MIBIOTIX SHAPE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Scheduled 0

PROPRIETY NAME AND DOSAGE FORM:

MIBIOTIX SHAPE CAPSULES

Read this leaflet carefully because it contains important information for you

MiBiotix SHAPE is available without a doctor's prescription.

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

1. WHAT MIBIOTIX SHAPE CONTAINS:

One Capsule contains:

10 Billion CFU Bifidobacterium lactis Howaru B420

10 Billion CFU Lactobacillus gasseri

200 mg Green Tea Extract (decaf≥45% EGCG)

200 µg Chromium (as Picolinate)

360 mg Magnesium (as Bisglycinate)

providing 50 mg elemental Mg

2 mg Raftilose® as FOS

2. WHAT MIBIOTIX SHAPE IS USED FOR:

When taken on a regular basis MiBiotix SHAPE Capsules will support the microflora balance in the gut and the gut lining maintaining a healthy metabolic balance, contributing to a safety and healthy glucose metabolism, balanced microbiota in the stomach.

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

3. BEFORE YOU GIVE /TAKE MIBIOTIX SHAPE:

Do not take MIBIOTIX WOMEN:

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

Take special care with MIBIOTIX SHAPE:

MiBiotix SHAPE 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 SHAPE Capsules.

Pregnancy and Breastfeeding:

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

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

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

Taking/ Giving/ Using other medicines with MIBIOTIX SHAPE:

The use of MiBiotix SHAPE Capsule 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 SHAPE Capsules.

4. HOW TO USE MIBIOTIX SHAPE:

Do not share medicine with any other person.

- Take one MIBIOTIX SHAPE Capsule per day

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

Always take MIBIOTIX SHAPE 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 SHAPE 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 SHAPE:

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 SHAPE 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 SHAPE Capsules.

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

MiBiotix SHAPE 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 MIBIOTIX SHAPE:

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: PI: 059.002.09.26

MIBIOTIX SHAPE

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS:
Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:
MIBIOTIX SHAPE KAPSULES

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

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

1. WATTER MIBIOTIX SHAPE BEVAT:
Een kapsule bevat: 3 miljard CFU's
10 Miljard CFU Bifidobacterium lactis Howaru B420
10 Miljard CFU Lactobacillus gasseri
200 mg Green Tea Extract (decaf≥45% EGCG)
200 µg Kroom (as Pikolinaat)
360 mg Magnesium (as Bisglysinaat)
providing 50 mg elemental Mg
2 mg Raftilose® as FOS

2. WATTER MIBIOTIX SHAPE WORD GEBRUIK VIR:
Wanneer dit gereeld geneem word, sal MiBiotix SHAPE-kapsules die mikfloora-balans in die derm en die dermwand ondersteun, wat 'n gesonde metaboliese balans handhaaf, en bydra tot 'n veilige en gesonde glukosemetabolisme, sowel as gebalanseerde mikrobioota in die maag.
Alle gesondheid en welstand begin by die derm. Onthou om "Altyd by jou derm te begin".

3. VOORDAT U MIBIOTIX SHAPE GEE / ONTVANG:

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

Wees besonder versigtig met MIBIOTIX SHAPE:
MiBiotix SHAPE 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 SHAPE kapsules neem/gebruik.
Swangerskap en borsvoeding:

As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy MiBiotix SHAPE kapsules neem.

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

Die gebruik van MiBiotix SHAPE 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 SHAPE neem/gebruik.

4. HOE OM MIBIOTIX SHAPE TE GEBRUIK:
Moenie medisyne met enige ander persoon deel nie.
Neem een MIBIOTIX SHAPE kapsule per dag.
Neem die kapsules met voldoende hoeveelheid vloeistof (bv. Een glas water.)
Neem altyd MIBIOTIX SHAPE 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 SHAPE 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 SHAPE 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 SHAPE kapsules 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 SHAPE Kapsules.
As jy enige newe-effekte opmerk nadat jy MIBIOTIX SHAPE Kapsules 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 SHAPE 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 SHAPE:
MiBiotix SHAPE Kapsules is in 'n wit plantaardige gelatienkapsule verpak, in 'n wit flesie binne 'n buitenste karton, aangebied in pakkies van 30's pakgrootte

8. IDENTIFIKASIE VAN MIBIOTIX SHAPE:
MiBiotix SHAPE bevat 'n wit poeier wat in 'n wit 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

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