell your healthcare provider if you are taking any other medicine. Sportron Brain Food Capsules is not known to react badly with any type of food or drink but may affect absorption of nutrients and medications.

3. HOW TO USE SPORTRON BRAIN FOOD CAPSULES

The usual dose is:

Adults:

Standard Adult dose: Take 1 capsule daily with a meal or as directed by your health practitioner.

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Method of administration:

Sportron Brain Food Capsules are for ingestion only.

If you take more Sportron Brain Food Capsules than you should:

If anyone, especially a child, accidentally takes too much Sportron Brain Food Capsules contact your doctor or local poison centre immediately. Sportron Brain Food Capsules should not be used continuously for longer than one week. If symptoms persist consult your doctor. If you see a doctor or have to go to hospital for any reason, tell them what medicines you are taking.

If you forget to take a dose of Sportron Brain Food Capsules:

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

4. POSSIBLE SIDE EFFECTS

None known. If any side effects are experienced, please tell your doctor or pharmacist.

Sportron Brain Food Capsules is not known to react badly with any other medicines or any types of food or drink.

Should your general health worsen, or if you experience any untoward effects while using this product, please consult your doctor, pharmacist, or other health care professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist. You can also report side effects to SAHPRA via the 6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: https://www.sahpra.org.za/document/adverse-drug-reactions-and-quality-problem-reporting-form/ . By reporting side effects, you can help provide more information on the safety of Sportron Brain Food Capsules.

5. HOW TO STORE SPORTRON BRAIN FOOD CAPSULES

Store below 30 ˚C in a cool, dry place. Store out of reach of children. Store out of reach of children. Store in the original package / container. Do not store in a bathroom. Do not use after the expiry date printed on the bottle. The expiry date refers to the last day of that month. Do not use Sportron Brain Food Capsules if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets). Shelf life: 2 years

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Sportron Brain Food Capsules contain:

Active Ingredients per serving (1 capsule): Lions Mane (Hericium erinaceus) powder 310 mg, Green Tea Extract 125mg, L-Theanine 60,3 mg, Saffron Extract (Crocuc sativicus) 50 mg, Vitamin E 9mg, Vitamin B1 (Thiamine) 1,1 mg, Vitamin B2 (Riboflavin) 1,1 mg, Vitamin B3

(Niacin) 14 mg, Vitamin B5 (Pantothenic acid) 5 mg, Vitamin B6 (Pyridoxine) 1,3 mg, Vitamin B9 (Folic acid) 200 mcg, Vitamin B12 (Cobalamine) 0,4 mcg.

Inactive ingredients: Magnesium Stearate, HPMC Vegan Vegetable Capsules, Silicone Dioxide.

What Sportron Brain Food Capsules looks like and contents of the pack:

Sportron Brain Food Capsules is a clear capsule with light beige powder in a glossy white PET container with a white ribbed pressure liner cap, containing 30 veggie-capsules.

Distributed by:

Sportron Group (Pty) Ltd

Route 21 Business Park, 59 Regency Drive, Centurion, South Africa, 0157.

Tel: +27 (11) 317 8500

www.sportron.co.za

Name and Address of Holder of Certificate of Registration

Microbel Laboratories (Pty) Ltd,

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This leaflet was last revised

February 2026

Registration/Application number

Application Number: TBC

Access to the corresponding Professional Information (PI): www.sportron.co.za

SPORTRON

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Sportron Brein voedsel kapsules

Aktiewe bestanddele per porsie (1 kapsule): Lions Mane (Hericium erinaceus) poeier 331 mg, L-Karnitien 150 mg, L-Theanien 80,3 mg, Saffraan (Crocuc sativicus) 50 mg, Vitamien B1 (Thiamien) 1,1 mg, Vitamien B2 (Riboflavien) 1,1 mg, Vitamien B3 (Niacin) 14 mg, Vitamien B5 (Pantotheniese suur) 5 mg, Vitamien B6 (Piridoksien) 1,3 mg, Vitamien B9 (Foliensuur) 0,2 mg, Vitamien B12 (Kobalamien) 0,002 mg.

Kategorie D: Komplementêre Medisyne. D 34.12 Gesondheid aanvullings.

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer ten opsigte van kwaliteit, veiligheid of voorgenome gebruik nie.

Lees dié hele pamflet aandagtig deur, dit bevat belangrike inligting.

Sportron Brein voedsel kapsules is beskikbaar sonder ‘n voorskrif van die dokter, vir kognitiewe gesondheid. Nietemin, Sportron Brein voedsel kapsules moet nogtans versigtig gebruik word om die beste resultate te verkry.

- Moenie hierdie pamflet weggooi nie. U mag dit moontlik weer moet lees.
- Moenie Sportron Brein voedsel kapsules met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

WAT IS IN HIERDIE PAMFLET

1. **Wat Sportron Brein voedsel kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Sportron Brein voedsel kapsules gebruik.**
3. **Hoe om Sportron Brein voedsel kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Sportron Brein voedsel kapsules.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SPORTRON BREIN VOEDSEL KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD:

Sportron Brein voedsel kapsules word gebruik vir daaglikse hupstoot en brein onderhoud. Hierdie produk kan deur volwassenes vir 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT SPORTRON BREIN VOEDSEL KAPSULES GEBRUIK WORD:

- Moenie **Sportron Brein voedsel kapsules** gebruik indien u hipersensitief (allergies) is vir enige bestanddele.
- Indien u onseker is om Sportron Brein voedsel kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls:

Sportron Brein voedsel kapsules is slegs vir inname.

As u voorskrif medikasie neem, raadpleeg ‘n gesondheidsorgpraktisyn voor gebruik. As enige ongewenste / nadelige effek ontwikkel, staak die gebruik en raadpleeg jou dokter of apteker. Gebruik word beskryf in volwassenes van 18 jaar en ouer.

Vertel jou gesondheidsorg voor gebruik

- As jy enige voorskrif medikasie neem
- As jy swanger is, probeer om swanger te raak of borsvoed, vra jou dokter of apteker vir raad.

Swangerskap en borsvoeding

Sportron Brein voedsel kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Sportron Brein voedsel kapsules geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Sportron Brein voedsel kapsules het geen bekende effek op ‘n individu se vermoë om te bestuur of masjinerie te bestuur nie.

Neem ander medisyne of kos en drank saam met Sportron Brein voedsel kapsules

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie neem. Dit is nie bekend dat Sportron Brein voedsel kapsules sleg reageer met enige soorte kos of drank nie, maar kan die opname van voedingstowwe en medikasie beïnvloed.

3. HOE OM SPORTRON BREIN VOEDSEL KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Standaard volwasse dosis: Neem 1 kapsule daagliks saam met ‘n ete of soos deur jou gesondheidspraktisyn voorgeskryf.

Metode van toediening:

Sportron Brein voedsel kapsules is slegs vir inname.

As jy meer Sportron Brein voedsel kapsules neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Sportron Brein voedsel kapsules neem, kontak jou dokter of plaaslike gif sentrum onmiddellik. As jy ‘n dokter sien of om een of ander rede hospitaal toe moet gaan, vertel hulle watter medisyne jy neem.

As jy vergeet om ‘n dosis Sportron Brein voedsel kapsules te neem:

Moenie ‘n dubbele dosis neem om op te maak vir vergete individuele dosisse nie.

4. MOONTLIKE NEWE-EFFEKTE:

Niks bekend nie. As enige newe-effekte ervaar word, vertel asseblief jou dokter of apteker.

Dit is nie bekend dat Sportron Brein voedsel kapsules sleg reageer met enige ander medisyne of enige soorte kos of drank nie.

As jou algemene gesondheid vererger, of as jy enige ongewenste effekte ervaar terwyl jy hierdie produk gebruik, raadpleeg asseblief jou dokter, apteker of ander gesondheidswerker vir advies. As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief jou dokter of apteker in kennis. Jy kan ook newe-effekte aan SAHPRA rapporteer via die 6.04 “Adverse Drug Reaction Reporting Form”, wat aanlyn gevind word onder SAHPRA se publikasies: https://www.sahpra.org.za/document/adverse-drug-reactions-and-quality-problem-reporting-form/. Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Sportron Brein voedsel kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SPORTRON BREIN VOEDSEL KAPSULES

Bewaar in ‘n koel, droëer plek, teen of benede 30 °C. Bêre buite bereik van kinders. Berg in die oorspronklike verpakking. Moet nie in ‘n badkamer bêre nie. Moet dit nie gebruik na die vervaldatum wat op die bottels gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Sportron Brein voedsel kapsules gebruik as jy sigbare tekens van agteruitgang opmerk nie. Stuur alle ongebruikte medisyne terug na jou apteker. Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie. Raklewe: 2 jaar.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

Wat Sportron Brein Voedsel Kapsules bevat:

Aktiewe bestanddele per porsie (1 kapsule): Lions Mane (Hericium erinaceus) poeier 331 mg, L-Karnitien 150 mg, L-Theanien 80,3 mg, Saffraan (Crocuc sativicus) 50 mg, Vitamien B1 (Thiamien) 1,1 mg, Vitamien B2 (Riboflavien) 1,1 mg, Vitamien B3 (Niacin) 14 mg, Vitamien B5 (Pantotheniese suur) 5 mg, Vitamien B6 (Piridoksien) 1,3 mg, Vitamien B9 (Foliensuur) 0,2 mg, Vitamien B12 (Kobalamien) 0,002 mg.

Onaktiewe bestanddele: Magnesium stearaat, HPMC, Vegan groente kapsules

Voorkoms van Sportron Brein voedsel kapsules en inhoud van die verpakking:

Sportron Brein voedsel kapsules is ‘n deursigtige kapsule met ligbeige poeier in ‘n glansende wit PET-houer met ‘n wit geribde drukvoeringkap, wat 30 groente kapsules bevat.

Versprei deur:

Sportron Group (Pty) Ltd

Route 21 Business Park, 59 Regency Drive, Centurion, South Africa, 0157.

Tel: +27 (11) 317 8500

www.sportron.co.za

N**aam en adres van houer van registrasiesertifikaat**

Microbel Laboratories (Pty) Ltd

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Email: info@microbel.co.za

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Datum van laaste hersiening

Februarie 2026

Registrasie/Aansoek nommer:

TBA.

Toegang tot ooreenstemmende Professionele Inligting (PI): www.sportron.co.za