SWISSGARDE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde Marina Spa

Active substances: Seaweed extract (Sargassum fusiforme) 0,75 mg; Fucoidan (Fucus vesiculosus) 0,25 mg; Persea gratissima (Avocado) Oil 1,5 mg; Mentha piperita (Peppermint) Essential Oil 1,5 mg; Mentha arvensis (Menthol) 3,3 mg; Eucalyptus flobulus (Eucalyptus) oil 0,25 mg; Calendula officinalis (Calendula) 0,5 mg; Licorice (Glycyrrhiza glabra) 0,5 mg Castor oil (Ricinus communis) 10 mg; Rosemary (Salvia rosmarinus) oil 0,2 mg; Lavender (Lavendula angustifolia) oil 0,03 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 Marina Spa is available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Swissgarde Marina Spa carefully to get the best results from it.

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

1. WHAT SWISSGARDE MARINA SPA IS AND WHAT IT IS USED FOR

Swissgarde Marina Spa is used to promote health and wellness daily.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SWISSGARDE MARINA SPA

Do not use Swissgarde Marina Spa if you are hypersensitive (allergic) to any ingredients.

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

Warnings and precautions:

Swissgarde Marina Spa is 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

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

Driving and using machines

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

Taking other medicines or food and drink with Swissgarde Marina Spa

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Marina Spa 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 MARINA SPA

The usual dose is:

Adults:

Take 10ml a day.

Method of administration:

Swissgarde Marina Spa is for oral ingestion only. Swissgarde Marina Spa should be mixed in 250ml water with food or as recommended by your Health Practitioner.

If you take more Swissgarde Marina Spa than you should:

If anyone, especially a child, accidentally takes too much Swissgarde Marina Spa 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 Swissgarde Marina Spa:

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 Marina Spa 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 Marina Spa.

5. HOW TO STORE SWISSGARDE MARINA SPA

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 Marina Spa 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 Marina Spa contains:

Active Ingredients per ml: Seaweed extract (Sargassum fusiforme) 0,75 mg; Fucoidan (Fucus vesiculosus) 0,25 mg; Persea gratissima (Avocado) Oil 1,5 mg; Mentha piperita (Peppermint) Essential Oil 1,5 mg; Mentha arvensis (Menthol) 3,3 mg; Eucalyptus flobulus (Eucalyptus) oil 0,25 mg; Calendula officinalis (Calendula) 0,5 mg; Licorice (Glycyrrhiza glabra) 0,5 mg Castor

oil (Ricinus communis) 10 mg; Rosemary (Salvia rosmarinus) oil 0,2 mg; Lavender (Lavendula angustifolia) oil 0,03 mg.

Inactive ingredients: None.

What Swissgarde Marina Spa looks like and contents of the pack:

Swissgarde Marina Spa is a brownish syrup in a black 250ml flat neck bottle with a black flat neck tamper strip cap and natural puffer.

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.

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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 Marina Spa

Aktiewe stowwe: Seewier uittreksel (Sargassum fusiforme) 0,75 mg; Fucoidan (Fucus vesiculosus) 0,25 mg; Persea gratissima (Avokado) Olie 1,5 mg; Mentha piperita (peperment) Essensiële Olie 1,5 mg; Mentha arvensis (Menthol) 3,3 mg; Eucalyptus flobulus (Eucalyptus) olie 0,25 mg; Calendula officinalis (Calendula) 0,5 mg; Drop (Glycyrrhiza glabra) 0,5 mg; Kasterolie (Ricinus communis) 10 mg; Rooosmaryn (Salvia Rosmarinus) olie 0,2 mg; Laventel (Lavendula angustifolia) olie 0,03 mg.

Kategorie D: Komplementêre Medisyne. D 33.6 Westerse Kruie geneeskunde 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 Marina Spa is beskikbaar sonder ‘n voorskrif van die dokter, vir spysvertering ondersteuning. Nietemin, Swissgarde Marina Spa 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 Marina Spa 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 Marina Spa is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Swissgarde Marina Spa gebruik.**
3. **Hoe om Swissgarde Marina Spa te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Swissgarde Marina Spa.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SWISSGARDE MARINA SPA IS EN WAARVOOR DIT GEBRUIK WORD

Swissgarde Marina Spa word daagliks gebruik om gesondheid en welstand te bevorder.

2. WAT U MOET WEET VOORDAT SWISSGARDE MARINA SPA GEBRUIK WORD

Moenie Swissgarde Marina Spa gebruik indien u hipersensitief (allergies) is vir enige bestanddele.

Indien u onseker is om Swissgarde Marina Spa te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls

Swissgarde Marina Spa 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

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

Bestuur en gebruik van masjinerie

Swissgarde Marina Spa 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 Marina Spa

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

3. HOE OM SWISSGARDE MARINA SPA TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 10ml daagliks.

Metode van toediening:

Swissgarde Marina Spa is slegs vir mondelinge inname. Swissgarde Marina Spa moet in 250ml water met kos gemeng word of soos aanbeveel deur jou gesondheidspraktisyn.

As jy meer Swissgarde Marina Spa neem as wat jy moet:

As iemand, veral ‘n kind per ongeluk te veel Swissgarde Marina Spa 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 Marina Spa 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 Marina Spa 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 Marina Spa te verskaf.

5. BERGINGSAANWYSINGS VIR SWISSGARDE MARINA SPA

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 Marina Spa 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 Marina Spa bevat:

Aktiewe bestanddele per ml: Seewier uittreksel (Sargassum fusiforme) 0,75 mg; Fucoidan (Fucus vesiculosus) 0,25 mg; Persea gratissima (Avokado) Olie 1,5 mg; Mentha piperita (peperment) Essensiële Olie 1,5 mg; Mentha arvensis (Menthol) 3,3 mg; Eucalyptus flobulus (Eucalyptus) olie 0,25 mg; Calendula officinalis (Calendula) 0,5 mg; Drop (Glycyrrhiza glabra)

0,5 mg; Kasterolie (Ricinus communis) 10 mg; Rooosmaryn (Salvia Rosmarinus) olie 0,2 mg; Laventel (Lavendula angustifolia) olie 0,03 mg.

Onaktiewe bestanddele: Geen.

Voorkoms van Swissgarde Marina Spa en inhoud van die verpakking:

Swissgarde Marina Spa is ‘n bruinerige stroop in ‘n swart 250ml plat nek bottel met ‘n swart plat nek peuter strook dop en natuurlike poffer.

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**

Microbel Laboratories (Pty) Ltd

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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