

FEMOLENE MENOPAUSE SR CAPSULE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Scheduled 0

PROPRIETY NAME AND DOSAGE FORM:

FEMOLENE MENOPAUSE SR CAPSULE

Read this leaflet carefully because it contains important information for you

FEMOLENE MENOPAUSE SR is available without a doctor’s prescription.

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

1. WHAT FEMOLENE MENOPAUSE SR CONTAINS:

One Capsule contains:

150 mg Isoflavone 40%
9.4 mg Vitamin B6 (as Pyridoxine)

Inactives:

Magnesium Stearate

NB: Soy Isoflavone: possible allergen

2. WHAT FEMOLENE MENOPAUSE SR IS USED FOR:

FEMOLENE MENOPAUSE SR Capsules may help alleviate the symptoms of menopause. May also help wit the relieve of moderate to severe hot flushes, mood swings and night sweats

3. BEFORE YOU GIVE /TAKE FEMOLENE MENOPAUSE SR:

Do not take FEMOLENE MENOPAUSE SR:

- If you are known to be hypersensitive (allergic) to (active ingredient) or any of the ingredients. (See; 1. WHAT FEMOLENE MENOPAUSE SR CONTAINS:)
- If you are pregnant or breastfeeding your baby (See: Pregnancy and Breastfeeding)
- Do not use if you currently have or previously had breast cancer and or breast tumors or if biopsy, or family member with breast cancer.
- Thyroid disorder, bleeding disorder, surgery (anti-platelet effects), anaemia, liver disorders, Schizophrenia, antioplasty, Leber’s disease, diabetes, heamochromatosis, hypercalcaemia, renal osteodystrophy, hyperphosphataemia, epilepsy, kidney stones and cardiac conditions.

Take special care with FEMOLENE MENOPAUSE SR:

FEMOLENE MENOPAUSE SR 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 MENOPAUSE SR Capsules.

Pregnancy and Breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your health care provider for advice before taking FEMOLENE MENOPAUSE SR Capsules.

Important information about some of the ingredients of FEMOLENE MENOPAUSE SR: Inactives:

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

Taking/ Giving/ Using other medicines with FEMOLENE MENOPAUSE SR:

The use of FEMOLENE MENOPAUSE SR Capsules 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 MENOPAUSE SR Capsules.

4. HOW TO USE FEMOLENE MENOPAUSE SR:

Do not share medicine with any other person.

- Take one FEMOLENE MENOPAUSE SR Capsules daily in the mornings.

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

Always take FEMOLENE MENOPAUSE SR 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 MENOPAUSE SR 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 MENOPAUSE SR:

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 MENOPAUSE SR Capsules.

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 MENOPAUSE SR Capsules.

If you notice any side effects after taking FEMOLENE MENOPAUSE SR 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 °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 MENOPAUSE SR 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 MENOPAUSE SR:

FEMOLENE MENOPAUSE SR Capsules is encapsulated in a white plant-based gelatine capsule packed in a white bottle in an outer carton, presented in 60’s pack sizes.

8. IDENTIFICATION OF FEMOLENE MENOPAUSE SR:

Containing a white powder encapsulated in a white 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: 016.005.09.26

FEMOLENE MENOPAUSE SR KAPSULES

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS:

Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:

FEMOLENE MENOPAUSE SR KAPSULES

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat

FEMOLENE MENOPAUSE SR is beskikbaar sonder die voorskrif van 'n dokter.

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

1. WATTER FEMOLENE MENOPAUSE SR BEVAT:

Een kapsule bevat:

150 mg Isoflavoon 40%
9.4 mg Vitamien B6 (as Piridoksien)

Inaktiwite: Magnesiumstearaat

NB: Soja Isoflavoon: moontlike allergeen

2. WATTER FEMOLENE MENOPAUSE SR WORD GEBRUIK VIR:

FEMOLENE MENOPAUSE SR-kapsule kan help om die simptome van menopause te verlig. Kan ook help om matige tot erge hittegolwe, buiwisselings en nagsweet te verlig.

3. VOORDAT U FEMOLENE MENOPAUSE SR GEE / ONTVANG:

- Moet nie FEMOLENE MENOPAUSE SR neem nie as jy weet jy is hipersensitief (allergies) vir (aktiewe bestanddeel) of enige van die bestanddele. (Sien; 1. **WAT FEMOLENE MENOPAUSE SR BEVAT**)
- As jy swanger is of jou baba borsvoed, (Sien: **Swangerskap en borsvoeding**)
Raadpleeg jou gesondheidsversorger voor gebruik as jy 'n geskiedenis van nierstene het of as jy bloedverdunders gebruik.
- Moet nie gebruik as jy tans borskanker het of voorheen gehad het, of borsknoppies/knappies, of as jy 'n biopsie gehad het, of 'n familielid met borskanker het nie.
- Tiroïdestoornis, bloedingstoornis, chirurgie (anti-platelet effekte), bloedaremoë, lewersiektes, Skizofrenie, antiplastie, Leber-siekte, diabetes, hemochromatose, hiperkalsemie, nier-osteodistrofie met hiperfosfatemie, epilepsie, nierstene en harttoestand.

Wees besonder versigtig met FEMOLENE MENOPAUSE SR:

FEMOLENE MENOPAUSE SR kapsule 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 MENOPAUSE SR kapsule neem/gebruik.

Swangerskap en borsvoeding:

As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy FEMOLENE MENOPAUSE SR kapsule neem.

Belangrike inligting oor sommige van die bestanddele van FEMOLENE MENOPAUSE SR: Inaktiwiteit:

Al die inaktiewe bestanddele wat by die formulering van FEMOLENE MENOPAUSE SR kapsule gevoeg is, word bekend as goed verdra.

Neem / Gee / Gebruik van ander medisyne saam met FEMOLENE MENOPAUSE SR:

Die gebruik van FEMOLENE MENOPAUSE SR kapsule saam met ander medikasie kan nie-gewenste interaksies veroorsaak. Sê altyd vir jou gesondheidsversorger as jy enige ander medikasie neem (dit sluit aanvullings of tradisionele medisyne in) voordat jy FEMOLENE MENOPAUSE SR kapsule neem/gebruik.

4. HOE OM FEMOLENE MENOPAUSE SR TE GEBRUIK:

Moenie medisyne met enige ander persoon deel nie.

- Neem een FEMOLENE MENOPAUSE SR kapsule daaglik in die oggende.

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

Neem altyd FEMOLENE MENOPAUSE SR 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 MENOPAUSE SR 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 gifbeheersentrum.

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

As jy 'n dosis gemis het, neem dit sodra jy die gemiste dosis onthou. As jy nie die gemiste dosis 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 EFFEKTE:

Daar is geen gevalle van gereelde of minder gereelde bywerkinge gerapporteer wanneer FEMOLENE MENOPAUSE SR kapsule geneem word nie. Nie alle bywerkinge is in hierdie aansoeklys ingesluit nie. Jy behoort eger jou gesondheidsorgverskaffer of apteker vir advies te raadpleeg as jou algemene gesondheid versleg of ervaar ongunstige nuwe-effekte tydens die gebruik van FEMOLENE MENOPAUSE SR kapsule.

As jy enige nuwe-effekte opmerk nadat jy FEMOLENE MENOPAUSE SR kapsule ingeneem het, hou dadelik op en raadpleeg jou gesondheidsverskaffer vir advies.

6. BERGINGSANWYSINGS:

Bewaar alle medisyne buite bereik van kinders
Berg in 'n koel, droë plek onder of by 25 ° C.
Hou die houder 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 MENOPAUSE SR 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 MENOPAUSE SR:

FEMOLENE MENOPAUSE SR kapsule is in 'n wit plantaardige gelatienkapsule verpak, in 'n wit flesie binne 'n buitenste karton, aangebied in pakkies van 60's pakgrootte

8. IDENTIFIKASIE VAN FEMOLENE MENOPAUSE SR:

FEMOLENE MENOPAUSE SR 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 REGISTRASIEHOUDER:

MyHealth365 (Pty) Ltd

Suite 177, Private Bag X7,

Northridge

2162

11. DATUM VAN PUBLIKASIE:

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