PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde Calmag Plus Capsules

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.

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.

Swissgarde Calmag Plus Capsules are available without a doctor's prescription for strong bones, muscle function and overall vitality support. Nevertheless, you still need to use Swissgarde Calmag Plus Capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Swissgarde Calmag Plus 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 Swissgarde Calmag Plus Capsules are and what it is used for**
2. **What you need to know before you use Swissgarde Calmag Plus Capsules**
3. **How to use Swissgarde Calmag Plus Capsules**
4. **Possible side effects**
5. **How to store Swissgarde Calmag Plus Capsules**
6. **Contents of the pack and other information**

1. WHAT SWISSGARDE CALMAG PLUS CAPSULES ARE AND WHAT THEY ARE USED FOR

Swissgarde Calmag Plus Capsules are used daily to support strong bones, muscle function and overall vitality. This product may be used by adults aged 18 years and over.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SWISSGARDE CALMAG PLUS CAPSULES

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

Warnings and precautions:

Swissgarde Calmag Plus 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

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.

Driving and using machines

Swissgarde Calmag Plus Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Swissgarde Calmag Plus Capsules

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Calmag Plus 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 SWISSGARDE CALMAG PLUS CAPSULES

The usual dose is:

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 are for ingestion only.

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. Swissgarde Calmag Plus 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 Swissgarde Calmag Plus 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.

Swissgarde Calmag Plus 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 Swissgarde Calmag Plus Capsules.

5. HOW TO STORE SWISSGARDE CALMAG PLUS 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 Swissgarde Calmag Plus 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 Swissgarde Calmag Plus Capsules contain: Each capsule contains:

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.

Inactive ingredients: Magnesium Stearate, HPMC Vegan Vegetable Capsules.

What Swissgarde Calmag Plus Capsules looks like and contents of the pack:

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.

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

This leaflet was last revised

February 2026

Registration/Application number

Application Number: TBC

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

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Swissgarde Calmag Plus Kapsules

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.

Kategorie D: Komplementêre Medisyne. D 34.12 Gesondheidsaavullings.

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.

Swissgarde Calmag Plus Kapsules is beskikbaar sonder ‘n voorskrif van die dokter, vir sterk bene, spierfunksie en algehele vitaliteit ondersteuning. Nietemin, Swissgarde Calmag Plus 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 **Swissgarde Calmag Plus Kapsules** met enige ander person deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.
- Jy moet ‘n dokter raadpleeg as jou toestand vererger of nie verbeter na 7 dae nie.

WAT IS IN HIERDIE PAMFLET

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

1. WAT SWISSGARDE CALMAG PLUS KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD:

Swissgarde Calmag Plus Kapsules word daagliks gebruik om sterk bene, spierfunksie en algehele vitaliteit te ondersteun. Hierdie produk kan deur volwassenes van 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT SWISSGARDE CALMAG PLUS KAPSULES GEBRUIK WORD:

- Moenie Swissgarde Calmag Plus Kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele.
- Indien u onseker is om Swissgarde Calmag Plus Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls:

Swissgarde Calmag Plus 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

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.

Bestuur en gebruik van masjinerie

Swissgarde Calmag Plus 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 Swissgarde Calmag Plus Kapsules

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

3. HOE OM SWISSGARDE CALMAG PLUS KAPSULES TE GEBRUIK

Die gewone dosis is:

Standaard volwasse dosis en kinders van 8 jaar en ouer:

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

Metode van toediening:

Swissgarde Calmag Plus Kapsules is slegs vir inname.

As jy 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. Swissgarde Clamag Plus Kapsules moet nie langer as een week aaneenlopend gebruik word nie. 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.

As jy vergeet om ‘n dosis Swissgarde Calmag Plus 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 Swissgarde Calmag Plus 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 asselief jou dokter, apteker of ander gesonheidswerker vir advies. As jy enige newe-effkete 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.order.za/Publications/Index/8. Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Swissgarde Clamag Plus Kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SWISSGARDE CALMAG PLUS KAPSULES

Bewaar in ‘n koel, droeë 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 bottles gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Swissgarde Calmag Plus 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 Swissgarde Calmag Plus Kapsules Bevat

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.

Onaktiewe bestanddele: Magnesiumstearaat, HPMC Vegan groentekapsules.

Voorkoms van Swissgarde Calmag Plus Kapsules en inhoud van die verpakking:

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

Naam en adres van houer van registrasiesertifikaat

Microbel Laboratories (Pty) Ltd

86 Gazelle Avenue, Corporate Park South,

Midrand, Gauteng, 1685, South Africa.

Email: info@microbel.co.za

+27 11 076 4000

Datum van laaste hersiening

Februarie 2026

Registrasie/Aansoeknommer:

TBA.

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