SPORTRON

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Sportron 40+ Men Matrix Capsules

Active substances: Calcium Carbonate 368,6 mg providing Elemental Calcium 147,5 mg; Magnesium Stearate 100 mg providing Elemental Magnesium 9,86 mg; Vitamin C 90.0 mg; Saw Palmetto (Serenoa repens) [Leaf Powder] 60.0 mg; Zinc Oxide 11.0 mg providing Elemental Zinc 8.69 mg; Vitamin B1 (Thiamine) 1,2 mg; Vitamin B3 (Niacin) 16.0 mg; Iron Sulphate ACC 10% 1 mg providing Elemental Iron 0,1 mg; Vitamin B5 (Pantothenic acid) 5.0 mg; Vitamin B6 (pyridoxine) 1,7 mg; Vitamin B9 (Folic acid) 0,4 mg; Vitamin A 900 IU; Vitamin D3 600 IU; Vitamin E 8 mg; Iron Amino Acid Chelate 1,0 mg; Lutein 0,6 mg; Lycopene 10,0 mg; Sea Weed Extract (Sargassum fusiforme) 20,0 mg.

Category D: Complementary Medicine, D33.7 Combination 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 40+ Men Matrix Capsules are available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Sportron 40+ Men Matrix Capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Sportron 40+ Men Matrix 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 40+ Men Matrix Capsules are and what it is used for**
2. **What you need to know before you use Sportron 40+ Men Matrix Capsules**
3. **How to use Sportron 40+ Men Matrix Capsules**
4. **Possible side effects**
5. **How to store Sportron 40+ Men Matrix Capsules**
6. **Contents of the pack and other information**

1. WHAT SPORTRON 40+ MEN MATRIX CAPSULES ARE AND WHAT THEY ARE USED FOR

Sportron 40+ Men Matrix Capsules are used for daily nutritional support. This product may be used by males aged 40 years and over.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON 40+ MEN MATRIX CAPSULES

Do not use Sportron 40+ Men Matrix Capsules if you are hypersensitive (allergic) to any ingredients.

If you are unsure if you should use Sportron 40+ Men Matrix Capsules, talk to your doctor or pharmacist.

Warnings and precautions

Sportron 40+ Men Matrix 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 40+ Men Matrix Capsules should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Sportron 40+ Men Matrix Capsules when breastfeeding.

Driving and using machines

Sportron 40+ Men Matrix Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Sportron 40+ Men Matrix Capsules

Always tell your healthcare provider if you are taking any other medicine. Sportron 40+ Men Matrix 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 40+ MEN MATRIX CAPSULES

The usual dose is:

Adults:

Take 1 capsule daily.

Method of administration:

Sportron 40+ Men Matrix Capsules are for oral ingestion only.

If you take more Sportron 40+ Men Matrix Capsules than you should:

If anyone, especially a child, accidentally takes too much Sportron 40+ Men Matrix 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 40+ Men Matrix 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 40+ Men Matrix 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 40+ Men Matrix Capsules.

5. HOW TO STORE SPORTRON 40+ MEN MATRIX 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 40+ Men Matrix 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 40+ Men Matrix Capsules contain:

Active Ingredients per capsule: Calcium Carbonate 368,6 mg providing Elemental Calcium 147,5 mg; Magnesium Stearate 100 mg providing Elemental Magnesium 9,86 mg; Vitamin C 90.0 mg; Saw Palmetto (Serenoa repens) [Leaf Powder] 60.0 mg; Zinc Oxide 11.0 mg providing Elemental Zinc 8.69 mg; Vitamin B1 (Thiamine) 1,2 mg; Vitamin B3 (Niacin) 16.0 mg; Iron Sulphate ACC 10% 1 mg providing Elemental Iron 0,1 mg; Vitamin B5 (Pantothenic acid) 5.0 mg; Vitamin B6 (pyridoxine) 1,7 mg; Vitamin B9 (Folic acid) 0,4 mg; Vitamin A 900 IU; Vitamin D3 600 IU; Vitamin E 8 mg; Iron Amino Acid Chelate 1,0 mg; Lutein 0,6 mg; Lycopene 10,0 mg; Sea Weed Extract (Sargassum fusiforme) 20,0 mg.

Inactive ingredients: Magnesium stearate, biofood state matrix.

What Sportron 40+ Men Matrix Capsules looks like and contents of the pack:

Sportron 40+ Men Matrix Capsules is a clear capsule with light brown powder in a white HDPE tamper-evident container, 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

August 2025

Registration/Application number

Application Number: TBC

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

SPORTRON

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Sportron 40+ Mans Matriks Kapsules.

Aktiewe stowwe: Kalsiumkarbonaat 368,6 mg wat Elementêre Kalsium 147,5 mg; Magnesiumstearaat 100 mg wat Elementêre Magnesium 9.86 mg verskaf; Vitamien C 90,0 mg; Saag Palmetto (Serenoa repens) (Blaarpoeier) 60,0 mg; Sinkoksied 11.0 mg wat Elementêre Sink 8,69 mg bevat; Vitamien B1 (Tiamien) 1,2 mg; Vitamien B3 (Niasien) 16,0 mg; Ystersulfaat ACC 10% 1 mg wat Elementêre Yster 0,1 mg verskaf; Vitamien B5 (Pantoteensuur) 5,0 mg; Vitamien B6 (piridoksien) 1,7 mg; Vitamien B9 (Foliensuur) 0,4 mg; Vitamien A 900 IE; Vitamien D3 600 IE; Vitamien E 8mg; Yster Aminosuur Chelaat 1,0 mg; Luteïen 0,6 mg; Likopeen 10,0 mg; Seewier-uittreksel (Sargassum fusiforme) 20,0 mg.

Kategorie D: Komplementêre Medisyne. D 33.7 Kombinasie 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 40+ Mans Matriks Kapsules is beskikbaar sonder ‘n voorskrif van die dokter, vir spysvertering ondersteuning. Nietemin, Sportron 40+ Mans Matriks 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 40+ Mans Matriks 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 40+ Mans Matriks kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Sportron 40+ Mans Matriks Kapsules gebruik.**
3. **Hoe om Sportron 40+ Mans Matriks Kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Sportron 40+ Mans Matriks Kapsules.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SPORTRON 40+ MANS MATRIKS KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD

Sportron 40+ Mans Matriks Kapsules word gebruik vir daaglikse voedings ondersteuning. Hierdie produk kan gebruik word deur mans van 40 jaar en ouer.

2. WAT U MOET WEET VOORDAT SPORTRON 40+ MANS MATRIKS KAPSULES GEBRUIK WORD

Moenie Sportron 40+ Mans Matriks Kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele.

Indien u onseker is om Sportron 40+ Mans Matriks Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls

Sportron 40+ Mans Matriks 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 40+ Mans Matriks Kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Sportron 40+ Mans Matriks Kapsules geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Sportron 40+ Mans Matriks 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 40+ Mans Matriks Kapsules

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie neem. Dit is nie bekend dat Sportron 40+ Mans Matriks Kapsules sleg reageer met enige soorte kos of drank nie, maar kan die opname van voedingstowwe en medikasie beïnvloed.

3. HOE OM SPORTRON 40+ MANS MATRIKS KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 1 kapsule daagliks.

SPORTRON

Metode van toediening

Sportron 40+ Mans Matriks Kapsules is slegs vir inname.

As jy meer Sportron 40+ Mans Matriks Kapsules neem as wat jy moet

As iemand, veral ‘n kind per ongeluk te veel Sportron 40+ Mans Matriks 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 40+ mans Matriks 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 40+ Mans Matriks 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 Sportron 40+ Mans Matriks Kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SPORTRON 40+ MANS MATRIKS 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 Sportron 40+ Mans Matriks 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 40+ Mans Matriks Kapsules gevat:

Aktiewe bestanddele per kapsule: Kalsiumkarbonaat 368,6 mg wat Elementêre Kalsium 147,5 mg; Magnesium stearaat 100 mg wat Elementêre Magnesium 9.86 mg verskaf; Vitamien C 90,0 mg; Saag Palmetto (Serenoa repens) (Blaarpoeier) 60,0 mg; Sinkoksied 11.0 mg wat Elementêre Sink 8,69 mg bevat; Vitamien B1 (Tiamien) 1,2 mg; Vitamien B3 (Niasien) 16,0 mg; Ystersulfaat ACC 10% 1 mg wat Elementêre Yster 0,1 mg verskaf; Vitamien B5 (Pantoteensuur) 5,0 mg; Vitamien B6 (piridoksien) 1,7 mg; Vitamien B9

(Foliensuur) 0,4 mg; Vitamien A 900 IE; Vitamien D3 600 IE; Vitamien E 8mg; Yster Aminosuur Chelaat 1,0 mg; Luteïen 0,6 mg; Likopeen 10,0 mg; Seewier-uittreksel (Sargassum fusiforme) 20,0 mg.

Onaktiewe bestanddele: Magnesium stearaat; biovoedsel matriks.

Voorkoms van Sportron 40+ Mans Matriks Kapsules en inhoud van die verpakking:

Sportron 40+ Mans Matriks Kapsules is ‘n deursigtige kapsule met ligbruin poeier in ‘n wit HDPE-peuter-duidelike houer, 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

N**aam 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.obellabs.co.za