

FEMOLENE MYLIFE MATURE PLUS CAPSULES

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: Scheduled 0

PROPRIETY NAME AND DOSAGE FORM:

Femolene Mylife Mature Plus Capsules

Read this leaflet carefully because it contains important information for you

Femolene Mylife Mature Plus Capsules is available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.
- Do not share Femolene Mylife Mature Plus Capsules with any other person
- Ask your doctor, pharmacist or healthcare provider if you need more information or advice

2. WHAT FEMOLENE MYLIFE MATURE PLUS CAPSULES CONTAINS:

Ingredients

Each Capsule Contains

Calcium *	76 mg
Vitamin C	50 mg
Magnesium *	37 mg
Soya Isoflavones 40%	30 mg
Vitamin E	25 mg
Zinc as 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	1,2 mg
Copper as gluconate	0,38 mg
Selenium	0,03 mg
Vitamin A	290 IU
Vitamin D3	204 IU
Mixed Carotenoids	0,2 mg
Choline as bitartrate	0,13 mg
Folic Acid	0,1 mg
Iodine	0,03 mg
Chromium as picolinate	0,025 mg

Biotin	0,077 mg
Vitamin B12	0,005 mg
Boron as AAC	0,002 mg
Molybdenum as AAC	0,011 mg

In-active Ingredients: Magnesium Stearate

Soy Isoflavone: Possible allergen

2. WHAT FEMOLENE MYLIFE MATURE PLUS CAPSULES IS USED FOR:

Femolene MYLIFE Mature Plus 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 PLUS CAPSULES:

Do not take Femolene Mylife Mature Plus 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, antioplasty, Leber's disease, diabetes, heamochromatosis, hypercalcaemia, renal osteodystrophy with hyperphosphataemia, 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 Plus Capsules:

Soy Isoflavone: Possible allergen

Inactive: All inactive ingredient added on the formulation of Femolene Mylife Mature Plus Capsules are known to be well tolerated.

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

4. HOW TO USE FEMOLENE MYLIFE MATURE PLUS CAPSULES

Do not share medicine with any other person.

- Menopause: take two capsules twice a day.

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

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

In the event of 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 Plus Capsules than you should:

Do not take more than recommended dose. (See Package Insert)

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

If you forget to take / miss a dose of Femolene Mylife Mature Plus 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 Plus Capsules.

Only in rare cases or hypersensitivity reaction you may experience the following side effects:

- headaches,
- nausea,
- vomiting,
- diarrhoea,
- yellow-orange discoloration of the urine.

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 Mylife Mature Plus 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 Mylife Mature Plus 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 OF FEMOLENE MYLIFE MATURE PLUS CAPSULES

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

8. IDENTIFICATION OF FEMOLENE MYLIFE MATURE PLUS CAPSULES

Turquoise capsules

9. REGISTRATION NUMBER

Date of Registration of Medicines:

[Will be allocated by SAHPRA upon registration]

10. NAME AND ADDRESS OF REGISTRATION HOLDER

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

FEMOLENE MYLIFE MATURE PLUS KAPSULES

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS: Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:

Femolene Mylife MATURE PLUS Kapsules

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat

Femolene Mylife Mature Plus kapsules is beskikbaar sonder die voorskrif van 'n dokter.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
 - Moet nie Femolene Mylife Mature Plus kapsules met enige ander persoon deel nie.
 - Vra jou dokter, apteker of gesondheidsorgverskaffer as jy meer inligting of advies nodig het.

1. WAT FEMOLENE MYLIFE MATURE PLUS CAPSULES INHOUD:

Bestanddele

Elke Kapsule Bevat

Calcium *	76 mg
Vitamin C	50 mg
Magnesium *	37 mg
Soya Isoflavones 40%	30 mg
Vitamin E	25 mg
Zinc as AAC	12 mg
Vitamin B2	5 mg
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Biotin	0,077 mg
Vitamin B12	0,005 mg
Boron as AAC	0,002 mg
Molybdenum as AAC	0,011 mg

Inaktiewe bestanddele: Magnesium Stearate

Allergene: Soja Isoflavone

2. WAARVOOR FEMOLENE MYLIFE MATURE PLUS KAPSULES GEBRUIK WORD:

Femolene MYLIFE Mature Plus 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 PLUS KAPSULES GEBRUIK:

Moenie Femolene Mylife Mature Plus kapsules neem indien:

- 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), anemie, lewerafwykings, skisofrenie, antioplastie, Leber sesiekte, diabetes, heamochromatosis, hiperkalsemie, renale
- osteodiestrofie met hipofosfemiemie, 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.

Belangrike inligting oor sommige van die bestanddele van Femolene Mylife Mature Plus kapsules:

Soja-isoflavoone: Moontlike allergeen

Onaktief: Al die onaktiewe bestanddeel wat op die formulering van Femolene Mylife Mature Plus kapsules bygevoeg word, is goed geduld.

Neem / Gee / Gebruik ander medisyne met Femolene Mylife Mature Plus kapsules:

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander aanvullende of tradisionele medisyne gebruik voordat jy Femolene Mylife Mature Plus kapsules gebruik.

4. HOE OM FEMOLENE MYLIFE MATURE PLUS 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 Plus kapsules presies soos op aanbeveling van die pakketinvoer 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 Plus 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 dit nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As jy vergeet om 'n dosis Femolene Mylife Mature Plus kapsules te neem / dossering gemis: Moenie dubbel dosis neem om vergete individuele dosisse te vervang nie.

5. MOONTLIKE BIJWERKINGE

Daar was nie gevalle van gereelde of minder gereelde newe-effekte gerapporteer wanneer Femolene Mylife Mature Plus kapsules geneem word nie. Slegs in skaars gevalle 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 Plus 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 Plus 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 PLUS KAPSULES

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

8. IDENTIFIKASIE VAN FEMOLENE MYLIFE MATURE PLUS KAPSULES

Turquoise 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