

FEMOLENE MYLIFE MATURE CAPSULES
PATIENT INFORMATION LEAFLET
SCHEDULING STATUS:

Scheduled 0

PROPRIETARY NAME AND DOSAGE FORM:
Femolene Mylife Mature Capsules

Read this leaflet carefully because it contains important information for you

Femolene Mylife Mature Capsules are available without a doctor's prescription. Keep this leaflet. You may need to read it again.

Do not share Femolene Mylife Mature Capsules with any other person. Ask your doctor, pharmacist or healthcare provider if you need more information or advice.

1. What FEMOLENE MYLIFE MATURE CAPSULES CONTAINS:

Ingredients

Each Capsule Contains

Calcium *	85 mg
Vitamin C	50 mg
Magnesium *	1,2 mg
Vitamin E	25 mg
Soya Isoflavones 40%	20 mg
Zinc AAC	12 mg
Vitamin B2	5 mg
Vitamin B3	4,9 mg
Vitamin B6	4,1 mg
Vitamin B5	3,7 mg
Vitamin B1	2,3 mg
Manganese as gluconate	1,3 mg
Copper as gluconate	0,385 mg
Selenium	0,03 mg
Vitamin A	290 IU
Vitamin D3	204 IU
Mixed Carotenoids	0,2 mg
Choline as bitartrate	0,137 mg
Folic Acid	0,1 mg
Iodine	0,038 mg
Chromium as picolinate	0,025 mcg
Biotin	0,077 mg
Vitamin B12	0,005 mg
Boron as AAC	0,002 mg
Molybdenum as AAC	0,011 mg
Molybdenum AAC	0,001mg

In-active Ingredients: Magnesium Stearate

2. WHAT FEMOLENE MYLIFE MATURE CAPSULES IS USED FOR:

Femolene MYLIFE Mature is a combination of soy isoflavones and multivitamins and minerals to help alleviate the symptoms of PMS and Menopause.

3. BEFORE YOU TAKE/USE FEMOLENE MYLIFE MATURE CAPSULES:

Do not take Femolene Mylife Mature Capsules:

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

Do not use if you currently have or previously had breast cancer and or breast tumors or if you are predisposed to breast cancer, as indicated by abnormal mammogram and/or biopsy, or family member with breast cancer. Thyroid disorders, bleeding disorders, surgery (anti-platelet effects), anaemia, liver disorders, schizophrenia, angioplasty, Lieber's disease, diabetes, heamochromatosis, hypercalcaemia, renal osteodystrophy with hyperphosphatemia, epilepsy, kidney stones, cardiac conditions.

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.

Important information about some of the ingredients of Femolene Mylife Mature Capsules: Soy Isoflavone:

Possible allergen.

Inactive: All inactive ingredients added in the formulation of Femolene Mylife Mature Capsules are known to be well tolerated.

Taking/ Giving/ Using other medicines with Femolene Mylife Mature Capsules: Always tell your healthcare provider if you are taking any other complementary or traditional medicine before taking or using Femolene Mylife Mature Capsules.

4. HOW TO USE FEMOLENE MYLIFE MATURE CAPSULES:

Do not share medicine with any other person.

Menopause: take two capsules daily. Always take Femolene Mylife Mature Capsules exactly as per recommendation of the Package Insert or by your health care provider. In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control center.

If you use more Femolene Mylife Mature Capsules than you should: Do not take more than recommended dose. (See Package Insert) 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 Mylife Mature Capsules:** Do not take double dose to make up for forgotten individual doses.

5. POSSIBLE SIDE EFFECTS:

There have not been cases of frequent or less frequent side effects reported when taking Femolene Mylife Mature Capsules.

Only in cases of an overdose or hypersensitivity reaction you may experience the following side effects: headaches, nausea, vomiting, diarrhoea, yellow-orange discoloration of the urine.

However, you should your 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 Mylife Mature Capsules, stop the use of the product and consult your healthcare provider immediately, 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 Mylife Mature Capsules if you notice any visible signs of deterioration. (e.g bad smell)

Return all unused medicine to your pharmacist/ supplier.

Do not dispose of unused medicines in drains or sewage systems. (e.g drains or toilets)

7. PRESENTATION OF FEMOLENE MYLIFE MATURE CAPSULES:

Purple capsules packed in blister strips in a booklet, in and outer carton, presented in 56's pack sizes.

8. IDENTIFICATION OF FEMOLENE MYLIFE MATURE CAPSULES:

Purple capsules

9. REGISTRATION NUMBER:

Date of Registration of Medicines:

[Will be allocated by SAHPRA upon registration]

FEMOLENE MYLIFE MATURE KAPSULES**PASIËNTINLIGTINGSBLAADJIE****BYLAE STATUS:**

Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:

Femolene Mylife Mature Kapsules

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat Femolene Mylife Volwasse Kapsules is beskikbaar sonder die voorskrif van 'n dokter. Hou hierdie pamflet. Jy sal dit dalk weer moet lees. Moet nie Femolene Mylife Mature Kapsules met enige ander persoon deel nie. Vra jou dokter, apteker of gesondheidsorgverskaffer as jy meer inligting of advies nodig het.

Jy moet 'n dokter sien as simptome vererger of nie na 10 dae verbeter nie.

1. WATTER FEMOLENE MYLIFE MATURE KAPSULES INHOUD:

Bestanddele

Elke Kapsule Bevat

Calcium *	85 mg
Vitamin C	50 mg
Magnesium *	1,2 mg
Vitamin E	25 mg
Soya Isoflavones 40%	20 mg
Zinc AAC	12 mg
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Biotin	0,077 mg
Vitamin B12	0,005 mg

Boron as AAC	0,002 mg
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Molybdenum AAC	0,001mg

Inaktiewe bestanddele: Magnesium Stearate. Soja-isoflavoön: Moontlike allergeen

2. WAT FEMOLENE MYLIFE MATURE KAPSULES WORD GEBRUIK VIR: Femolene MYLIFE Mature is 'n kombinasie van soja isoflavone en multivitamiene en minerale om die simptome van PMS en Menopouse te verlig.

3. VOORDAT U FEMOLENE MYLIFE MATURE KAPSULES GEBRUIK:

Moet nie Femolene Mylife Mature Kapsules neem nie:

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

Moet nie gebruik as jy tans borskanker of borswasse het of voorheen gehad het nie, of as jy vermoed dat jy borskanker het nie, soos aangedui deur abnormale mammogram en / of biopsie, of familielid met borskanker.

Tiroïedversteurings, bloedingafwykings, chirurgie (bloedplaatjie-effekte), bloedarmoede, lewerafwykings, skisofrenie, antiplastie, Leber se siekte, diabetes, heamochromatosis, hiperkalsemie, renale osteodiestrofie met hyperfosfatemie, epilepsie, nierstene, kardiaale toestande. 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 Mylife Mature Kapsules word nie aanbeveel vir swanger en lakterende moeders om hierdie medisyne te gebruik nie. Veiligheid en doeltreffendheid onder hierdie toestande is nie ondersoek nie.

Belangrike inligting oor sommige van die bestanddele van Femolene Mylife Mature Kapsules: Soja-isoflavoön: Moontlike allergeen. Onaktief: Al die onaktiewe bestanddeel wat bygevoeg word op die formulering van Femolene Mylife Mature Kapsules, word goed verdra .

Neem / Gee / Gebruik ander medisyne met Femolene Mylife Mature Kapsules: Vertel altyd jou gesondheidsorgverskaffer as jy enige ander aanvullende of tradisionele medisyne gebruik voordat jy Femolene Mylife Mature Kapsules gebruik of gebruik.

4. HOE OM FEMOLENE MYLIFE MATURE KAPSULES TE GEBRUIK:

Moenie medisyne met enige ander persoon deel nie.

Menopouse: neem twee kapsules twee keer per dag.

Neem die Kapsule met voldoende hoeveelheid vloeistof (bv. Een glas water) Neem altyd Femolene Mylife Mature Kapsules presies volgens aanbevelings van die pakketinvoegsel 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 Mylife Mature Kapsules gebruik as wat jy moet: Moenie meer as die aanbevole dosis inneem nie. (Sien pakketinvoegsel) Raadpleeg u dokter, apteker of gesondheidsorgverskaffer in die geval van oordosering. As hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. **As jy vergeet om 'n dosis Femolene Mylife Mature Kapsules te neem:**

Moenie dubbel dosis neem om vergete individuele dosisse te vervang nie.

5. MOONTLIKE BIJWERKINGE:

Daar is nie gevalle van gereelde of minder gereelde newe-effekte wat gerapporteer word wanneer Femolene Mylife Mature Kapsules geneem word nie. Slegs in gevalle van oordosering of hipersensitiwiteitsreaksie kan u die volgende newe-effekte ervaar:

hoofpyn, naarheid, braking, diarree, geel-oranje verkleuring van die urine. U moet egter met u gesondheidsorgverskaffer oorleg pleeg voordat u enige voedingsaanvullings bestanddeel neem. As u enige newe-effekte sien wat nie in hierdie bylae genoem word nie, nadat u Femolene Mylife Mature Kapsules geneem het, stop onmiddellik die gebruik van die produk en raadpleeg u gesondheidsorgverskaffer. Stel asseblief u gesondheidsorgverskaffer in kennis.

6. STORAGE VOORWAARDE:

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 Mylife Mature 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 verkoop nie.

7. AANBIEDING VAN FEMOLENE MYLIFE MATURE KAPSULES:

Grys kapsules verpak in blisterstrokies in 'n boekie, in en buitenste karton, wat in 56 verpakkinggroottes aangebied word.

8. IDENTIFIKASIE VAN FEMOLENE MYLIFE MATURE KAPSULES:

Grys kapsules

9. REGISTRASIENOMMER

Datum van registrasie van medisyne:

[Sal deur SAHPRA toegeken word by registrasie]

10. NAAM EN ADRES VAN REGISTRASIEHOUER

Kenza Health (Edms) Bpk: Suite 177, Private BagX7, Northriding 2162

11. DATUM VAN PUBLIKASIE

September 2021. Version: 004