PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde Defender Capsules

Active substances: Rape Seed Extract (Vitis Vinifera) 420 mg, Ginger Powder (Zingiber Officinale) 124 mg, Garlic Powder (Allium Sativum) 120 mg, Carum Petroselinum 120 mg, Echinacea Purpurea 80 mg, Vitamin C (ascorbic acid) 90 mg, Zinc Oxide 18 mg providing Elemental Zinc 14,4 mg, Fucoidan (Fucus vesiculosus) 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 Defender Capsules are available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Swissgarde Defender Capsules carefully to get the best results from it.

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

1. WHAT SWISSGARDE DEFENDER CAPSULES ARE AND WHAT THEY ARE USED FOR

Swissgarde Defender Capsules are used to help boost and protect the body's natural immune system.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SWISSGARDE DEFENDER CAPSULES

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

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

Warnings and precautions:

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

Driving and using machines

Swissgarde Defender Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Swissgarde Defender Capsules

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Defender 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 DEFENDER CAPSULES

The usual dose is:

Adults:

Take 2 capsules daily.

Method of administration:

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

If you take more Swissgarde Defender Capsules than you should:

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

5. HOW TO STORE SWISSGARDE DEFENDER 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 Defender 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 Defender Capsules contains:

Active Ingredients per 2 capsules: Rape Seed Extract (Vitis Vinifera) 420 mg, Ginger Powder (Zingiber Officinale) 124 mg, Garlic Powder (Allium Sativum) 120 mg, Carum Petroselinum 120 mg, Echinacea Purpurea 80 mg, Vitamin C (ascorbic acid) 90 mg, Zinc Oxide 18 mg providing Elemental Zinc 14,4 mg, Fucoidan (Fucus vesiculosus) 10 mg.

Inactive ingredients: Magnesium stearate

What Swissgarde Defender Capsules looks like and contents of the pack:

Swissgarde Defender Capsules is a clear capsule with brown powder in a white tablet 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,

86 Gazelle Ave, Corporate Park South,

Midrand, Gauteng, 1685, South Africa.

Email: info@microbel.co.za

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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

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Swissgarde Defender kapsules.

Aktiewe stowwe: Raapsaad Uittreksel (Vitis Vinifera) 420 mg; Gemmerpoeier (Zingiber Officinale) 124 mg; Knoffelpoeier (Allium Sativum) 120 mg; Carum Petroselonum 120 mg; Echinacea Purpurea 80 mg; Vitamien C (askorbiensuur) 90 mg; Sinkoksien 18 mg wat elementêre sink 14,4 mg verskaf; Fucoidan (Fucus vesiculosus) 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 Defender Kapsules is beskikbaar sonder ‘n voorskrif van die dokter, vir spysvertering ondersteuning. Nietemin, Swissgarde Defender 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 Swissgarde Defender Kapsules met enige ander person deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

WAT IS IN HIERDIE PAMFLET

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

1. WAT SWISSGARDE DEFENDER KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD

Swissgarde Defender Kapsules word gebruik om die liggaam se natuurlike immuunstelsel ‘n hupstoot te gee en te beskerm.

2. WAT U MOET WEET VOORDAT SWISSGARDE DEFENDER KAPSULES GEBRUIK WORD

Moenie Swissgarde Defender Kapsules gebruik indien u hipersensitief (allergies) is vir enige bestanddele.

Indien u onseker is om Swissgarde Defender Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreèls:

Swissgarde Defender kapsules is slegs vir inname.

As u voorskrif medikasie neem, raadpleeg ‘n gesondheidsorgpraktisyns 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

Swissgarde Defender Kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Swissgarde Defender Kapsules geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Swissgarde Defender 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 Defender Kapsules

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

3. HOE OM SWISSGARDE DEFENDER KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 2 kapsules daagliks.

Metode van toediening:

Swissgarde Defender Kapsules is slegs vir orale inname met kos of soos aanbeveel deur jou gesondheidspraktisyn.

As jy meer Swissgarde Defender Kapsules neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Swissgarde Defender 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 Swissgarde Defender 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 Defender 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 Swissgarde Defender Kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR SWISSGARDE DEFENDER 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 Swissgarde Defender 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 Swissgarde Defender Kapsules bevat:

Aktiewe bestanddele per 2 kapsule: Raapsaad Uittreksel (Vitis Vinifera) 420 mg; Gemmerpoeier (Zingiber Officinale) 124 mg; Knoffelpoeier (Allium Sativum) 120 mg; Carum Petroselonum 120 mg; Echinacea Purpurea 80 mg; Vitamien C (askorbiensuur) 90 mg; Sinkoksien 18 mg wat elementêre sink 14,4 mg verskaf; Fucoidan (Fucus vesiculosus) 10 mg.

Onaktiewe bestanddele: Magnesium stearaat.

Voorkoms van Swissgarde Defender Kapsules en inhoud van die verpakking:

Swissgarde Defender Kapsules is ‘n deursigtige kapsule met bruin poeier in ‘n wit tablet houer, 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

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:

TBA.

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