SWISSGARDE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde African Potato & Moringa Capsules

Active substances: Hypoxis Hemerocallidea (African Potato) 100 mg, Moringa Oleifera 365 mg, Fucoidan 10 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 African Potato & Moringa Capsules are available without a doctor's prescription to support cardiovascular health. Nevertheless, you still need to use Swissgarde African Potato & Moringa Capsules carefully to get the best results from them.

- Keep this leaflet. You may need to read it again.
- Do not share Swissgarde African Potato & Moringa Capsules with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet:

1. **What Swissgarde African Potato & Moringa Capsules are and what they are used for**
2. **What you need to know before you use Swissgarde African Potato & Moringa Capsules**
3. **How to use Swissgarde African Potato & Moringa Capsules**
4. **Possible side effects**
5. **How to store Swissgarde African Potato & Moringa Capsules**
6. **Contents of the pack and other information**

1. WHAT SWISSGARDE AFRICAN POTATO & MORINGA CAPSULES ARE AND WHAT THEY ARE USED FOR

Swissgarde African Potato & Moringa Capsules are used to support cardiovascular health.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SWISSGARDE AFRICAN POTATO & MORINGA CAPSULES

Do not use Swissgarde African Potato & Moringa Capsules if you are hypersensitive (allergic) to any ingredients.

If you are unsure if you should use Swissgarde African Potato & Moringa Capsules, talk to your doctor or pharmacist.

Warnings and precautions:

Swissgarde African Potato & Moringa 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 breastfeeding, ask your doctor or pharmacist for advice.

Pregnancy and Breastfeeding

Swissgarde African Potato & Moringa Capsules should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Swissgarde African Potato & Moringa Capsules when breastfeeding.

Driving and using machines

Swissgarde African Potato & Moringa Capsules have no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Swissgarde African Potato & Moringa Capsules

Always tell your healthcare provider if you are taking any other medicine. Swissgarde African Potato & Moringa 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 SWISSGARDE AFRICAN POTATO & MORINGA CAPSULES

The usual dose is:

Adults:

Take 1 capsule daily.

Method of administration:

Swissgarde African Potato & Moringa Capsules are for oral ingestion only with food or as recommended by your healthcare practitioner.

If you take more Swissgarde African Potato & Moringa Capsules than you should:

If anyone, especially a child, accidentally takes too much Swissgarde African Potato & Moringa 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 African Potato & Moringa 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 African Potato & Moringa 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 African Potato & Moringa Capsules.

5. HOW TO STORE SWISSGARDE AFRICAN POTATO & MORINGA CAPSULES

Store below 30 ˚C in a cool, dry place. 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 African Potato & Moringa 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 African Potato & Moringa Capsules contain:

Active Ingredients per capsule: Hypoxis Hemerocallidea (African Potato) 100 mg, Moringa Oleifera 365 mg, Fucoidan 10 mg.

Inactive ingredients: magnesium stearate.

What Swissgarde African Potato & Moringa Capsules looks like and contents of the pack:

Swissgarde African Potato & Moringa Capsules is a clear capsule with olive green 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,

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This leaflet was last revised

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Registration/Application number

Application Number: TBC

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

PASIÈNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Swissgarde African Potato & Moringa Kapsules.

Aktiewe stowwe: Hipokse Hemerocallidea (African Potato) 100 mg; Moringa Oleifera 365 mg, Fucoidan 10 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 African Potato & Moringa Kapsules is beskikbaar sonder ‘n voorskrif van die dokter om kardiovaskulêre gesondheid te ondersteun. Nietemin moet Swissgarde African Potato & Moringa Kapsules nogtans versigtig gebruik word om die beste resultate te verkry.

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

1. WAT SWISSGARDE AFRICAN POTATO & MORINGA KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD

Swissgarde African Potato & Moringa Kapsules word gebruik om kardiovaskulêre gesondheid te ondersteun.

2. WAT U MOET WEET VOORDAT SWISSGARDE AFRICAN POTATO & MORINGA KAPSULES GEBRUIK WORD

Moenie **S**wissgarde African Potato & Moringa Kapsule**s** gebruik indien u hipersensitief (allergies) is vir enige bestanddele nie.

Indien u onseker is om Swissgarde African Potato & Moringa Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls

Swissgarde African Potato & Moringa 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 u dokter of apteker. Gebruik word beskryf in volwassenes van 18 jaar en ouer.

Vertel u gesondheidsorgverskaffer voor gebruik

- As u enige voorskrif medikasie neem
- As u swanger is, probeer om swanger te raak of borsvoed, vra u dokter of apteker vir raad.

Swangerskap en borsvoeding

Swissgarde African Potato & Moringa Kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Swissgarde African Potato & Moringa Kapsules tydens borsvoeding geneem word.

Bestuur en gebruik van masjinerie

Swissgarde African Potato & Moringa 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 African Potato & Moringa Kapsules

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

3. HOE OM SWISSGARDE AFRICAN POTATO & MORINGA KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 1 kapsule daagliks.

Metode van toediening:

Swissgarde African Potato & Moringa Kapsules is slegs vir orale inname met kos of soos aanbeveel deur jou gesondheidspraktisyn.

As jy meer Swissgarde African Potato & Moringa Kapsules neem as wat jy moet

As iemand, veral ‘n kind, per ongeluk te veel Swissgarde African Potato & Moringa Kapsules neem, kontak u dokter of plaaslike gif sentrum onmiddellik. As u ‘n dokter sien of om een of ander rede hospitaal toe moet gaan, vertel hulle watter medisyne u neem.

As jy vergeet om ‘n dosis Swissgarde African Potato & Moringa 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 African Potato & Moringa Kapsules sleg reageer met enige ander medisyne of enige soorte kos of drank nie.

As u algemene gesondheid vererger, of as u enige ongewenste effekte ervaar terwyl u hierdie produk gebruik, raadpleeg asseblief u dokter, apteker of ander gesondheidswerker vir advies. As u enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief u 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 u help om meer inligting oor die veiligheid van Swissgarde African Potato & Moringa Kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SWISSGARDE AFRICAN POTATO & MORINGA 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 bottel gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Swissgarde African Potato & Moringa Kapsules gebruik as 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 African Potato & Moringa Kapsules bevat

Aktiewe bestanddele per kapsule: Hipokse Hemerocallidea (African Potato) 100 mg; Moringa Oleifera 365 mg, Fucoidan 10 mg.

Onaktiewe bestanddele: Magnesium stearaat.

Voorkoms van Swissgarde African Potato & Moringa Kapsules en inhoud van die verpakking:

Swissgarde African Potato & Moringa Kapsules is ‘n deursigtige kapsule met olyfgroen poeier in ‘n wit tablethouer en wit dop, wat 30 groentekapsules 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

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Datum van laaste hersiening

Augustus 2025

Registrasie/Aansoek nommer:

TBC

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