PROFESSIONAL INFORMATION

Category D: human complementary medicine. This medicine has not been evaluated by the SAHPRA. This medicine is not intended to diagnose, treat, cure or prevent any disease.

SCHEDULING STATUS

S0

1. NAME OF THE MEDICINE

Swissgarde Calmag Plus Capsules

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Active Ingredients per serving (1 capsule): Calcium Carbonate (containing 280mg elemental Calcium) 700mg, Magnesium Glycinate (containing 14.7mg elemental Magnesium) 145mg, Magnesium Sulphate (containing 35.7mg elemental Magnesium) 177mg, Magnesium Stearate (containing 0,2mg elemental Magnesium) 5mg, Vitamin D3 300IU, Fucoidan 10mg.

3. PHARMACEUTICAL FORM

Swissgarde Calmag Plus Capsules are veggie capsules containing white powder.

4. CLINICAL PARTICULARS

Category D: human complementary medicine. This medicine has not been evaluated by the SAHPRA. This medicine is not intended to diagnose, treat, cure or prevent any disease.

4.1. Therapeutic Indications

Swissgarde Calmag Plus Capsules are used to support strong bones, muscle function and overall vitality.

4.2. Posology and method of administration

Posology

Standard Adult dose and children over 8 years:

Take one capsule per day or as directed by your health practitioner.

Method of administration

Swissgarde Calmag Plus Capsules should be taken orally.

4.3. Contraindications

Avoid if allergic or sensitive to any of the listed ingredients. Do not exceed recommended dosage(s).

4.4. Special warnings and precautions for use

Swissgarde Calmag Plus Capsules must not be used if hypersensitive (allergic) to any ingredients.

4.5. Interaction with other medicines and other forms of interaction

If you are taking prescription medication, consult a healthcare practitioner prior to use. Swissgarde Calmag Plus Capsules are not known to react badly with any types of medicines, or food or drink.

4.6. Fertility, pregnancy and lactation

Swissgarde Calmag Plus Capsules should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Swissgarde Calmag Plus Capsules when breastfeeding.

4.7. Effects on ability to drive and use machines.

No effects on the ability to drive and use machines has been reported.

4.8. Undesirable effects

None known. Should general health worsen, or if any untoward effects are experienced while using this product, please consult a doctor, pharmacist, or other health care professional for advice.

4.9. Overdose

If you take more Swissgarde Calmag Plus Capsules than you should:

If anyone, especially a child, accidentally takes too much Swissgarde Calmag Plus Capsules contact your doctor or local poison centre immediately. 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.

5. PHARMACOLOGICAL PROPERTIES

5.1. Pharmacodynamic properties

Category D34.12. Health Supplements. Swissgarde Calmag Plus Capsules contain substances to support strong bones, muscle function and overall vitality.

5.2. Pharmacokinetic properties

There is no pharmacokinetic data available on the active ingredients via the route of administration described.

5.3. Preclinical safety data

There is no preclinical safety data available on the active ingredients via the route of administration described.

6. PHARMACEUTICAL PARTICULARS

6.1. List of excipients

Inactive ingredients: HPMC Vegan Vegetable Capsules.

6.2. Incompatibilities: None

6.3. Shelf life

2 years

6.4. Special precautions for storage

Store below 30 ˚C in a cool, dry place. Store out of reach of children. Do not use after the expiry date stated on the bottle. The expiry date refers to the last day of the month.

6.5. Nature and contents of container

Swissgarde Calmag Plus Capsules are a clear capsule with white powder in a white container with a white pressure liner cap, containing 30 veggie-capsules.

Special precautions for disposal

No special requirements.

7. PROPOSED HOLDER OF CERTIFICATE OF REGISTRATION

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,

86 Gazelle Ave, Corporate Park South,

Midrand, Gauteng, 1685, South Africa.

Email: info@microbel.co.za

+27 11 076 4000

8. REGISTRATION NUMBER(S)

Application Number: TBC by SAHPRA

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

TBA by SAHPRA. Date of Revision: March 2026

PROFESSIONELE INLIGTING

Kategorie D: Menslike komplementêre medisyne. Hierdie medisyne is nog nie deur SAHPRA geëvalueer nie. Die doel van hierdie medisyne is nie om enige siekte te diagnoseer, behandel, genees of te voorkom nie.

SKEDULERINGSTATUS

S0

1. NAAM VAN MEDIKASIE

Swissgarde Calmag Plus Kapsules

2. KWALITATIEWE EN KWANTITATIEWE SAMESTELLING

Aktiewe bestanddele per porsie (1 kapsule): Kalsiumkarbonaat (bevat 280mg elementêre kalsium) 700mg, Magnesiumglisinaat (bevat 14.7mg elementêre magnesium) 145mg, magnesiumsulfaat (bevat 35.7mg elementêre magnesium) 177mg, magnesiumstearaat (bevat 0,2mg elementêre magnesium) 5mg, vitamien D3 300IU, Fucoidan 10mg.

3. FARMASEUTIESE DOSEERVORM

Swissgarde Calmag Plus Kapsules is groente kapsule wat wit poeier bevat.

4. KLINIESE BESONDERHEDE

Kategorie D: Menslike komplementêre medisyne. Hierdie medisyne is nog nie deur SAHPRA geëvalueer nie. Die doel van hierdie medisyne is nie om enige siekte te diagnoseer, behandel, genees of te voorkom nie.

4.1 Terapeutiese Indikasies

Swissgarde Calmag Plus Kapsules word gebruik om sterk bene, spierfunksie en algehele vitaliteit te ondersteun.

4.2 Dosering En Metode Van Toediening

Dosering

Standaard volwasse dosis en kinders van 8 jaar en ouer:

Neem 1 kapsule per dag of soos deur jou gesondheidspraktisyn voorgeskryf.

Metode van toediening

Swissgarde Calmag Plus Kapsules moet mondelings geneem word, saam met kos.

4.3 Kontra-indikasies

Vermy as allergies of sensitief vir enige van die genoemde bestanddele. Moenie die aanbevole dosis(se) oorskry nie.

4.4 Waarskuwings en spesiale voorsorgmaatreëls

Swissgarde Calmag Plus Kapsules moet nie gebruik word as u hipersensitief (allergies) is vir enige bestanddele nie.

4.5 Interaksies met ander medisyne en ander tipe interaksies

As jy voorskrif medikasie neem, raadpleeg ‘n gesondheidsorgpraktisyn voor gebruik. Dit is nie bekend dat Swissgarde Calmag Plus Kapsules sleg reageer met enige tipe medisyne, of kos of drank nie.

4.6 Vrugbaarheid, swangerskap en borsvoeding

Swissgarde Calmag Plus Kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Swissgarde Calmag Plus Kapsules geneem word tydens borsvoeding.

4.7 Effek op die vermoë om te bestuur en masjinerie te gebruik

Geen effekte op die vermoë om te bestuur of om masjinerie te gebruik is aangemeld nie

4.8 Newe-effekte

Geen bekend. Indien u algemene gesondheid versleg, of indien u enige newe-effekte ervaar tydens die gebruik van hierdie produk, moet jou dokter, apteker of ander gesondheidsorgverskaffer vir advies geraadpleeg word.

4.9 Oordosering

As hy meer Swissgarde Calmag Plus Kapsules neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Swissgarde Calmag Plus Kapsules neem, kontak jou dokter of plaaslike gif sentrum onmiddellik. As simptome voortduur, raadpleeg jou dokter. As jy ‘n dokter sien of om een of ander rede hospitaal toe moet gaan, vertel hulle watter medisyne jy neem.

5. FARMAKOLOGIESE EIENSKAPPE

5.1 **Farmakodinamiese eienskappe**

Kategorie D34.12 Gesondheid aanvulling. Swissgarde Calmag Plus Kapsules bevat stowwe om sterk bene, spierfunksie en algehele vitaliteit te ondersteun.

5.2 Farmakokinetiese eienskappe

Daar is geen farmakokinetiese data beskikbaar oor die aktiewe bestanddele via die toedienings roete wat beskryf word nie.

5.3 Pre-kliniese gesondheidsdata

Daar is geen pré-kliniese veiligheids data beskikbaar oor die aktiewe bestanddele via die toedienings roete wat beskryf word nie.

6. FARMASEUTIESE BESONDERHEDE

6.1 Lys van hulpstowwe

Onaktiewe bestanddele: HPMC Vegan groente kapsules**.**

6.2 Onverenigbaarhede

Geen.

6.3 Rakleeftyd

2 Jaar.

6.4 Spesiale voorsorgmaatreëls vir bewaring

Bewaar benede 30 °C in ‘n koel droë plek. Hou buite bereik van kinders. Moet nie die produk na die vervaldatum aangedui op die houer gebruik nie. Die veraldatum verwys na die laaste dag van die maand.

6.5 Samestelling en inhoud van die houer

Swissgarde Calmag Plus Kapsules is ‘n deursigtige kapsule met wit poeier in ‘n wit houer met ‘n wit drukvoeringkapsule, wat 30 groentekapsules bevat.

Spesiale voorsorgmaatreëls vir wegdoening

Geen spesiale vereistes nie.

7. VOORGESTELDE HOUER VAN REGISTRASIESERTIFIKAAT

Sportron Group (Pty) Ltd

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

Tel: +27 (11) 317 8500

www.sportron.co.za

Naam en Adres van Houer van Registrasiesertifikaat

Microbel Laboratories (Pty) Ltd,

86 Gazelle Ave, Corporate Park South,

Midrand, Gauteng, 1685, South Africa.

Email: info@microbel.co.za

+27 11 076 4000

8. REGISTRASIENOMMER(S)

Aansoek nommer: TBC deur SAHPRA

9. DATUM VAN EERSTE GOEDKEURING/HERNUWING VAN GOEDKEURING

TBA deur SAHPRA. Datum van hersiening: Maart 2026.