

**FEMOLENE DAILY Capsules 60**  
**PATIENT INFORMATION LEAFLET**

**SCHEDULING STATUS:**

Scheduled 0

**PROPRIETY NAME AND DOSAGE FORM:**

Femolene DAILY Capsules

**Read all of this leaflet carefully because it contains important information for you**

Femolene DAILY Capsules is available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.
- Do not share Femolene DAILY Capsules with any other person.
- Ask your pharmacist if you need more information or advice.

**1. WHAT FEMOLENE DAILY CAPSULES CONTAIN:**

Each capsule contains:

|                                 |                       |         |
|---------------------------------|-----------------------|---------|
| Ascorbic Acid                   | Vitamin C             | 123mg   |
| Magnesium oxide                 | Magnesium (elemental) | 50mg    |
| L-Arginine                      | Arginine              | 50mg    |
| Iron AAC 10%                    | Iron (elemental)      | 37,5mg  |
| Choline bitrate Choline bitrate | Choline bitrate       | 25mg    |
| Zinc AAC 20% Zinc (elemental)   | Zinc (elemental)      | 15mg    |
| Thiamine                        | Vitamin B1            | 10,4mg  |
| Pantothenic acid                | Vitamin B5            | 10,88mg |
| Pyridoxine                      | Vitamin B6            | 11.37mg |
| L-Carnitine tartrate            | Carnitine             | 12,5mg  |
| Riboflavin                      | Vitamin B2            | 9,1mg   |
| D-alpha-tocopherol 50%          | Vitamin E             | 77mg    |
| Lycopene                        | Lycopene              | 2,5mg   |
| Copper Sulphate                 | Copper (elemental)    | 1.25mg  |
| Cyanocobalamin                  | Vitamin B12           | 004mg   |
| Chromium Picolinate             | Chromium (elemental)  | 0,010mg |
| Methyl folate                   | Folic acid            | 0,008mg |
| Biotin                          | Vitamin H             | 0,005mg |
| Gotu kola Extract 4:1           | Gotu kola             | 25mg    |

Inactive: Magnesium Stearate. 3,475mg

MCC ph 102 30mg

Gluten and Tartrazine free

## **2. WHAT FEMOLENE DAILY CAPSULES IS USED FOR:**

Femolene DAILY Capsules is a multivitamin supplement for women, 18 years and older, experiencing a monthly hormonal cycle.

## **3. BEFORE YOU TAKE/ USE/ ARE GIVEN/ ADMINISTERED FEMOLENE DAILY CAPSULES:**

### **Do not take Femolene DAILY Capsules:**

- If you are known to be hypersensitive (allergic) to (active ingredient) or any of the ingredients. (see; COMPOSITION)

Always tell your health care provider if you are taking any other medicine. If you are pregnant or breastfeeding your baby, please consult your health care provider for advice before taking this medicine.

### **Pregnancy and breastfeeding:**

Femolene DAILY Capsules is not to be taken or used during pregnancy. Safety and efficacy on these conditions has not been investigated.

### **Important information about some of the ingredients of Femolene DAILY Capsules:**

In-actives: All inactive ingredient added on the formulation of Femolene DAILY Capsules are known to be well tolerated.

Always tell your healthcare provider if you are taking any other complementary or traditional medicine before giving you kid Femolene DAILY Capsules.

### **Taking/Giving / Using other medicines with Femolene DAILY Capsules:**

Always tell your healthcare provider if you are taking any other complementary or traditional medicine before giving you kid Femolene DAILY Capsules.

## **4. HOW TO TAKE/USE FEMOLENE DAILY CAPSULES**

Do not share medicine with any other person.

Take two capsules daily after breakfast.

During your PMS week, take 2 capsules twice a day after meals.

Do not take Femolene DAILY Capsules tablets on an empty stomach.

Take Femolene DAILY Capsules at the same time each day to have the best effect.

Take the Capsule with sufficient quantity of liquid (e.g. one glass of water)

Always take Femolene DAILY Capsules exactly as per recommendation of the Package Insert or by your health care provider and if you are unsure.

In the event of over dose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control center.

### **If you take/ use/ more Femolene DAILY Capsules than you should:**

Do not take more than recommended dose.

In the event of over dose, consult your doctor, pharmacist or healthcare provider. If neither is available, contact the nearest hospital or poison center.

**If you forget to take / missed a dose of Femolene DAILY Capsules:**

Do not take a double dose to make up for forgotten individual doses.

**5. POSSIBLE SIDE EFFECTS**

There has not been a case of any side effects reported when taking Femolene DAILY Capsules as yet. However, cases of over dose or hypersensitivity you may experience the following side effects:

- vomiting,
- nausea,

However you should consult with your healthcare provider before taking any dietary supplement ingredient.

If you notice any side effects not mentioned in this leaflet after taking Femolene DAILY Capsules, stop immediately the use of the product and consult your healthcare provider, please inform your healthcare provider for advice.

**6. STORAGE CONDITION**

Store all medicines out of reach of children

Store in a cool, dry place below or at 25°C.

Keep the container in the original packaging and in an outer carton.

Protect from light.

Do not store in a bathroom.

Do not use after expiry date stated on the label /carton and on the bottle.

Do not use Femolene DAILY Capsules if you notice any visible signs of deterioration.

Return all unused medicine to your pharmacist/ supplier.

Do not dispose of unused medicines in drains or sewage systems.

**7. PRESENTATION AND IDENTIFICATION OF FEMOLENE DAILY CAPSULES**

Pink capsules packed in a white plastic bottle in an outer carton.

**8. REGISTRATION NUMBER**

Registration number:

[Will be allocated by SAHPRA upon registration]

**9. NAME AND ADDRESS OF REGISTRATION HOLDER**

Kenza Health (Pty) Ltd, Suite 177, Private BagX7, Northriding 2162

**10. DATE OF PUBLICATON:**

July 2023

Ver: V1

**Femolene DAILY Capsules 60**  
**PASIËNTINLIGTINGSBLAADJIE**

**BYLAE STATUS:**

Geskeduleer 0

**EIENDOM NAAM EN DOSISVORM:**

Femolene DAILY Kapsules

**Lees hierdie blaadjie sorgvuldig deur, want dit bevat belangrike inligting vir u**

Femolene DAILY Kapsules is beskikbaar sonder n' voorskrif van 'n dokter.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moet nie Femolene DAILY Kapsules met enige ander persoon deel nie.
- Vra jou apteker as jy meer inligting of advies benodig.

**1. WATTER FEMOLENE DAILY KAPSULES BEHOU:**

Elke kapsule bevat:

|                                 |                       |         |
|---------------------------------|-----------------------|---------|
| Ascorbic Acid                   | Vitamin C             | 123mg   |
| Magnesium oxide                 | Magnesium (elemental) | 50mg    |
| L-Arginine                      | Arginine              | 50mg    |
| Iron AAC 10%                    | Iron (elemental)      | 37,5mg  |
| Choline bitrate Choline bitrate | Choline bitrate       | 25mg    |
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| Biotin                          | Vitamin H             | 0,005mg |
| Gotu kola Extract 4:1           | Gotu kola             | 25mg    |

Onaktiewe: Magnesium Stearate 3,475

MCC ph 102 30mg

Gluten en Tartrasien vry

**2. WATTER TIENERVLAKKAPPE VIR GEBRUIK WORD:**

Femolene DAILY Kapsules is 'n multi-vitamien aanvulling vir vrouens, 18 jaar en ouer, wat a maandelikse hormone siklus bevind

### **3. VOORDAT JY FEMOLENE DAILY KAPSULES NEEM/GEBRUIK/GEADMINISTREER WORD:**

Moenie Femolene DAILY Kapsules neem nie:

As jy bekend is dat dit hipersensitief (allergies) is vir (aktiewe bestanddeel) of enige van die bestanddele. (sien; SAMESTELLING)

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik. As u swanger is of borsvoed, raadpleeg u gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

#### **Swangerskap en borsvoeding:**

Femolene DAILY Kapsules moet nie geneem of gebruik word deur swangerskap nie. Veiligheid en doeltreffendheid onder hierdie toestande is nie ondersoek nie.

#### **Belangrike inligting oor sommige van die bestanddele van Femolene DAILY Kapsules:**

On-aktiewe: Al die onaktiewe bestanddele wat op die formulering van Femolene DAILY Kapsules bygevoeg word, is goed geduld.

Vertel altyd aan u gesondheidsorgverskaffer as u enige ander aanvullende of tradisionele medisyne gebruik voordat u die Kindjie Femolene DAILY Kapsules gee.

#### **Neem / Gee / Gebruik van ander medisyne met Femolene DAILY Kapsules:**

Vertel altyd aan u gesondheidsorgverskaffer as u enige ander aanvullende of tradisionele medisyne gebruik voordat u die Femolene DAILY Kapsules gee.

### **4. HOE OM FEMOLENE DAILY KAPSULES TE GEBRUIK**

Moenie medisyne met enige ander persoon deel nie.

Neem twee Kapsules daaglik na ontbyt.

Vat 2 kapsules twee keer a dag na maaltye gedeurende jou PMS week

Moenie Femolene DAILY Kapsules op 'n leë maag neem nie.

Neem Femolene DAILY Kapsules op dieselfde tyd elke dag om die beste uitwerking te hê.

Neem die kapsule met voldoende hoeveelheid vloeistof (bv. Een glas water)

Neem altyd Femolene DAILY Kapsules presies volgens aanbevelings van die pakket invoegsel of deur u gesondheidsorgverskaffer en indien u onseker is.

In geval van oordosering, raadpleeg u dokter of apteker. Indien nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

#### **As jy / meer / Femolene DAILY Kapsules gebruik / gebruik as wat jy moet:**

Moenie meer as die aanbevole dosis inneem nie.

Raadpleeg u dokter, apteker of gesondheidsorgverskaffer in die geval van oordosering. As hul nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

#### **As jy vergeet om 'n dosis Femolene DAILY Kapsules te neem dosis orgeslaan:**

Moenie 'n dubbeldosis neem om vergete individuele dosisse te vervang nie.

### **5. MOONTLIKE NEWE EFFEKTE**

Daar was nog nie 'n geval van enige nuwe-effekte wat gerapporteer is toe tienerswagmeisieskapsules geneem is nie. Egter gevalle van oordosering of hipersensitiwiteit kan jou tiener die volgende nuwe-effekte ervaar:

- braking,
- naarheid,

U moet egter met u gesondheidsorgverskaffer konsulteer voordat u enige voedingsaanvullings bestanddele neem.

As u enige nuwe-effekte sien wat nie in hierdie pamflet genoem word nie, nadat u Femolene DAILY Kapsules geneem het, stop onmiddellik die gebruik van die produk en raadpleeg u gesondheidsorgverskaffer. Stel asseblief u gesondheidsorgverskaffer in kennis.

#### **6. BERGINGSAAWYSINGS**

Bewaar alle medisyne buite bereik van kinders

Berg in 'n koel, droë plek onder of by 25 ° C.

Hou die houer in die oorspronklike verpakking en in 'n buitenste karton.

Beskerm teen lig. Moenie in 'n badkamer stoor nie.

Moet nie gebruik word na die vervaldatum wat op die etiket / karton en op die bottel aangedui word nie.

Moenie Femolene DAILY Kapsules gebruik as u enige sigbare tekens van agteruitgang sien nie.

Stuur alle ongebruikte medisyne na u apteker / verskaffer terug.

Moet nie ongebruikte medisyne in riool- of rioolstelsels weggooi nie.

#### **7. AANBIEDING EN IDENTIFIKASIE VAN TEEN VOOGMEISKAPSULES**

Pienk kapsules verpak in 'n wit plastiek bottel in 'n buitenste karton.

#### **8. REGISTRASIENOMMER**

Registrasienommer:

[Sal deur die Raad toegeken word by registrasie]

#### **9. NAAM EN ADRES VAN REGISTRASIEHOUER**

Kenza Health (Edms) Bpk

Suite 177, Private BagX7, Northriding 2162

#### **10. DATUM VAN PUBLIKASIE:**

Julie 2023

Ver: V1