SPORTRON

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Sportron Cal-C-Mag Matrix Capsules

Active substances: Calcium carbonate 660.0 mg providing elemental calcium 264 mg; Magnesium sulphate 151,6 mg providing elemental magnesium 30,3 mg; Hydrolysed collagen powder 50,0 mg, Vitamin C 90,0 mg; Vitamin D 500.0 IU; Vitamin K2 0,12 mcg; Zinc Oxide providing elemental Zinc 8,8 mg; Seaweed extract (Sargassum fusiforme) 20,0 mg.

Category D: Complementary Medicine, D34.12 Multiple substance 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 Cal-C-Mag Matrix Capsules are available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Sportron Cal-C-Mag Matrix Capsules carefully to get the best results from it.

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

1. WHAT SPORTRON CAL-C-MAG MATRIX CAPSULES ARE AND WHAT THEY ARE USED FOR

Sportron Cal-C-Mag Matrix Capsules are used for daily nutritional support. This product may be used as a supplement for healthy bones, teeth and muscle health.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON CAL-C-MAG MATRIX CAPSULES

Do not use Sportron Cal-C-Mag Matrix Capsules if you are hypersensitive (allergic) to any ingredients.

If you are unsure if you should use Sportron Cal-C-Mag Matrix Capsules, talk to your doctor or pharmacist.

Warnings and precautions:

Sportron Cal-C-Mag 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 ask your doctor or pharmacist for advice

Pregnancy and Breastfeeding

Sportron Cal-C-Mag Matrix Capsules should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Sportron Cal-C-Mag Matrix Capsules when breastfeeding.

Driving and using machines

Sportron Cal-C-Mag 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 Cal-C-Mag Matrix Capsules

Always tell your healthcare provider if you are taking any other medicine. Sportron Cal-C-Mag 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 CAL-C-MAG MATRIX CAPSULES

The usual dose is:

Adults:

Take 2 capsules daily.

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Method of administration

Sportron Cal-C-Mag Matrix Capsules are for oral ingestion only.

If you take more Sportron Cal-C-Mag Matrix Capsules than you should

If anyone, especially a child, accidentally takes too much Sportron Cal-C-Mag 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 Cal-C-Mag 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 Cal-C-Mag 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 Cal-C-Mag Matrix Capsules.

5. HOW TO STORE SPORTRON CAL-C-MAG 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 Cal-C-Mag 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 Cal-C-Mag Matrix Capsules contains:

Active ingredients per capsule: Calcium carbonate 660.0 mg providing elemental calcium 264 mg; Magnesium sulphate 151,6 mg providing elemental magnesium 30,3 mg; Hydrolysed collagen powder 50,0 mg, Vitamin C 90,0 mg; Vitamin D 500.0 IU; Vitamin K2 0,12 mcg; Zinc Oxide providing elemental Zinc 8,8 mg; Seaweed extract (Sargassum fusiforme) 20,0 mg.

Inactive ingredients: Food state matrix blend.

What Sportron Cal-C-Mag Matrix Capsules looks like and contents of the pack:

Sportron Cal-C-Mag Matrix Capsules is a clear capsule with off-white powder in a white PET glossy container, containing 60 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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Midrand, Gauteng, 1685, South Africa.

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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

PASIÈNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Sportron Cal-C Mag Matriks Kapsules.

Aktiewe stowwe: Kalsiumkarbonaat 660.0 mg wat elementêre kalsium verskaf 264 mg; Magnesiumsulfaat 151,6 mg wat elementêre magnesium 30.3 mg wat elementêre magnesium 30.3 mg verskaf; Gehidroliseerde kollageen poeier 50.0 mg; Vitamien C 90,0 mg; Vitamien D 500 IE; Vitamien K2 0,12 mg; Sinkoksied wat elementêre sink 8.8 mg verskaf; Seewier uittreksel (Sargassum fusiforme) 20.0 mg.

Kategorie D: Komplementêre Medisyne, D 34.12 Meervoudige stof 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 Cal-C Mag Matriks Kapsules is beskikbaar sonder ‘n voorskrif van die dokter, vir spysvertering ondersteuning. Nietemin, Cal-C Mag 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 Cal-C Mag 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 Cal-C Mag Matriks kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Sportron Cal-C Mag Matriks Kapsules gebruik.**
3. **Hoe om Sportron Cal-C Mag Matriks Kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Sportron Cal-C Mag Matriks Kapsules.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SPORTRON CAL-C MAG MATRIKS KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD

Sportron Cal-C Mag Matriks Kapsules word gebruik vir daaglikse voedings ondersteuning. Hierdie produk kan gebruik word as ‘n aanvulling vir gesonde bene, tande en spier gesondheid.

2. WAT U MOET WEET VOORDAT SPORTRON CAL-C MAG MATRIKS KAPSULES GEBRUIK WORD

Moenie Sportron Cal-C Mag Matriks Kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele.

Indien u onseker is om Sportron Cal-C Mag Matriks Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls

Sportron Cal-C Mag 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 Cal-C Mag Matriks Kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Sportron Cal-C Mag Matriks Kapsules geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Sportron Cal-C Mag 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 Cal-C Mag Matriks Kapsules

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

3. HOE OM SPORTRON CAL-C MAG MATRIKS KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 2 kapsule daagliks.

Metode van toediening:

Sportron Cal-C Mag Matriks Kapsules is slegs vir inname.

As jy meer Sportron Cal-C Mag Vroue Matriks Kapsules neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Sportron Cal-C Mag 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 Cal-C Mag 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 Cal-C Mag 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 Cal-C Mag Matriks Kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SPORTRON CAL-C MAG 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 Cal-C Mag 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 Cal-C Mag Matriks Kapsules bevat:

Aktiewe bestanddele per kapsule: Kalsiumkarbonaat 660.0 mg wat elementêre kalsium verskaf 264 mg; Magnesiumsulfaat 151,6 mg wat elementêre magnesium 30.3 mg wat elementêre magnesium 30.3 mg verskaf; Gehidroliseerde kollageen poeier 50.0 mg; Vitamien C 90,0 mg; Vitamien D 500 IE; Vitamien K2 0,12 mg; Sinkoksied wat elementêre sink 8.8 mg verskaf; Seewier uittreksel (Sargassum fusiforme) 20.0 mg.

Onaktiewe bestanddele: Voedsel toestand matriks versnit.

Voorkoms van Sportron Cal-C Mag Matriks Kapsules en inhoud van die verpakking:

Sportron Cal-C Mag Matriks Kapsules is ‘n deursigtige kapsule met spierwit poeier in ‘n wit PTE - glashouer, wat 60 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

N**aam en adres van houer van registrasiesertifikaat**

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Datum van laaste hersiening

Augustus 2025

Registrasie/Aansoek nommer:

TBA.

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