MIBIOTIX HEART HEALTH CAPSULES

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Scheduled 0

PROPRIETY NAME AND DOSAGE FORM:

MIBIOTIX HEART HEALTH CAPSULES

Read this leaflet carefully because it contains important information for you

MiBiotix HEART HEALTH is available without a doctor's prescription.

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

1. WHAT MIBIOTIX HEART HEALTH CONTAINS:

One Capsule contains:

4 Billion CFU's Lactobacillus fermentum ME3

50 mg FOS as Raftilose™

2. WHAT MIBIOTIX HEART HEALTH IS USED FOR:

When taken on a regular basis Mibiotix HEART HEALTH Capsules will support the microflora balance in the gut and may help reduce inflammation and oxidation that have negative effect on heart health.

All health and wellness start with the gut. Remember to "Always start with your gut".

3. BEFORE YOU GIVE /TAKE MIBIOTIX HEART HEALTH:

Do not take MIBIOTIX HEART HEALTH:

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

Take special care with MIBIOTIX HEART HEALTH:

Mibiotix HEART HEALTH 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 Mibiotix HEART HEALTH Capsules.

Pregnancy and Breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your health care provider for advice before taking Mibiotix HEART HEALTH Capsules.

Important information about some of the ingredients of MIBIOTIX HEART HEALTH: Inactives:

All inactive ingredients added to the formulation of Mibiotix HEART HEALTH Capsules are known to be well tolerated.

Taking/ Giving/ Using other medicines with MIBIOTIX HEART HEALTH:

The use of Mibiotix HEART HEALTH 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 Mibiotix HEART HEALTH Capsules.

4. HOW TO USE MIBIOTIX HEART HEALTH:

Do not share medicine with any other person.

- Take one Mibiotix HEART HEALTH Capsules daily after breakfast.

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

If you use more MIBIOTIX HEART HEALTH 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 miss a dose of MIBIOTIX HEART HEALTH:

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 Mibiotix HEART HEALTH 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 Mibiotix HEART HEALTH Capsules.

If you notice any side effects after taking Mibiotix HEART HEALTH 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 Mibiotix HEART HEALTH 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 MIBIOTIX HEART HEALTH:

Mibiotix HEART HEALTH Capsules is white powder encapsulated in a white plant-based gelatine capsule packed in a blister in an outer carton, presented in 30's pack sizes.

8. IDENTIFICATION OF MIBIOTIX HEART HEALTH:

MiBiotix HEART HEALTH is a white powder encapsulated in a 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: 050.002.09.26

MIBIOTIX HEART HEALTH KAPSULE

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS:
Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:
MIBIOTIX HEART HEALTH KAPSULE

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat
MiBiotix HEART HEALTH is beskikbaar sonder die voorskrif van 'n dokter.

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

1. WATTER MIBIOTIX HEART HEALTH BEVAT:
Een Kapsule bevat:
4 Miljard CFU's Lactobacillus fermentum ME3
50 mg FOS as Raftilose™

2. WATTER MIBIOTIX HEART HEALTH WORD GEBRUIK VIR:
Wanneer dit gereeld gebruik word, sal Mibiotix HEART HEALTH-kapsules die mikrobiese balans in die ingewande ondersteun en kan help om inflammasie en oksidasie te verminder wat 'n negatiewe invloed op hartsondheid het.
Alle gesondheid en welstand begin by die derm. Onthou om "Altyd by jou derm te begin".

3. VOORDAT U MIBIOTIX HEART HEALTH GEE / ONTVANG:

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

Wees besonder versigtig met MIBIOTIX HEART HEALTH:
Mibiotix HEART HEALTH 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 Mibiotix HEART HEALTH Kapsule neem/gebruik.
Swangerskap en borsvoeding:

As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy Mibiotix HEART HEALTH Kapsule neem.

Belangrike inligting oor sommige van die bestanddele van MIBIOTIX HEART HEALTH : Inaktiwiteit:
Al die inaktiewe bestanddele wat by die formulering van Mibiotix HEART HEALTH Kapsule gevoeg is, word bekend as goed verdra.
Neem / Gee / Gebruik van ander medisyne saam met MIBIOTIX HEART HEALTH :

Die gebruik van Mibiotix HEART HEALTH 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 Mibiotix HEART HEALTH Kapsule neem/gebruik.

4. HOE OM MIBIOTIX HEART HEALTH TE GEBRUIK:
Moenie medisyne met enige ander persoon deel nie.
Neem een Mibiotix HEART HEALTH Kapsule kapsule per dag.
Neem die kapsules met voldoende hoeveelheid vloeistof (bv. Een glas water.)
Neem altyd Mibiotix HEART HEALTH 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 MIBIOTIX HEART HEALTH 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 MIBIOTIX HEART HEALTH 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 Mibiotix HEART HEALTH Kapsule geneem word nie. 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 Mibiotix HEART HEALTH Kapsule.
As jy enige newe-effekte opmerk nadat jy Mibiotix HEART HEALTH Kapsule 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 Mibiotix HEART HEALTH Kapsule 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 MIBIOTIX HEART HEALTH :
Mibiotix HEART HEALTH kapsules is wit poeier ingekapsuleer in 'n wit plantaardige gelatienkapsule wat in 'n blister in 'n buitenste boks verpak is, aangebied in pakkies van 30.

8. IDENTIFIKASIE VAN MIBIOTIX HEART HEALTH :
MiBiotix HEART HEALTH is 'n wit poeier wat in 'n DR 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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