

MIBIOTIX VG WOMEN CAPSULES

PATIENT INFORMATION LEAFLET

This leaflet tells you about MiBiotix VG WOMEN CAPSULES.

Complementary medicine: Health Supplement.

SCHEDULING STATUS: S0

PROPRIETY NAME AND DOSAGE FORM:

MiBiotix VG WOMEN CAPSULES (capsules).

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

MiBiotix VG WOMEN CAPSULES are available without a doctor's prescription. Nevertheless, you still need to use MiBiotix VG WOMEN CAPSULES carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share MiBiotix VG WOMEN CAPSULES with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

1. WHAT MIBIOTIX VG WOMEN CAPSULES CONTAINS:

3 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,

50 mg FOS as Raftilose®

2. WHAT MIBIOTIX VG WOMEN 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 start with the gut. When taken on a regular basis MiBiotix VG WOMEN CAPSULES will support the microflora balance in the gut and vagina.

Remember to “Always start with your gut”.

3. BEFORE YOU TAKE/ USE/ ARE GIVEN/ ADMINISTERED MIBIOTIX VG WOMEN CAPSULES:

Do NOT take/use MiBiotix VG WOMEN CAPSULES:

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

Take special care with MiBiotix VG WOMEN CAPSULES:

MiBiotix VG WOMEN 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 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 MiBiotix VG WOMEN 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 MiBiotix VG WOMEN CAPSULES:

All inactive ingredients added on the formulation of MiBiotix VG WOMEN CAPSULES are known to be well tolerated.

Taking/ Giving/ Using other medicines with MiBiotix VG WOMEN CAPSULES:

Always tell your healthcare professional if you are taking other medicines. (This includes complementary or traditional medicine). The use of MiBiotix VG WOMEN CAPSULES with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice

4. HOW TO TAKE/ USE MIBIOTIX VG WOMEN CAPSULES:

The usual dose is:

Take one MiBiotix VG WOMEN Capsule daily after breakfast. Always take MiBiotix VG WOMEN 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 MiBiotix VG WOMEN CAPSULES:

Always take MiBiotix VG WOMEN 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 MiBiotix VG WOMEN 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 MiBiotix VG WOMEN CAPSULES.

MiBiotix VG WOMEN CAPSULES can have side effects.

Not all side effects reported for MiBiotix VG WOMEN CAPSULES are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking MiBiotix VG WOMEN 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 MIBIOTIX VG WOMEN CAPSULES:

Store all MiBiotix VG WOMEN 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 MiBiotix VG WOMEN CAPSULES if you notice any visible signs of deterioration.

Return all unused MiBiotix VG WOMEN CAPSULES to your pharmacist/supplier.

Do not dispose of unused MiBiotix VG WOMEN CAPSULES in drains or sewage systems (e.g. toilets).

7. PRESENTATION OF MIBIOTIX VG WOMEN CAPSULES:

MiBiotix VG WOMEN CAPSULES are packed in 30's, in a white plastic bottle with a white cap in an outer carton.

8. IDENTIFICATION OF MIBIOTIX VG WOMEN CAPSULES:

Containing a white powder packed in a DR vegetarian 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.mibiotix.co.za

11. SCIENTIFIC SUPPORT

Specific probiotics have been clinically proven to colonize the vaginal epithelium and counteract pathogens invasion and remove them, through the occupation of adhesion sites. These probiotics also display anti-inflammatory activities and prevent pathogen infection by improving the immune system.

12. REFERENCES

Mezzasalma et al, .2016. Orally administered multispecies probiotics formulations to prevent uro-genital infections: a randomized placebo-controlled pilot study. Arch Gynecol Obstet

Vicariotto F., et al. 2018. Improvement of bacterial vaginosis and vulvovaginal Candidiasis with a new Lactobacillus strains association: A pilot study. Int J Women's Health Care.

13. DATE OF PUBLICATION:

August 2019 PI.061.1.8.19

MIBIOTIX VG WOMEN CAPSULES

PASIËNTINLIGTINGSBLAADJIE

Hierdie voubiljet bevat inligting oor MiBiotix VG WOMEN CAPSULES.

Komplimentêre medisyne: Gesondheidsaanvulling.

BYLAE STATUS: S0

EIENDOMSNAAM (EN DOSISVORM):

MiBiotix VG WOMEN CAPSULES (kapsules).

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

MiBiotix VG WOMEN CAPSULES is beskikbaar sonder die voorskrif van 'n dokter. U moet egter steeds MiBiotix VG WOMEN CAPSULES versigtig gebruik om die beste resultate daarmee te verkry.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie MiBiotix VG WOMEN CAPSULES met enige ander persoon deel nie.
- Vra jou apteker as jy meer inligting of advies benodig.
- U moet 'n dokter raadpleeg indien u simptome vererger of nie verbeter nie.

1. WAT MIBIOTIX VG WOMEN CAPSULES BEVAT:

3 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,

50 mg FOS as Raftilose®

2. WAARVOOR MIBIOTIX VG WOMEN 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 MiBiotix VG WOMEN CAPSULES sal die mikroflorabalans in jou dermkanaal en vagina ondersteun.

Onthou om "Altyd by jou dermkanaal te begin".

3. VOORDAT U MIBIOTIX VG WOMEN CAPSULES NEEM:

Moenie MiBiotix VG 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 MiBiotix VG WOMEN CAPSULES:

MiBiotix VG WOMEN 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 MiBiotix VG WOMEN 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 MiBiotix VG WOMEN CAPSULES:

Al die onaktiewe bestanddele wat op die formulering van MiBiotix VG WOMEN CAPSULES gevoeg word, word goed verdra.

Die neem van ander medisyne saam met MiBiotix VG WOMEN CAPSULES:

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

4. HOE OM MIBIOTIX VG WOMEN CAPSULES TE GEBRUIK

Die gewone dosis is:

Neem een MiBiotix VG WOMEN Capsule, daaglik na ontbyt.

Neem MiBiotix VG WOMEN 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 MiBiotix VG WOMEN CAPSULES te neem:

Neem MiBiotix VG WOMEN CAPSULES 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 MiBiotix VG WOMEN CAPSULES 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 neue-effekte gerapporteer wanneer MiBiotix VG WOMEN CAPSULES geneem word nie.

MiBiotix VG WOMEN CAPSULES kan newe-effekte hê.

Nie alle newe-effekte wat vir MiBiotix VG WOMEN CAPSULES gemeld is, is in hierdie inligtingstuk vervat nie. Indien u algemene gesondheid agteruitgaan of u ongewenste wisselwerkings ervaar terwyl MiBiotix VG WOMEN CAPSULES gebruik, raadpleeg asseblief u gesondheidsorgvoorsiener vir advies. Lig asseblief u dokter of apteker in indien u enige newe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

6. BERGING EN WEGDOEN VAN MIBIOTIX VG WOMEN CAPSULES:

Bewaar alle MiBiotix VG WOMEN CAPSULES 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 MiBiotix VG WOMEN CAPSULES gebruik as u enige sigbare tekens van agteruitgang sien nie.

Stuur alle ongebruikte MiBiotix VG WOMEN CAPSULES na u apteker / verskaffer terug.

Moet nie ongebruikte MiBiotix VG WOMEN CAPSULES in riool- of rioolstelsels gooi nie (byvoorbeeld toilette).

7. AANBIEDING VAN MiBiotix VG WOMEN CAPSULES:

MiBiotix VG WOMEN CAPSULES is verpak in 30's, in 'n wit plastiekbottel met 'n wit dop en in 'n buitenste karton.

8. IDENTIFIKASIE VAN MiBiotix VG WOMEN CAPSULES:

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.mibiotix.co.za