SPORTRON

# PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:** S0

**PROPRIETARY NAME (AND DOSAGE FORM):**

**Sportron Glucoplex Matrix Capsules**

Active substances: Bearberry (Uva Ursi) (Containing Berberine) 180 mg Centella Asiatica 100 mg, Cinnamomum Cassia (Cinnamon) Powder 175mg.

**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.**

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

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


## 1. WHAT SPORTRON GLUCOPLEX MATRIX CAPSULES ARE AND WHAT THEY ARE USED FOR

Sportron Glucoplex Matrix Capsules are used to promote healthy blood sugar levels.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON GLUCOPLEX MATRIX CAPSULES

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

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

**Warnings and precautions**

Sportron Glucoplex Matrix 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**

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

**Driving and using machines**

Sportron Glucoplex Matrix Capsules have no known effect on an individual's ability to drive or operate machinery.

**Taking other medicines or food and drink with Sportron Glucoplex Matrix Capsules**

Always tell your healthcare provider if you are taking any other medicine. Sportron Glucoplex 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 GLUCOPLEX MATRIX CAPSULES

The usual dose is:

**Adults:**

Take 1 capsule daily.

**Method of administration:**

Sportron Glucoplex Matrix Capsules are for oral ingestion only with food or as recommended by your Health Practitioner.

**If you take more Sportron Glucoplex Matrix Capsules than you should:**

If anyone, especially a child, accidentally takes too much Sportron Glucoplex Matrix Capsules contact your doctor or local poison center 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 Glucoplex 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 Glucoplex 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 Glucoplex Matrix Capsules.

## 5. HOW TO STORE SPORTRON GLUCOPLEX 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 Glucoplex 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 Glucoplex Matrix Capsules contain:**

Active Ingredients per capsule: Bearberry (Uva Ursi) (Containing Berberine) 180 mg Centella Asiatica 100mg, Cinnamomum Cassia (Cinnamon) Powder 175mg.

Inactive ingredients: biofood matrix, magnesium stearate.

**What Sportron Glucoplex Matrix Capsules looks like and contents of the pack:**

Sportron Glucoplex Matrix Capsules is a clear capsule with brown powder in a white PET glossy container and ribbed 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

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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

# PASIËNTINLIGTINGSPAMFLET

**SKEDULERINGSTATUS:** S0

## EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Sportron Glucoplex Mariks Kapsules.

Aktiewe stowwe: Bearberry (Uva Ursi) (bevat berberien) 180 mg, Centella Asiatica 100 mg, Cinnamomum Cassia (Kaneel) poeier 175 mg.

**Kategorie D: Komplementêre Medisyne. D 33.6 Westerse Kruiemedisyne**

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 Glucoplex Matriks Kapsules is beskikbaar sonder ‘n voorskrif van die dokter, vir sypsverteringsondersteuning. Nietemin, **Sportron Glucoplex 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 Glucoplex Matriks 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 Sportron Glucoplex Matriks kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Sportron Glucoplex Matriks Kapsules gebruik.**
3. **Hoe om Sportron Glucoplex Matriks Kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergingsaanwysings vir Sportron Glucoplex Matriks Kapsules.**
6. **Inhoud van die verpakking en ander inligting.**


## 1. WAT SPORTRON GLUCOPLEX MATRIKS KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD

**Sportron Glucoplex Matriks Kapsules** word gebruik om gesonde bloedsuikervlakke te bevorder.

## 2. WAT U MOET WEET VOORDAT SPORTRON GLUCOPLEX MATRIKS KAPSULES GEBRUIK WORD

Moenie Sportron Glucoplex Matriks Kapsules gebruik indien u hipersensitief (allergies) is vir engine bestandele.

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

**Waarskuwings en voorsorgmaatreèls**

Sportron Glucoplex Matriks kapsules is slegs vir inname.

As u voorskifmedikasie neem, raadpleeg ‘n gesonheidsorgpraktisyn voor gebruik. As enige ongewenste / nadelike effek ontwikkel, staak die gebruik en raadpeeg jou dokter of apteker. Gebruik word beskryf in volassenes van 18 jaar en ouer.

**Vertel jou gesondheidsorg voor gebruik**

- As jy enige voorskrifmedikasie neem
- As jy swanger is, prober om swanger te raak of borsvoed, vra jou dokter of apteker vir raad.

**Swangerskap en borsvoeding**

Sportron Glucoplex Matriks Kapsules moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffter moet geraadpeeg word vir advies voordat Sportron Glucoplex Matriks Kapsules geneem word tydens borsvoeding.

**Bestuur en gebruik van masjinerie**

Sportron Glucoplex 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 Glucoplex Matriks Kapsules**

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

## 3. HOE OM SPORTRON GLUCOPLEX MATRIKS KAPSULES TE GEBRUIK

Die gewone dosis is:

**Volwassenes:**

Neem 1 kapsule daagliks.

**Metode van toediening:**

Sportron Glucoplex Matriks Kapsules is slegs vir orale inname met kos of soos aanbeveel deur jou gesondheidspraktisyn.

**As jy meer Sportron Glucoplex Matriks Kapsules neem as wat jy moet**

As iemand, veral ‘n kind per ongeluk te veel Sportron Glucoplex Matriks Kapsules neem, kontak jou dokter of plaaslike gifsentrum onmiddellik. As jy ‘n dokter sien of om een of ander rede hopsitaal toe moet gaan, vertel hulle watter medisyne jy neem.

**As jy vergeet om ‘n dosis Sportron Glucoplex 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 Glucoplex 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 asselief jou dokter, apteker of ander gesonheidswerker vir advies. As jy enige newe-effkete 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 Glucoplex Matriks Kapsules te verskaf.

## 5. BERGINGSAANWYSINGS VIR SPORTRON GLUCOPLEX MATRIKS KAPSULES

Bewaar in ‘n koel, droeë 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 bottles gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Sportron Gluoplex 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 Gluoplex Matriks Kapsules bevat:**

Aktiewe bestanddele pr kapsule: Bearberry (Uva Ursi) (bevat berberien) 180 mg, Centella Asiatica 100mg, Cinnamomum Cassia (Kaneel) poeier 175 mg.

Onaktiewe bestanddele: Biovoedselmatriks, Magnesiumstearaat.

**Voorkoms van Sportron Gluoplex Matriks Kapsules en inhoud van die verpakking**

Sportron Gluuoplex Matriks Kapsules is ‘n deursigtige kapsule met bruin poeier in ‘n wit PET-glanshouer en geribde 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

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/Aansoeknommer:

TBA.

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