

FEMOLENE VAGINAL HEALTH CAPSULES

PATIENT INFORMATION LEAFLET

This leaflet tells you about FEMOLENE VAGINAL HEALTH CAPSULES.

Complementary medicine: Health Supplement.

SCHEDULING STATUS: S0

PROPRIETY NAME AND DOSAGE FORM:

FEMOLENE VAGINAL HEALTH CAPSULES.

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

FEMOLENE VAGINAL HEALTH CAPSULES are available without a doctor's prescription.

Nevertheless, you still need to use FEMOLENE VAGINAL HEALTH CAPSULES carefully to get the best results from them.

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

1. WHAT FEMOLENE VAGINAL HEALTH CAPSULES CONTAINS:

4 Billion CFUs consisting of:

1 Billion CFU *Lactobacillus plantarum* LP-BS067,
1 Billion CFU *Lactobacillus acidophilus* LA-LA001,
1 Billion CFU *Lactobacillus rhamnosus* LRh-LRH020,
1 Billion CFU *Bacillus subtilis*,
50 mg FOS as Raftilose®

2. WHAT FEMOLENE VAGINAL HEALTH CAPSULES ARE USED FOR:

Many women struggle with bacterial vaginosis that can really affect their lives negatively. Bacterial vaginosis is shown to be caused by an overgrowth of pathogenic bacteria in the gut and vagina. All health and wellbeing starts with the gut. When taken on a regular basis FEMOLENE VAGINAL HEALTH CAPSULES will support the microflora balance in the gut and vagina.

3. BEFORE YOU TAKE/ USE/ ARE GIVEN/ ADMINISTERED FEMOLENE VAGINAL HEALTH CAPSULES:

Do NOT take/use FEMOLENE VAGINAL HEALTH CAPSULES:

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

Take special care with FEMOLENE VAGINAL HEALTH CAPSULES:

FEMOLENE VAGINAL HEALTH CAPSULES do 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 using this product. Do not exceed the recommended dose.

Driving and using machinery:

No studies on the effect on the ability to drive or use machinery have been performed. It is unlikely that FEMOLENE VAGINAL HEALTH CAPSULES would affect your ability to drive or use machinery. However, please exercise care until you are certain that your ability to perform such activities is not affected.

Important information about some of the ingredients of FEMOLENE VAGINAL HEALTH CAPSULES:

All inactive ingredients added on the formulation of FEMOLENE VAGINAL HEALTH CAPSULES are known to be well tolerated.

Taking/ Giving/ Using other medicines with FEMOLENE VAGINAL HEALTH CAPSULES:

Always tell your healthcare professional if you are taking other medicines. (This includes complementary or traditional medicine). The use of FEMOLENE VAGINAL HEALTH CAPSULES with

these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice

4. HOW TO TAKE/ USE FEMOLENE VAGINAL HEALTH CAPSULES:

The usual dose is: Take one FEMOLENE VAGINAL HEALTH Capsule daily after breakfast. Always take FEMOLENE VAGINAL HEALTH CAPSULES exactly as per recommendation of the Package Insert or by your health care provider and if you are unsure. If the symptoms worsen or persist, please consult your healthcare practitioner.

If you forget to take /miss a dose of FEMOLENE VAGINAL HEALTH CAPSULES:

Always take FEMOLENE VAGINAL HEALTH CAPSULES as prescribed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose until the next dose is due, skip the missed dose and go back to your regular dosing schedule (see "HOW TO TAKE FEMOLENE VAGINAL HEALTH 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 VAGINAL HEALTH CAPSULES. FEMOLENE VAGINAL HEALTH CAPSULES can have side effects. Not all side effects reported for FEMOLENE VAGINAL HEALTH CAPSULES are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking FEMOLENE VAGINAL HEALTH CAPSULES, please consult your healthcare provider for advice. Please report/ inform your doctor or pharmacist if you notice any side effects not mentioned in this leaflet.

6. STORAGE AND DISPOSING OF FEMOLENE VAGINAL HEALTH CAPSULES:

Store all FEMOLENE VAGINAL HEALTH CAPSULES 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 VAGINAL HEALTH CAPSULES if you notice any visible signs of deterioration.

Return all unused FEMOLENE VAGINAL HEALTH CAPSULES to your pharmacist/supplier. Do not dispose of unused FEMOLENE VAGINAL HEALTH CAPSULES in drains or sewage systems (e.g. toilets).

7. PRESENTATION OF FEMOLENE VAGINAL HEALTH CAPSULES:

FEMOLENE VAGINAL HEALTH CAPSULES are packed in 30's, in a white plastic bottle with a white cap in an outer carton.

8. IDENTIFICATION OF FEMOLENE VAGINAL HEALTH CAPSULES:

Containing a white powder packed in a white capsule.

9. REGISTRATION NUMBER:

Will be allocated by Council upon registration. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

10. NAME AND ADDRESS OF REGISTRATION HOLDER:

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

For professional information go to www.femolenemylife.co.za

11. DATE OF PUBLICATION:

November 2020. Ver: 002

FEMOLENE VAGINAL HEALTH KAPSULES

PASIËNTINLIGTINGSBLAADJIE

Hierdie voubiljet bevat inligting oor FEMOLENE VAGINAL HEALTH KAPSULES.

Komplimentêre medisyne: Gesondheidsaanvulling.

BYLAE STATUS: S0

EIENDOMSNAAM (EN DOSISVORM):

FEMOLENE VAGINAL HEALTH CAPSULES (kapsules).

Lees die hele blaadjie sorgvuldig deur, want dit bevat belangrike inligting vir u.

FEMOLENE VAGINAL HEALTH CAPSULES is beskikbaar sonder die voorskrif van 'n dokter. U moet egter steeds FEMOLENE VAGINAL HEALTH CAPSULES versigtig gebruik om die beste resultate daarmee te verkry.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
 - Moenie FEMOLENE VAGINAL HEALTH CAPSULES met enige ander persoon deel nie.
 - Vra jou apteker as jy meer inligting of advies benodig.

1. WAT FEMOLENE VAGINAL HEALTH CAPSULES BEVAT:

4 Miljard KVEs bestaande uit:

1 Miljard KVE *Lactobacillus plantarum* LP-BS067,
1 Miljard KVE *Lactobacillus acidophilus* LA-LA001,
1 Miljard KVE *Lactobacillus rhamnosus* LRh-LRH020,
1 Miljard KVE *Bacillus subtilis*,
50 mg FOS as Raftilose®

2. WAARVOOR FEMOLENE VAGINAL HEALTH CAPSULES GEBRUIK WORD:

Baie vroue voer 'n stryd teen bakteriële vaginose wat hul lewens negatief kan beïnvloed. Daar is bewys dat bakteriële vaginose deur 'n oorgroeiing van patogeniese bakterieë in die dermkanaal en vagina veroorsaak. Alle gesondheid en welwees begin by die dermkanaal.

Gereelde gebruik van FEMOLENE VAGINAL HEALTH CAPSULES sal die mikroflorabalans in jou dermkanaal en vagina ondersteun.

3. VOORDAT U FEMOLENE VAGINAL HEALTH CAPSULES NEEM:**Moenie FEMOLENE VAGINAL HEALTH WOMEN CAPSULES gebruik as:**

jy bewus is daarvan dat jy hipersensitief (allergies) is vir (aktiewe bestanddeel) of enige van die bestanddele.

Neem Spesiale sorg met FEMOLENE VAGINAL HEALTH CAPSULES:

FEMOLENE VAGINAL HEALTH CAPSULES beoog nie om enige ongesteldheid of siektetoestand te genees nie en moet nie enige medikasie vervang nie. Mense wat aan 'n chroniese mediese toestand ly moet hulle gesondheidspraktisyn raadpleeg voor hulle hierdie produk gebruik. Moenie die voorgeskrewe dosis oorskry nie.

Bestuur en die gebruik van masjinerie:

Geen navorsingstudies is uitgevoer oor die effek op die vermoë om te bestuur of masjinerie te hanteer nie. Dit is onwaarskynlik dat FEMOLENE VAGINAL HEALTH CAPSULES die vermoë om te bestuur of masjinerie te gebruik sal beïnvloed. Wees egter versigtig tot u seker is u vermoë om hierdie aktiwiteite uit te voer word nie beïnvloed nie.

Belangrike inligting oor sommige van die bestanddele van FEMOLENE VAGINAL HEALTH CAPSULES:

Al die onaktiewe bestanddele wat op die formulering van FEMOLENE VAGINAL HEALTH CAPSULES gevoeg word, word goed verdra.

Die neem van ander medisyne saam met FEMOLENE VAGINAL HEALTH CAPSULES:

Lig altyd u gesondheidspraktisyn in wanneer u medisyne neem. (Dit sluit in komplementêre of tradisionele medisyne). Die gebruik van FEMOLENE VAGINAL HEALTH CAPSULES saam met hierdie medisyne mag ongewenste wisselwerkings veroorsaak. Raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker vir advies.

4. HOE OM FEMOLENE VAGINAL HEALTH CAPSULES TE GEBRUIK

Die gewone dosis is: Neem een FEMOLENE VAGINAL HEALTH KAPSULE, daagliks na ontbyt. Neem FEMOLENE VAGINAL HEALTH CAPSULES altyd volgens aanbevelings van die pakketinvoer of deur u

gesondheidsorgverskaffer en indien u onseker is. As die simptome vererger of voortduur, raadpleeg 'n gesondheidsorgpraktisyn.

As jy vergeet om 'n dosis FEMOLENE VAGINAL HEALTH KAPSULES te neem:

Neem FEMOLENE VAGINAL HEALTH KAPSULES altyd soos voorgeskryf. Indien u 'n dosis vergeet het, neem dit sou gou as wat u onthou. Indien u egter nie van die vergete dosis onthou voordat dit tyd is vir die volgende dosis is nie, slaan die vergete dosis oor en keer terug na u gewone doseringskedule (sien "HOE OM FEMOLENE VAGINAL HEALTH KAPSULES TE GEBRUIK"). Moenie 'n dubbele dosis neem om te vergoed vir die oorgeslane individuele dosis nie.

5. MOONTLIKE NEWE EFFEKTE

Daar was nie gevalle van enige nuwe-effekte gerapporteer wanneer FEMOLENE VAGINAL HEALTH KAPSULES geneem word nie.

FEMOLENE VAGINAL HEALTH KAPSULES kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir FEMOLENE VAGINAL HEALTH KAPSULES gemeld is, is in hierdie inligtingstuk vervat nie. Indien u algemene gesondheid agteruitgaan of u ongewenste wisselwerkings ervaar terwyl FEMOLENE VAGINAL HEALTH KAPSULES gebruik, raadpleeg asseblief u gesondheidsorgvoorsiener vir advies. Lig asseblief u dokter of apteker in indien u enige nuwe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

6. BERGING EN WEGDOEN VAN FEMOLENE VAGINAL HEALTH KAPSULES:

Bewaar alle FEMOLENE VAGINAL HEALTH KAPSULES 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 VAGINAL HEALTH KAPSULES gebruik as u enige sigbare tekens van agteruitgang sien nie.

Stuur alle ongebruikte FEMOLENE VAGINAL HEALTH WOMEN KAPSULES na u apteker / verskaffer terug.

Moet nie ongebruikte FEMOLENE VAGINAL HEALTH WOMEN KAPSULES in riool- of rioolstelsels gooi nie (byvoorbeeld toilette).

7. AANBIEDING VAN FEMOLENE VAGINAL HEALTH KAPSULES:

FEMOLENE VAGINAL HEALTH KAPSULES is verpak in 30's, in 'n wit plastiekbottel met 'n wit dop en in 'n buitenste karton.

8. IDENTIFIKASIE VAN FEMOLENE VAGINAL HEALTH KAPSULES:

Wit poeier verpak in n DR vegetariese kapsule.

9. REGISTRASIENOMMER:

Sal deur die Raad toegeken word by registrasie.

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geevalueer ten opsigte van kwaliteit, veiligheid of beoogde gebruik nie.

10. NAAM EN ADRES VAN DIE HOUER VAN DIE REGISTRASIE:

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

Vir professionele inligting gaan na www.femolenemylife.co.za

11. DATUM VAN PUBLIKASIE:

November 2020. Ver: 002

