SWISSGARDE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde Omega Capsules

Active Ingredients per serving (1 capsule): Fish Oil (1000 mg), EPA (180 mg), DHA (120 mg), Vitamin E (3.5 mg).

Category D: Complementary Medicine, D34.6 Fatty Acids

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 Omega Capsules are available without a doctor's prescription for supplementation. Nevertheless, you still need to use Swissgarde Omega Capsules carefully to get the best results from it.

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

1. WHAT SWISSGARDE OMEGA CAPSULES ARE AND WHAT THEY ARE USED FOR

Swissgarde Omega Capsules are used for supplementation. This product may be used by adults aged 18 years and over.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SWISSGARDE OMEGA CAPSULES

- Do not take if using blood thinning medications.
- Do not use Swissgarde Omega Capsules if you are hypersensitive (allergic) to any ingredients.

- If you are unsure if you should use Swissgarde Omega Capsules, talk to your doctor or pharmacist.

Warnings and precautions:

Do not take if using blood thinning medications.

Swissgarde Omega 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 provide prior to use

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

Pregnancy and Breastfeeding

Swissgarde Omega Capsules should only be used during pregnancy if a healthcare provider is be consulted for advice as well as prior to taking Swissgarde Omega Capsules when breastfeeding.

Driving and using machines

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

Taking other medicines or food and drink with Swissgarde Omega Capsules

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Omega Capsules is not known to react badly with any types or food or drink.

3. HOW TO USE SWISSGARDE OMEGA CAPSULES

The usual dose is:

Adults:

Take 1 capsule per day.

Method of administration:

Swissgarde Omega Capsules are for ingestion only.

If you take more Swissgarde Omega Capsules than you should:

If anyone, especially a child, accidentally takes too much Swissgarde Omega 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.

If you forget to take a dose of Swissgarde Omega 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 Omega 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 Swissgarde Omega Capsules.

5. HOW TO STORE SWISSGARDE OMEGA 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 Omega 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 Omega Capsules contain:

Active Ingredients per capsule: Fish Oil (1000 mg), EPA (180 mg), DHA (120 mg), Vitamin E (3.5 mg).

Inactive ingredients: gelatin, glycerin and water.

What Swissgarde Omega Capsules looks like and contents of the pack:

Swissgarde Omega Capsules is a soft gelatin capsule with oil inside in a black HDPE tamper-evident container, containing 120 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

25 March 2025

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 Omega Kapsules

Aktiewe bestanddele per porsie: Visolie (10000 mg), EPA (180mg), DHA (120 mg), Vitamien E (3.5 mg).

Kategorie D: Komplementêre Medisyne. D 34.6 Vetsure

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 omega kapsules is beskikbaar sonder ‘n voorskrif van die dokter, vir aanvulling. Nietemin, Swissgarde omega 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 Omega Kapsules met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.
- Besoek ‘n dokter as u simptome vererger of nie na 7 dae verbeter nie.

WAT IS IN HIERDIE PAMFLET

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

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

Swissgarde Omega Kapsules word gebruik vir aanvulling. Hierdie produk kan deur volwassenes van 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT SWISSGARDE OMEGA GEBRUIK WORD:

- Moet nie neem as bloed verdunnende medikasie gebruik word nie.
- Moenie Swissgarde Omega Kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele.
- Indien u onseker is om Swissgarde Omega Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls:

Moet nie neem as bloed verdunnende medikasie gebruik word nie.

Moenie Swissgarde Omega Kapsules gebruik as hy hipersensitief (allergies) is vir enige bestanddele nie.

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, veral bloed verdunnende medikasie
- As jy swanger is, probeer om swanger te raak of borsvoed, vra jou dokter of apteker vir raad.

Swangerskap en borsvoeding

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

Bestuur en gebruik van masjinerie

Swissgarde Omega 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 Omega Kapsules

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

3. HOE OM SWISSGARDE OMEGA KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 1 kapsule per dag.

Metode van toediening:

Swissgarde Omega Kapsules is slegs vir inname.

As jy meer Swissgarde Omega Kapsules neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Swissgarde Omega Kapsules neem, kontak jou dokter of plaaslike gif sentrum onmiddellik. Swissgarde Omega 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 Omega 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 Omega 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 Swissgarde Omega Kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SWISSGARDE OMEGA KAPSULES

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 Swissgarde Omega 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 Omega Kapsules bevat

Aktiewe bestanddele 1 kapsule: Visolie (1000 mg), EPA (180 mg), DHA (120 mg), Vitamien E (3.5 mg).

Onaktiewe bestanddele: Gelatien, gliserien en water.

Voorkoms van Swissgarde Omega Kapsules en inhoud van die verpakking:

Swissgarde Omega Kapsules is ‘n sagte gelatienkapsule met olie binne in ‘n swart HDPE-peuter houer, wat 120 kapsules gevat.

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

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86 Gazelle Avenue, Corporate Park South,

Midrand, Gauteng, 1685, South Africa.

Email: info@microebl.co.za

+27 11 076 4000

Datum van laaste hersiening

25 Maart 2025

Registrasie/Aansoek nommer:

TBA.

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