

MIBIOTIX PRENATAL
PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:
Scheduled 0

PROPRIETY NAME AND DOSAGE FORM:
MIBIOTIX PRENATAL CAPSULES

Read this leaflet carefully because it contains important information for you

MiBiotix PRENATAL Capsules is available without a doctor's prescription.

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

1. WHAT MIBIOTIX PRENATAL CONTAINS:

Two Capsule contains: 10 Billion CFU's of
1 Billion CFU Lactobacillus acidophilus Howaru
4 Billion CFU Lactobacillus rhamnosus Howaru
1 Billion CFU Lactobacillus gasseri Lg-36
4 Billion CFU Bifidobacterium Lactis Howaru
500 Million CFU Bifidobacterium infantis Bi-26
500 µg Folic acid (as folate from 5Methyltetrahydrofolate)
500 iug Vitamin D3 (as Cholecalciferol)
45 µg Vitamin K2
40 mg Iron AAC (as Chelate)
150 mg Magnesium Oxide
500 mg Calcium Glycinate
10 mg Vitamin B1 (as Thiamine Hydrochloride)
10 mg Vitamin B2 (as Riboflavin)
10 mg Vitamin B3 (as Nicotinamide)
10 mg Vitamin B5 (as Pantothenic acid)
10 mg Vitamin B6 (as Pyridoxine Hydrochloride)
5 µg Vitamin B12 (as Cyanocobalamin)
7 µg Selenium
30 mg Zinc AAC (as Picolinate)

2. WHAT MIBIOTIX PRENATAL IS USED FOR:

When taken on a regular basis during pregnancy and breastfeeding, MiBiotix PRENATAL Capsules may help influence the child's immune in a positive way by inheriting the mother's microbiome and immunity. This may help in reducing the risk of childhood allergic disease by half, may also assist in decreasing the risk of infant atopic dermatitis and eczema. It may also influence the child's immune system, while helping Mom's digestive system work more efficiently by reducing pregnancy-related constipation. It may help in promoting proper nutrient absorption and supporting a more balanced mental and emotional state of the pregnant mother.

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

3. BEFORE YOU GIVE /TAKE MIBIOTIX PRENATAL:

Do not take MIBIOTIX PRENATAL:

- If you are known to be hypersensitive (allergic) to (active ingredient) or any of the ingredients. (See; **1. WHAT MIBIOTIX PRENATAL CONTAINS:**)

Take special care with MIBIOTIX PRENATAL:

MiBiotix PRENATAL 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 PRENATAL Capsules.

Pregnancy and Breastfeeding:

This product was carefully designed and developed for pregnant and breastfeeding Moms, however, if you are pregnant or breastfeeding your baby, please consult your health care provider for advice before taking MiBiotix PRENATAL Capsules.

Important information about some of the ingredients of MIBIOTIX PRENATAL: Inactives:

All inactive ingredients added to the formulation of MIBIOTIX PRENATAL Capsules are known to be well tolerated.

Taking/ Giving/ Using other medicines with MIBIOTIX PRENATAL:

The use of MiBiotix PRENATAL 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 PRENATAL Capsules.

4. HOW TO USE MIBIOTIX PRENATAL:

Do not share medicine with any other person.

- Take one MIBIOTIX PRENATAL Capsules once daily after breakfast.

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

Always take MIBIOTIX PRENATAL 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 PRENATAL 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 MIBIOTIX PRENATAL:

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 PRENATAL 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 PRENATAL Capsules.

If you notice any side effects after taking MIBIOTIX PRENATAL 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 MIBIOTIX PRENATAL 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 PRENATAL:

MiBiotix PRENATAL Capsules is white powder encapsulated in a white plant-based gelatin capsule packed in a white bottle in an outer carton, presented in 30's pack sizes.

8. IDENTIFICATION OF MIBIOTIX PRENATAL:

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: 060.002.09.26

MIBIOTIX PRENATAL
PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS:

Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:

MIBIOTIX PRENATAL KAPSULES

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat

MIBIOTIX PRENATAL Kapsules is beskikbaar sonder die voorskrif van 'n dokter.

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

1. WATTER MIBIOTIX PRENATAL BEVAT:

Twee kapsule bevat: 10 miljard CFU's

1 Billion CFU Lactobacillus acidophilus Howaru

4 Billion CFU Lactobacillus rhamnosus Howaru

1 Billion CFU Lactobacillus gasseri Ig-36

4 Billion CFU Bifidobacterium Lactis Howaru

500 µg Folaat (as folaat van 5-Metiltetrahydrofolaat)

500 iu Vitamien D3 (as Cholekalsiferol)

45 µg Vitamien K2

40 mg Yster AAC (as Kelaat)

150 mg Magnesiumoksied

500 mg Kalsiumglysinaat

10 mg Vitamien B1 (as Tiamienhidrochloried)

10 mg Vitamien B2 (as Riboflavin)

10 mg Vitamien B3 (as Niasinamied)

10 mg Vitamien B5 (as Pantotensuur)

10 mg Vitamien B6 (as Piridoksienhidrochloried)

5 µg Vitamien B12 (as Syanokobalamien)

7 µg Seleen

30 mg Sink AAC (as Pikolinaat)

2. WATTER MIBIOTIX PRENATAL WORD GEBRUIK VIR:

Wanneer dit gereeld tydens swangerskap en borsvoeding geneem word, kan MiBiotix PRENATAL-kapsules moontlik help om die kind se immuunstelsel op 'n positiewe manier te beïnvloed deur die moeder se mikrobiome en immuniteit te erf. Dit kan help om die risiko van kinderallergies met die helfte te verminder, en kan ook help om die risiko van baba-atopiese dermatitis en ekseem te verminder. Dit kan ook die kind se immuunstelsel beïnvloed, terwyl dit Ma se spysverteringstelsel help om meer doeltreffend te werk deur swangerskap-verwante hardlywigheid te verminder. Dit kan help om behoorlike voedingsstofopname te bevorder en 'n meer gebalanseerde geestelike en emosionele toestand van die swanger moeder te ondersteun.

Al die gesondheid en welstand begin met die derm. Onthou om altyd met jou derm te begin. Alle gesondheid en welstand begin by die derm. Onthou om "Altyd by jou derm te begin".

3. VOORDAT U MIBIOTIX PRENATAL GEE / ONTVANG:

- Moet nie MIBIOTIX PRENATAL Kapsules neem nie as jy weet jy is hipersensitief (allergies) vir (aktiewe bestanddeel) of enige van die bestanddele. (Sien; 1. WAT MIBIOTIX PRENATAL BEVAT)

Wees besonder versigtig met MIBIOTIX PRENATAL:

MiBiotix PRENATAL 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 MiBiotix PRENATAL Kapsules neem/gebruik.

Swangerskap en borsvoeding:

Hierdie produk is sorgvuldig ontwerp en ontwikkel vir swanger en borsvoedende mamas, maar as jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy MiBiotix PRENATAL Kapsules neem.

Belangrike inligting oor sommige van die bestanddele van MIBIOTIX PRENATAL: Inaktiwiteit:

Al die inaktiewe bestanddele wat by die formulering van MIBIOTIX PRENATAL Kapsules gevoeg is, word bekend as goed verdra.

Neem / Gee / Gebruik van ander medisyne saam met MIBIOTIX PRENATAL:

Die gebruik van MiBiotix PRENATAL Kapsules saam met ander medikasie ken nie-gewenste interaksies veroorsaak.

Sê altyd vir jou gesondheidsversorger as jy enige ander medikasie neem (dit sluit aanvullings of tradisionele medisyne in) voordat jy MIBIOTIX PRENATAL Kapsules neem/gebruik.

4. HOE OM MIBIOTIX PRENATAL TE GEBRUIK:

Moenie medisyne met enige ander persoon deel nie.

- Neem twee MIBIOTIX PRENATAL Kapsules eens per dag na ontbyt.

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

Neem altyd MIBIOTIX PRENATAL Kapsules 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 PRENATAL 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 MIBIOTIX PRENATAL 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 EFFEKTE:

Daar is geen gevalle van gereelde of minder gereelde bywerkingse gerapporteer wanneer MIBIOTIX PRENATAL 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 MiBiotix PRENATAL Kapsules.

As jy enige nuwe-effekte opmerk nadat jy MIBIOTIX PRENATAL Kapsules geneem 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 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 PRENATAL Kapsules 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 PRENATAL:

MiBiotix PRENATAL Kapsules is 'n wit poeier in 'n wit plantardige gelatienkapsule verpak, in 'n wit flesie binne 'n buitenste karton, aangebied in pakkies van 30's pakgrootte

8. IDENTIFIKASIE VAN MIBIOTIX PRENATAL:

MiBiotix PRENATAL Kapsules 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 REGISTRASIEHOUER:

MyHealth365 (Pty) Ltd
Suite 177, Private Bag X7,
Northriding
2162

11. DATUM VAN PUBLIKASIE:

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