

FLEXADRIN™ BLUE CAPSULE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Scheduled O

PROPRIETY NAME AND DOSAGE FORM:

FLEXADRIN™ BLUE CAPSULE

Read this leaflet carefully because it contains important information for you

FLEXADRIN™ BLUE Capsules is available without a doctor's prescription.

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

1. WHAT FLEXADRIN™ BLUE CONTAINS:

One Capsule contains:

40 mg UC-11® (as Undernature Type 2 Collagen)

500 mg Meriva (as Curcumin Phytosome)

Inactives:

Calcium phosphate

Talc purified

2. WHAT FLEXADRIN™ BLUE IS USED FOR:

FLEXADRIN™ BLUE Capsules may support joint health, joint pain, flexibility and mobility. Promote rebuilding of healthy cartilage in the joints. Improvement of knee joint function. Help with reduction of muscle soreness and chronic inflammation.

3. BEFORE YOU GIVE /TAKE FLEXADRIN™ BLUE:

Do not take FLEXADRIN™ BLUE:

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

Take special care with FLEXADRIN™ BLUE:

FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE Capsules.

Pregnancy and Breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your health care provider for advice before taking FLEXADRIN™ BLUE Capsules.

Important information about some of the ingredients of FLEXADRIN™ BLUE: Inactives:

All inactive ingredients added to the formulation of FLEXADRIN™ BLUE Capsules are known to be well tolerated.

Taking/ Giving/ Using other medicines with FLEXADRIN™ BLUE:

The use of FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE Capsules.

4. HOW TO USE FLEXADRIN™ BLUE:

Do not share medicine with any other person.

- Take one FLEXADRIN™ BLUE Capsules daily.

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

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

If you use more FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE:

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 FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE Capsules.

If you notice any side effects after taking FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE:

FLEXADRIN™ BLUE Capsules is encapsulated in a white plant-based gelatine capsule packed in a white bottle in an outer carton, presented in 30's pack sizes.

8. IDENTIFICATION OF FLEXADRIN™ BLUE:

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: Pl: 026.002.09.26

FLEXADRIN™ BLUE KAPSULES

PASIËNTINLIGTINGSBLAADJIE

BYLAIE STATUS:

Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:

FLEXADRIN™ BLUE KAPSULES

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat

FLEXADRIN™ BLUE is beskikbaar sonder die voorskrif van 'n dokter.

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

1. WATTER FLEXADRIN™ BLUE BEVAT:

Een kapsule bevat:

40 mg UC-11® (as Undernature Type 2 Collagen)

500 mg Meriva (as Curcumin Phytosome)

Inaktiewe stowwe:

Kalsiumfosfaat

Gezuiverde talk

2. WATTER FLEXADRIN™ BLUE WORD GEBRUIK VIR:

FLEXADRIN™ BLUE-kapsules kan gewrigsgesondheid, gewrigspyn, buigsaamheid en mobiliteit ondersteun. Bevorder die herbou van gesonde kraakbeen in die gewigte. Verbetering van kniegewrigfunksie. Help met die vermindering van spiersere en chroniese inflammasie.

3. VOORDAT U FLEXADRIN™ BLUE GEE / ONTVANG:

- Moet nie FLEXADRIN™ BLUE neem nie as jy weet jy is hipersensitief (allergies) vir (aktiewe bestanddeel) of enige van die bestanddele. (Sien; **1. WAT FLEXADRIN™ BLUE BEVAT**)
- As jy swanger is of jou baba borsvoed, (Sien: **Swangerskap en borsvoeding**.)

Wees besonder versigtig met FLEXADRIN™ BLUE:

FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE kapsules neem/gebruik.

Swangerskap en borsvoeding:

As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy FLEXADRIN™ BLUE kapsules neem.

Belangrike inligting oor sommige van die bestanddele van

FLEXADRIN™ BLUE:: Inaktiwiteit:

Al die inaktiewe bestanddele wat by die formulering van FLEXADRIN™ BLUE kapsules gevoeg is, word bekend as goed verdra.

Neem / Gee / Gebruik van ander medisyne saam met FLEXADRIN™ BLUE:

Die gebruik van FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE Kapsules neem/gebruik.

4. HOE OM FLEXADRIN™ BLUE TE GEBRUIK:

Moenie medisyne met enige ander persoon deel nie.

- Neem een FLEXADRIN™ BLUE kapsule daaglik.

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

Neem altyd FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE 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 bywerkingse gerapporteer wanneer FLEXADRIN™ BLUE kapsules geneem word nie. Nie alle bywerkingse 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 nuwe-effekte tydens die gebruik van FLEXADRIN™ BLUE Kapsules.

As jy enige nuwe-effekte opmerk nadat jy FLEXADRIN™ BLUE Kapsules 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 buitekarton. 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 FLEXADRIN™ BLUE 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 FLEXADRIN™ BLUE:

FLEXADRIN™ BLUE Kapsules is in 'n wit plantaardige gelatienkapsule verpak, in 'n wit fles binne 'n buitekarton, aangebied in pakkies van 30's pakgrootte

8. IDENTIFIKASIE VAN FLEXADRIN™ BLUE:

FLEXADRIN™ BLUE bevat 'n wit poeier wat in 'n wit vegetariese kapsule ingekapsuleer is

9. REGISTRASIE-NOMMER:

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 REGISTRASIE-OUER:

MyHealth365 (Pty) Ltd

Suite 177, Private Bag X7,

Northridge

2162

11. DATUM VAN PUBLIKASIE:

September 2026

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