FEMOLENE RESQ

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Scheduled 0

PROPRIETY NAME AND DOSAGE FORM:

FEMOLENE RESQ CAPSULES

Read this leaflet carefully because it contains important information for you

FEMOLENE RESQ is available without a doctor's prescription.

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

1. WHAT FEMOLENE RESQ CONTAINS:

One Capsule contains:

150 mg	Viburnum opulus (Cramp Bark)
10.4 mg	Vitamin B1 (as Thiamin)
11.37 mg	Vitamin B6 (as Pyridoxine)
12.5 mg	Sceletium
100 mg	Ashwaganda
25 mg	Gotu Kola Extract 4:1
75 mg	White Willow Bark

Inactives: MCC ph 102, Magnesium Stearate

2. WHAT FEMOLENE RESQ IS USED FOR:

When taken on a regular basis FEMOLENE RESQ Capsules a supplement for women 18 years and older may help relieving menstrual cramps associated with PMS, reduce pain and inflammation, decrease water retention and improving blood circulation. It May also help in relieving stress and improving mood and energy.

3. BEFORE YOU GIVE /TAKE FEMOLENE RESQ:

Do not take FEMOLENE RESQ:

- If you are known to be hypersensitive (allergic) to (active ingredient) or any of the ingredients. (See; **1. WHAT FEMOLENE RESQ CONTAINS**:)
- If you are pregnant or breastfeeding your baby (See: **Pregnancy and Breastfeeding**)

Take special care with FEMOLENE RESQ:

FEMOLENE RESQ Capsules does not intend to prevent or cure any form of illness or disease and should not replace any medication.

If you suffer from a chronic medical condition, consult your healthcare practitioner before taking/using FEMOLENE RESQ Capsules.

Pregnancy and Breastfeeding:

FEMOLENE RESQ Capsules is/can not 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 RESQ: Inactives:

All inactive ingredients added to the formulation of FEMOLENE RESQ Capsules are known to be well tolerated.

Taking/ Giving/ Using other medicines with FEMOLENE RESQ:

The use of FEMOLENE RESQ Capsule with other medicines may cause undesirable interactions.

Always tell your healthcare provider if you are taking any other medicines (This includes complementary or traditional medicines) before taking/using FEMOLENE RESQ Capsules.

4. HOW TO USE FEMOLENE RESQ:

Do not share medicine with any other person.

- Take two FEMOLENE RESQ Capsule RESQ after breakfast during your monthly menstrual period.

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

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

If you use more FEMOLENE RESQ than you should:

Do not take more than recommended dose. (See: **4. HOW TO USE**)

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

If you forget to take or missed a dose of FEMOLENE RESQ:

If you miss a dose, take as soon as you remember the missed dose, If you don't remember the missed dose, skip the missed dose go back and continue with your regular dosing schedule (see: 4. HOW TO USE:)

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

5. POSSIBLE SIDE EFFECTS:

There have been no cases of frequent or less frequent side effects reported when taking FEMOLENE RESQ Capsules.

However, in cases of overdose or hypersensitivity you may experience the following side effects:

- Vomiting
- Nausea
- Diarrhoea

Not all side effects are included in this leaflet.

However, you should consult your healthcare provider or pharmacist for advice should your general health worsen or experience untoward side effects while using FEMOLENE RESQ Capsules.

If you notice any side effects after taking FEMOLENE RESQ Capsules, stop immediately and consult 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 ^{0}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 RESQ Capsules if you notice any visible signs of deterioration (e.g. bad smell, cracks).

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 RESQ:

FEMOLENE RESQ Capsules is a white powder encapsulated in a white plant-based gelatine capsule in an outer carton, presented in 14 's Blister pack sizes.

8. IDENTIFICATION OF FEMOLENE RESQ:

FEMOLENE RESQ Capsules contains a white powder encapsulated in a white DR vegetarian capsule.

9. REGISTRATION NUMBER

Date of Registration of Medicines:

[Will be allocated by Council (SAHPRA) upon registration]

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

10. NAME AND ADDRESS OF REGISTRATION HOLDER

MyHealth365 (Pty) Ltd
Suite 177, Private Bag X7,
Northriding
2162

11. DATE OF PUBLICATON

September 2026
Ver: PI: 073.002.09.26

FEMOLENE RESQ

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS:

Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:

FEMOLENE RESQ KAPSULES

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat

FEMOLENE RESQ is beskikbaar sonder die voorskrif van 'n dokter.

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

1. WATTER FEMOLENE RESQ BEVAT:

Een kapsule bevat:

150 mg	Viburnum opulus (Krampbark)
10,4 mg	Vitamien B1 (as Tiamien)
11,37 mg	Vitamien B6 (as Piridoksien)
12,5 mg	Sceletium
100 mg	Ashwagandha
25 mg	Gotu Kola-ekstrak 4:1
75 mg	Wit Wilgerbark

Onaktiewe bestanddele: MCC ph 102, Magnesiumstearaat

2. WATTER FEMOLENE RESQ WORD GEBRUIK VIR:

Wanneer dit gereeld geneem word, kan FEMOLENE RESQ-kapsules, 'n aanvulling vir vroue van 18 jaar en ouer, help om menstruele krampe verbonde aan PMS te verlig, pyn en ontsteking te verminder, waterretensie te verminder en bloedvloei te verbeter. Dit kan ook help om stres te verlig en bui en energie te verbeter.

3. VOORDAT U FEMOLENE RESQ GEE / ONTVANG:

Moet NIE FEMOLEEN RESQ neem nie:

- Moet nie FEMOLENE RESQ neem nie as jy weet jy is hipersensitief (allerhies) vir (aktiwe bestanddeel) of enige van die bestanddele. (Sien; **1. WAT FEMOLENE RESQ BEVAT**)
- As jy swanger is of jou baba borsvoed, (Sien: **Swangerskap en borsvoeding:)**

Wees besonder versigtig met FEMOLENE RESQ:

FEMOLENE RESQ kapsules is nie bedoel om enige vorm van siekte of aandoening te voorkom of te genees nie en moet nie enige medikasie vervang nie.

As jy aan 'n chroniese mediese toestand ly, raadpleeg jou gesondheidspraktisyn voordat jy FEMOLENE RESQ kapsules neem/gebruik.

Swangerskap en borsvoeding:

FEMOLENE RESQ-kapsules mag nie tydens swangerskap geneem of gebruik word nie. Die veilig- en doeltreffendheid vir hierdie toestande is nog nie ondersoek nie.

Belangrike inligting oor sommige van die bestanddele van FEMOLENE RESQ: Inaktiwiteit:

Al die inaktiewe bestanddele wat by die formulering van FEMOLENE RESQ kapsules gevoeg is, word bekend as goed verdra.

Neem / Gee / Gebruik van ander medisyne saam met FEMOLENE RESQ:

Die gebruik van FEMOLENE RESQ kapsule saam met ander medikasie ken nie-gewensde interaksies veroorsaak.

Sê altyd vir jou gesondheidsversorger as jy enige ander medikasie neem (dit sluit aanvullings of tradisionele medisyne in) voordat jy FEMOLENE RESQ neem/gebruik.

4. HOE OM FEMOLENE RESQ TE GEBRUIK:

Moenie medisyne met enige ander persoon deel nie.

• Neem twee FEMOLENE RESQ-kapsules RESQ na ontbyt tydens jou maandelikse menstruele periode.

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

Neem altyd FEMOLENE RESQ kapsule presies volgens aanbevelings 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 u meer FEMOLENE RESQ gebruik as wat u moet:

Moet nie meer as die aanbevole doses neem nie. (Sien: 4. HOE OM TE GEBRUIK)

In die geval van oordosering, raadpleeg jou dokter of apteker.

As geen van beide beskikbaar is nie, kontak die naaste hospitaal of gifbeheer sentrum.

As u vergeet om 'n dosis FEMOLENE RESQ te neem / gemis:

As jy 'n doses gemis het, neem dit sodra jy die gemiste doses onthou. As jy nie die gemiste doses onthou nie, slaan die gemiste dosis oor en gaan voort met jou gewone doseringskedule (sien: 4. HOE OM TE GEBRUIK:) Moet nie 'n dubbele dosis neem om vir vergeetagtige individuele dosisse in te haal nie.

5. MOONTLIKE NEWE EFFECKTE:

Daar is geen gevalle van gereelde of minder gereelde bywerkings gerapporteer wanneer FEMOLENE RESQ kapsules geneem word nie.

Nietemin, in gevalle van oordosis of oorsensitiwiteit kan jy die volgende newe-effekte ervaar:

- Braking
- Naarheid
- Diarree

Nie alle bywerkings is in hierdie aansoeklys ingesluit nie.

Jy behoort egter jou gesondheidsorgverskaffer of apteker vir advies te raadpleeg as jou algemene gesondheid versleg of ervaar ongunstige newe-effekte tydens die gebruik van FEMOLENE RESQ Kapsules.

As jy enige newe-effekte opmerk nadat jy FEMOLENE RESQ Kapsules ingeneem het, hou dadelik op en raadpleeg jou gesondheidsverskaffer vir advies.

6. BERGINGSAANWYSINGS:

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.

Moet nie FEMOLENE RESQ gebruik as u enige sigbare tekens van agteruitgang sien nie (bv. slegte reuk en krake).

Stuur alle ongebruikte medisyne na u apteker / verskaffer terug.

Moet nie ongebruikte medisyne in riool- of rioolstelsels weggooi nie (bv. drein en toilet).

7. AANBIEDING VAN FEMOLENE RESQ:

FEMOLENE RESQ-kapsules is 'n wit poeier wat in 'n wit plantgebaseerde gelatienkapsule ingekapsuleer is in 'n buitekarton, aangebied in 14's blisverpakking-grootte.

8. IDENTIFIKASIE VAN FEMOLENE RESQ:

FEMOLENE RESQ bevat 'n wit poeier wat in 'n wit vegetariese kapsule ingekapsuleer is

9. REGISTRASIENOMMER:

Datum van registrasie van medisyne:

[Sal deur die Raad (SAHPRA) toegewys word by registrasie]

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy kwaliteit, veiligheid of bedoelde gebruik nie.

10. NAAM EN ADRES VAN REGISTRASIEHOUER:

MyHealth365 (Pty) Ltd
Suite 177, Private Bag X7,
Northriding
2162

11. DATUM VAN PUBLIKASIE:

September 2026
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