TEEN GUARD GIRLS CAPSULE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Scheduled 0

PROPRIETY NAME AND DOSAGE FORM:

TEEN GUARD GIRLS CAPSULES

Read this leaflet carefully because it contains important information for you

TEEN GUARD GIRLS is available without a doctor's prescription.

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

1. WHAT TEEN GUARD GIRLS CONTAINS:

One Capsule contains:

250 mg	Vitamin C (as Ascorbic acid)
250 mg	Magnesium Oxide (as Magnesium elemental)
75 mg	Iron ACC 10% (Iron elemental)
50 mg	Evening Primrose Oil
50 mg	Choline (as Bitartrate)
25 mg	Vitamin B1 (as Thiamine)
25 mg	Vitamin B5 (as Pantothenic acid)
25 mg	Vitamin B6 (as Pyridoxine)
25 mg	Carnitine (as Tartrate)
20 mg	Vitamin B2 (as Riboflavin)
8 mg	Vitamin E (as D-alpha-tocopherol)
5 mg	Lycopene Extract 10%
4,9 mg	Vitamin B3 (Niacin)
12 mg	Zinc AAC 29% (as Zinc elemental)
2 mg	Copper Sulphate (as Gluconate)
0,05 mg	Vitamin B12 (as Cyanocobalamin)
0,02 mg	Folic acid (as Methyl folate)
0,010 mg	Vitamin H (as Biotin)

Inactives: Magnesium Stearate, Starch, DR plant base capsule.

NB: Soy Isoflavone: possible allergen

2. WHAT TEEN GUARD GIRLS IS USED FOR:

TEEN GUARD GIRLS Capsules is combination of multivitamins for teenage girls to help support their hormones, brain function and energy level.

3. BEFORE YOU GIVE /TAKE TEEN GUARD GIRLS:

Do not take TEEN GUARD GIRLS:

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

Take special care with TEEN GUARD GIRLS:

TEEN GUARD GIRLS 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 TEEN GUARD GIRLS Capsules.

Pregnancy and Breastfeeding:

TEEN GUARD GIRLS Capsules is/ can not be used during pregnancy or during breastfeeding. Safety and efficacy on these conditions has not been investigated.

Important information about some of the ingredients of TEEN GUARD GIRLS: Inactives:

All inactive ingredients added to the formulation of TEEN GUARD GIRLS Capsules Capsules are known to be well tolerated.

Taking/ Giving/ Using other medicines with TEEN GUARD GIRLS:

The use of TEEN GUARD GIRLS 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 TEEN GUARD GIRLS Capsules.

4. HOW TO USE TEEN GUARD GIRLS:

Do not share medicine with any other person.

- Take two capsules daily after breakfast.

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

Always take TEEN GUARD GIRLS Capsules exactly as per recommendation of the Package Insert or by your health care provider and if you are unsure.

If you use more TEEN GUARD GIRLS 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 TEEN GUARD GIRLS:

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 TEEN GUARD GIRLS Capsules.

The following side effects may occur only in rare cases and of hypersensitivity reaction:

- Nausea
- Vomiting

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 TEEN GUARD GIRLS Capsules.

If you notice any side effects after taking TEEN GUARD GIRLS 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 TEEN GUARD GIRLS 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 TEEN GUARD GIRLS:

TEEN GUARD GIRLS Capsules are white powder encapsulated in a pink plant-based gelatine capsule packed in a silver bottle in an outer carton, presented in 60's pack sizes.

8. IDENTIFICATION OF TEEN GUARD GIRLS:

Containing a white powder encapsulated in a pink 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: 033.005.09.26

TEEN GUARD GIRLS KAPSULES

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS:
Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:
TEEN GUARD GIRLS KAPSULES

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

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

1. WATTER TEEN GUARD GIRLS BEVAT:

Een kapsule bevat:

250 mg	Vitamien C (as Ascorbic acid)
250 mg	Magnesiumoksied (as elementêre Magnesium)
75 mg	Yster ACC 10% (as elementêre Yster)
50 mg	Oggendprimrosie-olie
50 mg	Choline (as Bitartraat)
25 mg	Vitamien B1 (as Thiamien)
25 mg	Vitamien B5 (as Pantotensuur)
25 mg	Vitamien B6 (as Pyridoksien)
25 mg	Carnitien (as Tartraat)
20 mg	Vitamien B2 (as Riboflawien)
8 mg	Vitamien E (as D-alfa-tokoferol)
5 mg	Lykopien
4,9 mg	Vitamien B3 (Niacien)
12 mg	Sink AAC 29% (as elementêre Sink)
2 mg	Koper Sulfaat (as Glukonaat)
0,05 mg	Vitamien B12 (as Sianokobalamien)
0,02 mg	Foliumzuur (as Metielfolaat)
0,010 mg	Vitamien H (as Biotien)

Onaktiewe bestandele: Magnesiumstearaat, Stysel, DR plantbasis kapsule.

2. WATTER TEEN GUARD GIRLS WORD GEBRUIK VIR:

TEEN GUARD GIRLS-kapsules is 'n kombinasie van multivitamiene vir tienermeisies om hul hormone, breinfunksie en energievlak te ondersteun.

3. VOORDAT U TEEN GUARD GIRLS GEE / ONTVANG:

- Moet nie TEEN GUARD GIRLS neem nie as jy weet jy is hipersensitief (allerhies) vir (aktiwe bestanddeel) of enige van die bestanddele. (Sien; **1. WAT TEEN GUARD GIRLS BEVAT**)
- As jy swanger is of jou baba borsvoed, (Sien: **Swangerskap en borsvoeding:)**
  Raadpleeg jou gesondheidsversorger voor gebruik as jy 'n geskiedenis van nierstene het of as jy bloedverdunners gebruik.

Wees besonder versigtig met TEEN GUARD GIRLS:

TEEN GUARD GIRLS 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 TEEN GUARD GIRLS kapsules neem/gebruik.

Swangerskap en borsvoeding:

TEEN GUARD GIRLS-kapsules kan nie tydens swangerskap of borsvoeding gebruik word nie. Veiligheid en doeltreffendheid in hierdie toestande is nie ondersoek nie.

Belangrike inligting oor sommige van die bestanddele van TEEN GUARD GIRLS: Inaktiwiteit:

Al die inaktiewe bestanddele wat by die formulering van TEEN GUARD GIRLS kapsules gevoeg is, word bekend as goed verdra.

Neem / Gee / Gebruik van ander medisyne saam met TEEN GUARD GIRLS:

Die gebruik van TEEN GUARD GIRLS 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 TEEN GUARD GIRLS Kapules neem/gebruik.

4. HOE OM TEEN GUARD GIRLS TE GEBRUIK:

Moenie medisyne met enige ander persoon deel nie.

- Neem twee kapsules daagliks na ontbyt.

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

Neem altyd TEEN GUARD GIRLS 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 TEEN GUARD GIRLS 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 TEEN GUARD GIRLS 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 TEEN GUARD GIRLS kapsules geneem word nie. Die volgende newe-effekte kan net in seldsame gevalle en as gevolg van oorsensitiwiteiteaksie voorkom:

- Naarheid
- Braking

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 TEEN GUARD GIRLS Kapsules.

As jy enige newe-effekte opmerk nadat jy TEEN GUARD GIRLS 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 TEEN GUARD GIRLS 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 TEEN GUARD GIRLS :

TEEN GUARD GIRLS-kapsules is wit poeier wat ingekapsuleer is in 'n pienk plantgebaseerde gelatienkapsule, verpak in 'n silwer bottel in 'n buitenste karton, aangebied in verpakkings van 60's.

8. IDENTIFIKASIE VAN TEEN GUARD GIRLS :

TEEN GUARD GIRLS bevat 'n wit poeier wat in 'n pienk 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:

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