MIBIOTIX JOINT HEALTH CAPSULES

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Scheduled 0

PROPRIETY NAME AND DOSAGE FORM:

MIBIOTIX JOINT HEALTH CAPSULES

Read this leaflet carefully because it contains important information for you

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

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

1. WHAT MIBIOTIX JOINT HEALTH CONTAINS:

One Capsule contains:

500 Million CFU Lactobacillus Plantarum

500 Million CFU Lactobacillus Paracasei

500 Million CFU Lactobacillus Acidophilus

500 Million CFU Bacillus subtilis

250 mg Celadrin

50 mg FOS as Raftilose™

2. WHAT MIBIOTIX JOINT HEALTH IS USED FOR:

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

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

3. BEFORE YOU GIVE /TAKE MIBIOTIX JOINT HEALTH:

Do not take MIBIOTIX JOINT HEALTH:

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

Take special care with MIBIOTIX JOINT HEALTH:

Mibiotix JOINT 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 JOINT HEALTH Capsules.

Pregnancy and Breastfeeding:

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

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

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

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

The use of Mibiotix JOINT 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 JOINT HEALTH Capsules.

4. HOW TO USE MIBIOTIX JOINT HEALTH:

Do not share medicine with any other person.

- Take two Mibiotix JOINT HEALTH Capsules daily after breakfast.

Always take Mibiotix JOINT 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 JOINT 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 JOINT 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 JOINT 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 JOINT HEALTH Capsules.

If you notice any side effects after taking Mibiotix JOINT 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 JOINT 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 JOINT HEALTH:

Mibiotix JOINT HEALTH Capsules is white powder encapsulated in a white plant-based gelatine capsule packed in a blister in an outer carton, presented in 60's pack sizes.

8. IDENTIFICATION OF MIBIOTIX JOINT HEALTH:

MiBiotix JOINT 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: 071.005.09.26

MIBIOTIX JOINT HEALTH KAPSULE

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS:

Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:

MIBIOTIX JOINT HEALTH KAPSULE

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat

MiBiotix JOINT HEALTH is beskikbaar sonder die voorskrif van 'n dokter.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moet nie Mibiotix JOINT 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 JOINT HEALTH BEVAT:

Een Kapsule bevat:

500 Miljoen CFU Lactobacillus Plantarum

500 Miljoen CFU Lactobacillus Paracasei

500 Miljoen CFU Lactobacillus Acidophilus

500 Miljoen CFU Bacillus subtilis

250 mg Celadrin

50 mg FOS as Raftilose™

2. WATTER MIBIOTIX JOINT HEALTH WORD GEBRUIK VIR:

Wanneer dit gereeld gebruik word, sal Mibiotix JOINT 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 JOINT HEALTH GEE / ONTVANG:

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

Wees besonder versigtig met MIBIOTIX JOINT HEALTH:

Mibiotix JOINT 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 JOINT HEALTH Kapsule neem/gebruik.

Swangerskap en borsvoeding:

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

Belangrike inligting oor sommige van die bestanddele van MIBIOTIX JOINT HEALTH : Inaktiwiteit:

Al die inaktiewe bestanddele wat by die formulering van Mibiotix JOINT HEALTH Kapsule gevoeg is, word bekend as goed verdra.

Neem / Gee / Gebruik van ander medisyne saam met MIBIOTIX JOINT HEALTH :

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

4. HOE OM MIBIOTIX JOINT HEALTH TE GEBRUIK:

Moenie medisyne met enige ander persoon deel nie.

- Neem twee Mibiotix JOINT HEALTH Kapsules per dag.

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

Neem altyd Mibiotix JOINT 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 JOINT 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 JOINT 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 JOINT 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 JOINT HEALTH Kapsule.

As jy enige newe-effekte opmerk nadat jy Mibiotix JOINT 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 JOINT 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 JOINT HEALTH :

Mibiotix JOINT 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 60.

8. IDENTIFIKASIE VAN MIBIOTIX JOINT HEALTH :

MiBiotix JOINT 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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