SWISSGARDE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde Stressgarde Capsules

Active substances: Ashwagandha Root (Withania Somnifera) 350,0mg, Magnesium Suphate 160 mg providing Elemental Magnesium 15,75 mg, Vitamin B6 (pyridoxine) 1,3mg, Vitamin B12 (Cyanocobalamin) 3,0 mcg, Vitamin D3 Cholecalciferol) 300 IU, Zinc Oxide 8 mg providing Elemental Zinc 6,4 mg, Fucoidan 10,0 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 Stressgarde Capsules are available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Swissgarde Stressgarde Capsules carefully to get the best results from it.

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

1. WHAT SPORTRON SWISSGARDE STRESSGARDE CAPSULES ARE AND WHAT THEY ARE USED FOR

Swissgarde Stressgarde Capsules are used to help the body manage stress and anxiety.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SPORTRON SWISSGARDE STRESSGARDE CAPSULES

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

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

Warnings and precautions:

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

Driving and using machines

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

Taking other medicines or food and drink with Swissgarde Stressgarde Capsules

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Stressgarde 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 SWISSGARDE STRESSGARDE CAPSULES

The usual dose is:

Adults:

Take 2 capsules daily.

Method of administration:

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

If you take more Swissgarde Stressgarde Capsules than you should:

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

5. HOW TO STORE Swissgarde Stressgarde 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 Stressgarde 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 Stressgarde Capsules contain:

Active Ingredients per capsule: Ashwagandha Root (Withania Somnifera) 350,0mg, Magnesium Suphate 160 mg providing Elemental Magnesium 15,75 mg, Vitamin B6 (pyridoxine) 1,3mg, Vitamin B12 (Cyanocobalamin) 3,0 mcg, Vitamin D3 Cholecalciferol) 300 IU, Zinc Oxide 8 mg providing Elemental Zinc 6,4 mg, Fucoidan 10,0 mg.

Inactive ingredients: magnesium stearate.

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

Swissgarde Stressgarde Capsules is a clear capsule with light brown powder in a white tablet container and white cap, 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

+27 11 076 4000

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 Super Cider Plus Kapsules.

Aktiewe stowwe: Ashwagandha-wortel (Withania Somnifera) 350,0 mg, magnesiumsufaat 160 mg wat elementêre magnesium 15,75 mg verskaf, vitamien B6 (piridoksien) 1,3 mg, vitamien B12 (sianokobalamien) 3,0 mcg, vitamien D3 cholecalciferol) 300 IE, sinkoksien 8 mg wat elementêre sink 6,4 mg verskaf, Fucoidan 10,0 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.

Swissgarde Stressgard Kapsules is beskikbaar sonder ‘n voorskrif van die dokter, vir spysvertering ondersteuning. Nietemin, Swissgarde Stressgarde 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 Stressgarde 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 Stressgarde kapsules is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Swissgarde Stressgarde Kapsules gebruik.**
3. **Hoe om Swissgarde Stessgarde Kapsules te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Swissgarde Stressgarde Kapsules.**
6. **Inhoud van die verpakking en ander inligting.**

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

Swissgarde Stressgarde Kapsules word gebruik om die liggaam te help om stres en angs te bestuur.

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

Moenie **Swissgarde Stressgarde Kapsules** gebruik indien u hipersensitief (allergies) is vir ergine bestanddele.

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

Waarskuwings en voorsorgmaatreëls:

Swissgarde Stressgarde 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

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

Bestuur en gebruik van masjinerie

Swissgarde Stressgarde 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 Stressgarde Kapsules

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

3. HOE OM SWISSGARDE STESSGARDE KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 2 kapsule daagliks.

Metode van toediening

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

As jy meer Swissgarde Stressgarde Kapsules neem as wat jy moet

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

5. BERGINGSAANWYSINGS VIR SWISSGARDE STRESSGARDE 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 Stressgarde 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 Stressgarde Kapsules bevat:

Aktiewe bestanddele per kapsule: Ashwagandha-wortel (Withania Somnifera) 350,0 mg, magnesiumsufaat 160 mg wat elementêre magnesium 15,75 mg verskaf, vitamien B6 (piridoksien) 1,3 mg, vitamien B12 (sianokobalamien) 3,0 mcg, vitamien D3 cholecalciferol) 300 IE, sinkoksien 8 mg wat elementêre sink 6,4 mg verskaf, Fucoidan 10,0 mg.

Onaktiewe bestanddele: Magnesium stearaat.

Voorkoms van Swissgarde Stressgarde Kapsules en inhoud van die verpakking:

Swissgarde Stressgarde Kapsules is ‘n deursigtige kapsule met ligbruin poeier in ‘n wit tablet houer en wit dop, 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/Aansoeknommer:

TBA.

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