SPORTRON

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Sportron Hair, Skin & Nails Capsules

Active substances: Calcium Carbonate 168mg, Ascorbic Acid USP (Vitamin C) 75mg, Collagen Powder 50mg, L-Cysteine Powder 50mg, Rosemary (Salvia Rosmarinus) Leaf Powder 30mg, Zinc Oxide 11mg, Vitamin E 10mg, Seaweed Extract (Sargassum Fusiforme) 10mg, Vitamin K2 20mcg, Beta-Carotene (10% W/W) 8mg, Vitamin D3 600 IU, Vitamin B3 5mg, Vitamin B5 3,825mg, Vitamin B1 1,125mg, Vitamin B2 1mg, Biotin Powder 500mcg, Folic Acid 0,1mg.

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

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

1. WHAT SPORTRON HAIR, SKIN & NAILS CAPSULES ARE AND WHAT THEY ARE USED FOR

Sportron Hair, Skin & Nails Capsules are used to support hair strength, skin elasticity and nail resilience. This product may be used by females aged 18 years and over.

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2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON HAIR, SKIN & NAILS CAPSULES

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

Warnings and precautions

Sportron Hair, Skin & Nails 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 Hair, Skin & Nails Capsules should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Sportron Hair, Skin & Nails Capsules when breastfeeding.

Driving and using machines

Sportron Hair, Skin & Nails Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Sportron Hair, Skin & Nails Capsules

Always tell your healthcare provider if you are taking any other medicine. Sportron Hair, Skin & Nails 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 Hair, Skin & Nails CAPSULES

The usual dose is:

Adults:

Take 1 capsule daily.

Method of administration:

Sportron Hair, Skin & Nails Capsules are for oral ingestion only.

If you take more Sportron Hair, Skin & Nails Capsules than you should:

If anyone, especially a child, accidentally takes too much Sportron Hair, Skin & Nails 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 Hair, Skin & Nails 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 Hair, Skin & Nails 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 Hair, Skin & Nails Capsules.

5. HOW TO STORE SPORTRON HAIR, SKIN & NAILS 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 Hair, Skin & Nails 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 Hair, Skin & Nails Capsules contain:

Active Ingredients per capsule: Calcium Carbonate 168mg, Ascorbic Acid USP (Vitamin C) 75mg, Collagen Powder 50mg, L-Cysteine Powder 50mg, Rosemary (Salvia Rosmarinus) Leaf Powder 30mg, Zinc Oxide 11mg, Vitamin E 10mg, Seaweed Extract (Sargassum Fusiforme) 10mg, Vitamin K2 20mcg, Beta-Carotene (10% W/W) 8mg, Vitamin D3 600 IU, Vitamin B3 5mg, Vitamin B5 3,825mg, Vitamin B1 1,125mg, Vitamin B2 1mg, Biotin Powder 500mcg, Folic Acid 0,1mg.

Inactive ingredients: Magnesium stearate, HPMC vegan vegetable capsules.

What Sportron Hair, Skin & Nails Capsules looks like and contents of the pack:

Sportron Hair, Skin & Nails 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.

Email: info@microbel.co.za

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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 Haar-, Vel-en Naels kapsules

Aktiewe bestanddele per kapsule: Kalsiumkarbonaat 168 mg, Askorbiensuur USP (Vitamien C) 75 mg, Kollageen 50 mg, L-Sisteïen 50 mg, Roosmaryn (Salvia rosmarinus) blaar 30 mg, Sinkoksied 11 mg (bevat 8,83 mg elementêre sink), Vitamien E 10 mg, Seewier-ekstrak (Sargassum fusiforme) 10 mg, Vitamien K2 20 mcg, Beta-Karoteen (10% W/W) 8 mg, Vitamien D3 600 IE, Vitamien B3 5 mg, Vitamien B5 3,825 mg, Vitamien B1 1,125 mg, Vitamien B2 1 mg, Biotienpoeier 500 mcg, Foliensuur 0,1 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 Haar-, Vel-en Nael kapsul**es** is beskikbaar sonder ‘n voorskrif van die dokter, vir daaglikse aanvulling. Nietemin, Sportron Haar-, Vel-en Nael 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 Haar-, Vel-en Nael 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 Haar-, Vel-en Nael kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Sportron Haar-, Vel-en Nael kapsules gebruik.**
3. **Hoe om Sportron Haar-, Vel-en Nael kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Sportron Haar-, Vel-en Nael kapsules.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SPORTRON HAAR-, VEL-EN NAELKAPSULES IS EN WAARVOOR DIT GEBRUIK WORD:

Sportron Haar,- Vel-en Nael kapsules word gebruik om haar sterkte, vel elastisiteit en nael weerstand te ondersteun. Hierdie produk kan deur vroue van 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT SPORTRON HAAR-, VEL-EN NAELKAPSULES GEBRUIK WORD:

- Moenie Sportron Haar-, Vel-en Nael kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele.
- Indien u onseker is om Sportron Haar-, Vel-en Nael kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

WAARSKUWINGS EN VOORSORGMAATREËLS:

Sportron Haar-, Vel-en Nael 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 Haar-, Vel-en Nael kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Sportron Haar-, Vel-en Nael kapsules geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Sportron Haar-, Vel-en Nael 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 Haar-, Vel-en Nael kapsules

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

3. HOE OM SPORTRON HAAR-, VEL-EN NAELKAPSULES TE GEBRUIK

Die gewone dosis is:

Neem 1 kapsule daagliks.

Metode van toediening:

Sportron Haar-, Vel-en Nael kapsules is slegs vir inname.

As jy meer Sportron Haar,- Vel-en Nael kapsules neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Sportron Haar-, Vel-en Nael kapsules neem, kontak jou dokter of plaaslike gif sentrum onmiddellik. Sportron Haar-, Vel-en Nael 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 Sportron Haar-, Vel-en Nael 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 Haar-, Vel-en Nael 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 Haar-, Vel-en Nael kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SPORTRON HAAR-, VEL-EN NAELKAPSULES

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 Haar-, Vel-en Nael 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 Haar-, Vel-En Nael kapsules bevat

Aktiewe bestanddele per kapsule: Kalsiumkarbonaat 168 mg, Askorbiensuur USP (Vitamien C) 75 mg, Kollageen 50 mg, L-Sisteïen 50 mg, Roosmaryn (Salvia rosmarinus) blaar 30 mg, Sinkoksied 11 mg (bevat 8,83 mg elementêre sink), Vitamien E 10 mg, Seewier-ekstrak

(Sargassum fusiforme) 10 mg, Vitamien K2 20 mcg, Beta-Karoteen (10% W/W) 8 mg, Vitamien D3 600 IE, Vitamien B3 5 mg, Vitamien B5 3,825 mg, Vitamien B1 1,125 mg, Vitamien B2 1 mg, Biotienpoeier 500 mcg, Foliensuur 0,1 mg.

Onaktiewe bestanddele: Magnesiumstearaat, HPMC veganistiese groentekapsules

Voorkoms van Sportron Haar-, Vel-en Nael kapsules en inhoud van die verpakking:

Sportron Haar-, Vel-en Nael kapsules is 'n 'n deursigtige kapsule met ligbruin poeier in 'n wit PET-bottel met 'n wit geribde dop en druk voering, wat 30 groente-kapsules bevat.

Versprei deur:

Sportron (Pty) Ltd,

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

Tel: +27 (11) 317 8500

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Naam en adres van houer van registrasiesertifikaat

Microbel Laboratories (Pty) Ltd

86 Gazelle Avenue, Corporate Park South,

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Email: info@microbel.co.za

+27 11 076 4000

Datum van laaste hersiening

Augustus 2025

Registrasie/Aansoeknommer:

TBA.

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