SPORTRON

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Sportron Female Hormone Balance Capsules

Active substances: Chasteberry Powder (Vitex Agnus-Castus Fruit) 277,35mg, Magnesium Glycinate (36 MG Elemental Magnesium) 200mg, Lemon Balm (Melissa Officinalis Leaf) 100mg, Vitamin B6 (As Pyridoxine Hydrochloride) 30mg, Zinc Oxide (Providing 10mg Elemental Zinc) 12,45mg.

Category D: Complementary Medicine, D33.6 Western Herbal medicine

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 Female Hormone Balance Capsules are available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Sportron Female Hormone Balance Capsules carefully to get the best results from it.

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

1. WHAT SPORTRON FEMALE HORMONE BALANCE CAPSULES ARE AND WHAT THEY ARE USED FOR

Sportron Female Hormone Balance Capsules are used to support natural hormone balance. This product may be used by females aged 18 years and over.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON FEMALE HORMONE BALANCE CAPSULES

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

Warnings and precautions

Sportron Female Hormone Balance 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 as your doctor or pharmacist for advice

Pregnancy and Breastfeeding

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

Driving and using machines

Sportron Female Hormone Balance Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Sportron Female Hormone Balance Capsules

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

3. HOW TO USE SPORTRON Female Hormone Balance CAPSULES

The usual dose is:

Adults:

Take 1 capsule daily.

Method of administration:

Sportron Female Hormone Balance Capsules are for oral ingestion only.

If you take more Sportron Female Hormone Balance Capsules than you should:

If anyone, especially a child, accidentally takes too much Sportron Female Hormone Balance Capsules contact your doctor or local poison centre immediately. 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 Female Hormone Balance 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 Female Hormone Balance Capsules is not known to react badly with any other medicines or any types or 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 Female Hormone Balance Capsules.

5. HOW TO STORE SPORTRON FEMALE HORMONE BALANCE 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 Female Hormone Balance 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 Female Hormone Balance Capsules contain:

Active Ingredients per capsule: Chasteberry Powder (Vitex Agnus-Castus Fruit) 277,35mg, Magnesium Glycinate (36 MG Elemental Magnesium) 200mg, Lemon Balm (Melissa Officinalis Leaf) 100mg, Vitamin B6 (As Pyridoxine Hydrochloride) 30mg, Zinc Oxide (Providing 10mg Elemental Zinc) 12,45mg.

Inactive ingredients: Magnesium stearate, HPMC vegan vegetable capsules.

What Sportron Female Hormone Balance Capsules looks like and contents of the pack:

Sportron Female Hormone Balance Capsules is a clear capsule with light brown powder in a white PET bottle with a white ribbed cap with pressure liner, 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.

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This leaflet was last revised

August 2025

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 Vroulike Hormoonbalans kapsules

Aktiewe stowwe: Koelbessiepoeier (Vitex Agnus-Castus Vrug) 277,35 mg, Magnesiumglisinaat (36 mg Elementêre Magnesium) 200 mg, Suurlemoenbalsem (Melissa Officinalis-blaar) 100 mg, Vitamien B6 (as Pyridoksien Hidrochloried) 30 mg, Sinkoksied (verskaf 10 mg Elementêre Sink) 12,45 mg.

Kategorie D: Komplementêre Medisyne. D 33.6 Westerse Kruie medisyne.

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 Vroulike Hormoonbalans kapsules is beskikbaar sonder ‘n dokter se voorskrif vir daaglikse aanvulling. Nietemin, **Sportron Vroulike** Hormoonbalans 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 **S**portron Vroulike Hormoonbalans 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 Vroulike Hormoonbalans kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Sportron Vroulike Hormoonbalans kapsules gebruik.**
3. **Hoe om Sportron Vroulike Hormoonbalans kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Sportron Vroulike Hormoonbalans kapsules.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SPORTRON VROULIKE HORMOONBALANSKAPSULES IS EN WAARVOOR DIT GEBRUIK WORD

Sportron Vroulike Hormoonbalans kapsules word gebruik om natuurlike hormoonbalans te ondersteun. Hierdie produk kan deur vroue van 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT SPORTRON VROULIKE HORMOONBALANSKAPSULES GEBRUIK WORD

- Moenie Sportron Vroulike Hormoonbalans kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele.

- Indien u onseker is om Sportron Vroulike Hormoonbalans kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls

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

Bestuur en gebruik van masjinerie

Sportron Vroulike Hormoonbalans 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 Vroulike Hormoonbalans kapsules

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

3. HOE OM SPORTRON VROULIKE HORMOONBALANSKAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 1 kapsule daagliks.

Metode van toediening:

Sportron Vroulike Hormoonbalans kapsules is slegs vir inname.

As jy meer Sportron Vroulike Hormoonbalans kapsules neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Sportron Vroulike Hormoonbalans 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 Vroulike Hormoonbalans 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 Vroulike Hormoonbalans 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-reaction-and-quality-problem-reporting-form. Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Sportron Vroulike Hormoonbalans kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SPORTRON VROULIKE HORMOONBALANSKAPSULES

Bewaar in ‘n koel, droë 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 Vroulike Hormoonbalans 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 Vroulike Hormoonbalans Kapsules bevat

Aktiewe Bestanddele: Koelbessiepoeier (Vitex Agnus-Castus Vrug) 277,35 mg, Magnesiumglisinaat (36 mg Elementêre Magnesium) 200 mg, Suurlemoenbalsem (Melissa Officinalis-blaar) 100 mg, Vitamien B6 (as Pyridoksien Hidrochloried) 30 mg, Sinkoksied (verskaf 10 mg Elementêre Sink) 12,45 mg.

Onaktiewe bestanddele: Magnesiumstearaat, HPMC veganistiese groetekapsules.

Voorkoms van Sportron Vroulike Hormoonbalans kapsules en inhoud van die verpakking:

Sportron Vroulike Hormoonbalans kapsules is 'n deursigtige kapsule met ligbruin poeier in ‘n wit PET-bottel met ‘n wit geribde doppies met druk voering, 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

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

Augustus 2025

Registrasie/Aansoek nommer:

TBA.

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