SPORTRON

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Sportron Phytogarde Matrix

Active Ingredients per serving (10ml): Cranberry Extract (Vaccinium macrocarpon) 100 mg, Moringa Extract (Moringa oleifera) 9.9 mg, Grape Seed Extract (Vitis vinifera) 50.1 mg, African Potato Extract (Hypoxis hemerocallidea) 50.1 mg, Elderberry Extract (Sambucus nigra) 100 mg, Seaweed Extract (Sargassum spp.) 5.1 mg, Echinacea Extract (Echinacea purpurea) 20.1 mg, Beta-Carotene Powder 1.5 mg, Green Tea Extract (Camellia sinensis) 15 mg.

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.

Sportron Phytogarde Matrix is available without a doctor's prescription as antioxidant supplement blend. Nevertheless, you still need to use Sportron Phytogarde Matrix carefully to get the best results from it.

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

1. WHAT SPORTRON PHYTOGARDE MATRIX IS AND WHAT THEY ARE USED FOR

Sportron Phytogarde Matrix is used daily as an antioxidant supplement blend. This product may be used by adults aged 18 years and over.

SPORTRON

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON PHYTOGARDE MATRIX

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

Warnings and precautions:

Sportron Phytogarde Matrix is 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

Sportron Phytogarde Matrix should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Sportron Phytogarde Matrix when breastfeeding.

Driving and using machines

Sportron Phytogarde Matrix has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Sportron Phytogarde Matrix

Always tell your healthcare provider if you are taking any other medicine. Sportron Phytogarde Matrix 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 SPORTRON PHYTOGARDE MATRIX

The usual dose is:

Adults:

Take 7,5ml (one and half teaspoons) mixed with 250ml water per day, preferably after a meal.

Method of administration:

Sportron Phytogarde Matrix is for ingestion only.

If you take more Sportron Phytogarde Matrix than you should:

If anyone, especially a child, accidentally takes too much Sportron Phytogarde Matrix contact your doctor or local poison centre immediately. Sportron Phytogarde Matrix 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 Sportron Phytogarde Matrix:

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 Phytogarde Matrix 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 Sportron Phytogarde Matrix.

5. HOW TO STORE SPORTRON PHYTOGARDE MATRIX

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 Phytogarde Matrix 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 Phytogarde Matrix contain:

Active Ingredients per serving (10ml): Cranberry Extract (Vaccinium macrocarpon) 100 mg, Moringa Extract (Moringa oleifera) 9.9 mg, Grape Seed Extract (Vitis vinifera) 50.1 mg, African Potato Extract (Hypoxis hemerocallidea) 50.1 mg, Elderberry Extract (Sambucus nigra) 100 mg, Seaweed Extract (Sargassum spp.) 5.1 mg, Echinacea Extract (Echinacea purpurea) 20.1 mg, Beta-Carotene Powder 1.5 mg, Green Tea Extract (Camellia sinensis) 15 mg.

Inactive ingredients: RO Water, Glycerin, Carboxymethylcellulose, Potassium Sorbate, Sodium Benzoate, EDTA2NA, Citric Acid, Sodium Saccharin, Flavouring, Acesulfame K. Colourant.

What Sportron Phytogarde Matrix looks like and contents of the pack:

Sportron Phytogarde Matrix is a red-brown liquid in a white flat neck bottle with a white flat top cap tamper strip, containing 250ml.

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

SPORTRON

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Sportron Phytogarde Matrix

Aktiewe stowwe per porsie (10 ml): Bosbessie-ekstrak (Vaccinium macrocarpon) 100 mg, Moringa-ektrak (Moringa oleifera) 9,9 mg, Druiwesaad-ekstrak (Vitis vinifera) 50,1 mg, Afrikaanse Aartappel-ekstrak (Hypoxis hemerocallidea) 50,1 mg, Vlierbessie-ekstrak (Sambucus nigra) 100 mg, Seewier-ekstrak (Sargassum spp.) 5,1 mg, Echinacea-ekstrak (Echinacea purpurea) 20,1 mg, Beta-karoteenpoeier 1,5 mg, Groentee-ekstrak (Camellia sinensis) 15 mg.

Kategorie D: Komplementêre Medisyne. D 34.12 Gesondheid aanvullings

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 Phytogarde Matrix is beskikbaar sonder ‘n voorskrif van die dokter, vir spysvertering ondersteuning. Nietemin, Sportron Phytogarde Matrix 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 Phytogarde Matrix met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.
- Jy moet ‘n dokter raadpleeg as jou toe tanding na 7 dae versleg of nie verbeter nie.

WAT IS IN HIERDIE PAMFLET

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

1. WAT SPORTRON PHYTOGARDE MATRIX IS EN WAARVOOR DIT GEBRUIK WORD:

Sportron Phytogarde Matrix word daagliks as ‘n anti-oksidant aanvullings mengsel gebruik. Hierdie produk kan deur volwassenes van 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT SPORTRON PHYTOGARDE MATRIX GEBRUIK WORD:

- Moenie Sportron Phytogarde Matrix gebruik indien u hipersensitief (allergies) is vir enige bestanddele.
- Indien u onseker is om Sportron Phytogarde Matrix te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls:

Sportron Phytogarde Matrix 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 Phytogarde Matrix moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Sportron Phytogarde Matrix geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Sportron Phytogarde Matrix 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 Phytogarde Matrix

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

3. HOE OM SPORTRON PHYTOGARDE MATRIX TE GEBRUIK

Die gewone dosis is:

Volwassenes

Neem 7,5 ml (een en ‘n half teelepels) gemeng met 250 ml water per dag, verkieslik na ‘n ete.

Metode van toediening:

Sportron Phytogarde Matrix is slegs vir orale inname.

As jy meer Sportron Phytogarde Matrix neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Sportron Phytogarde Matrix neem, kontak jou dokter of plaaslike gif sentrum onmiddellik. Sportron Phytogarde Matrix moet nie aaneenlopend langer as een week gebruik word nie. 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 Phytogarde Matrix 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 Phytogarde Matrix 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 Sportron Phytogarde Matrix te verskaf.

5. BERGINGSAANWYSINGS VIR SPORTRON PHYTOGARDE MATRIX

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 Phytogarde Matrix 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 Phytogarde Matrix Bevat

Aktiewe bestanddele per porsie (10 ml): Bosbessie-ekstrak (Vaccinium macrocarpon) 100 mg, Moringa-ektrak (Moringa oleifera) 9,9 mg, Druiwesaad-ekstrak (Vitis vinifera) 50,1 mg, Afrikaanse Aartappel-ekstrak (Hypoxis hemerocallidea) 50,1 mg, Vlierbessie-ekstrak (Sambucus nigra) 100 mg, Seewier-ekstrak (Sargassum spp.) 5,1 mg, Echinacea-ekstrak (Echinacea purpurea) 20,1 mg, Beta-karoteenpoeier 1,5 mg, Groentee-ekstrak (Camellia sinensis) 15 mg.

Onaktiewe bestanddele: RO-water, gliserien, karboksimetielsellulose, kaliumsorbate, natriumbenzoaat, EDTA2NA,, sitroensuur, natriumsakkarien, geurmiddels, asesulfaam K, kleurmiddel.

Voorkoms van Sportron Phytogarde Matrix en inhoud van die verpakking:

Sportron Phytogarde Matrix is ‘n rooi-bruin vloeistof in ‘n wit plat nek bottel met ‘n wit plat deksel stamper strook, wat 250 ml 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/Aansoek nommer:

TBA.

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