SWISSGARDE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde Activated Charcoal Capsules

Active substances: Activated Charcoal (activated carbon) 570 mg, Fucoidan (Fucus vesiculosus) 20 mg.

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.

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

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

1. WHAT SPORTRON SWISSGARDE ACTIVATED CHARCOAL CAPSULES ARE AND WHAT THEY ARE USED FOR

Swissgarde Activated Charcoal Capsules are used to support digestive health.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON SWISSGARDE ACTIVATED CHARCOAL CAPSULES

Do not use Swissgarde Activated Charcoal Capsules if you are hypersensitive (allergic) to any ingredients.

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

Warnings and precautions:

Swissgarde Activated Charcoal Capsules are for oral 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

Swissgarde Activated Charcoal Capsules should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Swissgarde Activated Charcoal Capsules when breastfeeding.

Driving and using machines

Swissgarde Activated Charcoal Capsules have no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Swissgarde Activated Charcoal Capsules

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Activated Charcoal 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 SWISSGARDE ACTIVATED CHARCOAL CAPSULES

The usual dose is:

Adults:

Take 1 capsule daily.

Method of administration:

Swissgarde Activated Charcoal Capsules are for oral ingestion only with food or as recommended by your Health Practitioner.

If you take more Swissgarde Activated Charcoal Capsules than you should:

If anyone, especially a child, accidentally takes too much Swissgarde Activated Charcoal 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 Swissgarde Activated Charcoal 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 Activated Charcoal 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 Activated Charcoal Capsules.

5. HOW TO STORE SWISSGARDE ACTIVATED CHARCOAL 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 Activated Charcoal 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 Activated Charcoal Capsules contain:

Active Ingredients per capsule: Activated Charcoal (activated carbon) 570 mg, Fucoidan (Fucus vesiculosus) 20 mg.

Inactive ingredients: magnesium stearate.

What Swissgarde Activated Charcoal Capsules looks like and contents of the pack:

Swissgarde Activated Charcoal Capsules is a clear capsule with black powder in a white tablet container and white cap, containing 30 veggie-capsules.

Distributed by:

The Sportron Group

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

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Swissgarde Geaktiveerde Houtskool kapsules.

Aktiewe stowwe: Geaktiveerde houtskool (geaktiveerde koolstof) 570 mg; Fucoidan (Fucus vesiculosus) 20 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.

Swissgarde Geaktiveerde Houtskool Kapsules is beskikbaar sonder ’n dokter se voorskrif vir daaglikse aanvulling. Nietemin moet Swissgarde Geaktiveerde Houtskool Kapsules steeds versigtig gebruik word om die beste resultate te verkry.

- Moenie hierdie pamflet weggooi nie. U mag dit moontlik weer moet lees.
- Moenie Swissgarde Geaktiveerde Houtskool 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 Swissgarde Geaktiveerde Houtskool Kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Swissgarde Geaktiveerde Houtskool Kapsules gebruik.**
3. **Hoe om Swissgarde Geaktiveerde Houtskool Kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Swissgarde Geaktiveerde Houtskool Kapsules.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SWISSGARDE GEAKTIVEERDE HOUTSKOOL KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD

Swissgarde Geaktiveerde Houtskool Kapsules word gebruik om spysvertering gesondheid te ondersteun.

2. WAT U MOET WEET VOORDAT SWISSGARDE GEAKTIVEERDE HOUTSKOOL KAPSULES GEBRUIK WORD

Moenie Swissgarde Geaktiveerde Houtskool Kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele nie.

Indien u onseker is of u Swissgarde Geaktiveerde Houtskool Kapsules moet gebruik, raadpleeg u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls:

Swissgarde Geaktiveerde Houtskool kapsules is slegs vir inname.

Indien u voorskrifmedikasie neem, raadpleeg ’n gesondheidsorgpraktisyn voor gebruik. Indien enige ongewenste/nadelige effek ontwikkel, staak die gebruik en raadpleeg u dokter of apteker. Gebruik word beskryf by volwassenes van 18 jaar en ouer.

Vertel u gesondheidsorgverskaffer voor gebruik

- Indien u enige voorskrifmedikasie neem
- Indien u swanger is, probeer om swanger te raak of borsvoed, vra u dokter of apteker vir raad.

Swangerskap en borsvoeding

Swissgarde Geaktiveerde Houtskool Kapsules moet nie tydens swangerskap gebruik word nie, en ’n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Swissgarde Geaktiveerde Houtskool Kapsules tydens borsvoeding geneem word.

Bestuur en gebruik van masjinerie

Swissgarde Geaktiveerde Houtskool Kapsules het geen bekende effek op ’n individu se vermoë om te bestuur of masjinerie te gebruik nie.

Neem ander medisyne of kos en drank saam met Swissgarde Geaktiveerde Houtskool Kapsules

Vertel altyd u gesondheidsorgverskaffer indien u enige ander medisyne neem. Dit is nie bekend dat Swissgarde Geaktiveerde Houtskool Kapsules nadelig reageer met enige soort kos of drank nie, maar dit kan die opname van voedingstowwe en medikasie beïnvloed.

3. HOE OM SWISSGARDE GEAKTIVEERDE HOUTSKOOL KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 1 kapsule daagliks.

Metode van toediening

Swissgarde Geaktiveerde Houtskool Kapsules is slegs vir orale inname, saam met kos of soos aanbeveel deur u gesondheidspraktisyn.

Indien u meer Swissgarde Geaktiveerde Houtskool Kapsules neem as wat u moet:

Indien iemand, veral ’n kind, per ongeluk te veel Swissgarde Geaktiveerde Houtskool Kapsules neem, kontak u dokter of plaaslike gif sentrum onmiddellik. Indien u ’n dokter sien of om enige rede hospitaal toe moet gaan, vertel hulle watter medisyne u neem.

Indien u vergeet om ’n dosis Swissgarde Geaktiveerde Houtskool Kapsules te neem:

Moenie ‘n dubbele dosis neem om op te maak vir vergete individuele dosisse nie.

4. MOONTLIKE NEWE-EFFEKTE

Geen bekend nie. Indien enige newe-effekte ervaar word, vertel asseblief u dokter of apteker.

Dit is nie bekend dat Swissgarde Geaktiveerde Houtskool Kapsules sleg reageer met enige ander medisyne of enige soorte kos of drank nie.

Indien u algemene gesondheid vererger, of indien u enige ongewenste effekte ervaar terwyl u hierdie produk gebruik, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgwerker vir advies. Indien u enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief u dokter of apteker in kennis. U 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 u help om meer inligting oor die veiligheid van Swissgarde Geaktiveerde Houtskool Kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SWISSGARDE GEAKTIVEERDE HOUTSKOOL KAPSULES

Bewaar teen minder as 30 °C in ’n koel, droë plek. Hou buite bereik van kinders. Bewaar in die oorspronklike verpakking/houer. Moet nie in ’n badkamer bêre nie. Moet dit nie gebruik na die vervaldatum wat op die bottel gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Swissgarde Geaktiveerde Houtskool Kapsules gebruik indien u sigbare tekens van agteruitgang opmerk nie. Stuur alle ongebruikte medisyne terug na u 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 Geaktiveerde Houtskool Kapsules bevat:

Aktiewe bestanddele per kapsule: Geaktiveerde houtskool (geaktiveerde koolstof) 570 mg; Fucoidan (Fucus vesiculosus) 20 mg.

Onaktiewe bestanddele: Magnesium stearaat.

Voorkoms van Swissgarde Geaktiveerde Houtskool Kapsules en inhoud van die verpakking:

Swissgarde Geaktiveerde Houtskool Kapsules is ’n deursigtige kapsule met swart poeier in ’n wit tablet houer met ’n wit dop, wat 30 groente kapsules bevat.

Versprei deur:

The Sportron Group

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:

Aansoek nommer: TBC

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