

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Discipline specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

HERSYNERGY®, 60 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **HERSYNERGY®** is available without a doctor's prescription.
- Nevertheless, you still need to use **HERSYNERGY®** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **HERSYNERGY®** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **HERSYNERGY®** is and what it is used for.
- What you need to know before you take **HERSYNERGY®**.
- How to take **HERSYNERGY®**.
- Possible side effects.
- How to store **HERSYNERGY®**.
- Contents of the pack and other information.

WHAT **HERSYNERGY®** CONTAINS

Each one (1) tablet of **HERSYNERGY®** contains the following actives:

Fenugreek (<i>Trigonella foenum-graecum</i>) [Seed 33:1 Extract standardized to 150 mg saponin glycosides]	300 mg
Betaine HCl	100 mg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc citrate)	2,5 mg
Vitamin B6 (as pyridoxine HCl)	0,5 mg
Folate (as calcium L-5-methyltetrahydrofolate)	198 µg
Vitamin B12 (as methylcobalamin)	1 µg

Inactive Ingredients: Coating (hypromellose, maltodextrin, and polyethylene glycol), croscarmellose sodium, microcrystalline cellulose, silica, stearic acid (vegetable).

This product is suitable for Vegetarians, dairy and gluten free and non-GMO. (Sugar free)

WHAT **HERSYNERGY® IS AND WHAT IT IS USED FOR **HERSYNERGY®**** is formulated with a unique blend of fenugreek extract, vitamins, and minerals to support women's overall vitality and well-being. This concentrated formula also helps maintain a balanced response to occasional stress and promotes relaxation and emotional well-being.

BEFORE YOU TAKE **HERSYNERGY®**

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **HERSYNERGY®** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. **SURGERY:** **HERSYNERGY®** should be discontinued at least 2 weeks prior to reduce bleeding risks. **ANTIBIOTICS:** **HERSYNERGY®** may reduce the efficacy of antibiotics like fluorquinolones and tetracyclines if taken together. Take **HERSYNERGY®** two hours before or 4 hours after any antibiotic medication.

This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, consult with your healthcare professional before use. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare professional before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **HERSYNERGY®** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **HERSYNERGY®** may affect you.

TAKING OTHER MEDICINES WITH **HERSYNERGY®**

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner

HOW TO TAKE **HERSYNERGY®**

Do not share medicines prescribed for you with any other person. Always take **HERSYNERGY®** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Directions for use:

Adults: Take one (1) tablet twice daily with food or as advised by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE **HERSYNERGY®** THAN YOU SHOULD

In the event of overdose, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.



IF YOU FORGET TO TAKE **HERSYNERGY®**

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

HERSYNERGY® may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Diabetes (can lower blood sugar levels excessively), Peptic ulcers or gastritis (can aggravate symptoms), Severe kidney disease (risk of magnesium toxicity), Heart block or myasthenia gravis (can worsen symptoms), Wilson's disease or copper deficiency (zinc competes with copper for absorption), Cancer patients (can promote cell division in rapidly growing tumours if taken in excess), Leber's disease (hereditary optic neuropathy; B12 can worsen symptoms).

If you are taking the following medication, please consult with your healthcare practitioner before taking: Potentiates hypoglycaemic medications (e.g., insulin, metformin), increases bleeding risk with anticoagulants (e.g., warfarin, aspirin), May enhance the effects of acidifying drugs (e.g., antacids or PPIs, reducing efficacy), Reduces effectiveness of isoniazid, hydralazine, and penicillamine by competing for metabolism, May reduce the effectiveness of methotrexate (used in cancer or autoimmune diseases), May interact with chloramphenicol, reducing the hematologic response to vitamin B12. If any of the following happens, stop using **HERSYNERGY®** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions—rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

These are all very serious effects. If you have them, you may have had a serious reaction to **HERSYNERGY®**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- Gastrointestinal discomfort, heartburn, nausea, vomiting.

Not all side effects and interactions reported for **HERSYNERGY®** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/index/8>. By reporting side effects, you can help provide more information on the safety of **HERSYNERGY®**.

STORAGE AND DISPOSING OF **HERSYNERGY®**

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

Do not use after the expiry date stated on the bottle.

Do not use **HERSYNERGY®** if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF **HERSYNERGY®**

A white 175 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

IDENTIFICATION OF **HERSYNERGY®**

Light green, coated tablet.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

08 January 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS **50**

Kategorie D: Komplementêre medisyne.

Dissipline: Dissipline spesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

HERSYNERGY®, 60 Tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

- HERSYNERGY®** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **HERSYNERGY®** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **HERSYNERGY®** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **HERSYNERGY®** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **HERSYNERGY®** neem.
- Hoe om **HERSYNERGY®** te neem.
- Moontlike nuwe-effekte.
- Hoe om **HERSYNERGY®** te bêre.
- Inhoud van die pak en ander inligting

WAT HERSYNERGY® BEVAT

Elke een (1) tablet van **HERSYNERGY®** bevat die volgende aktiewe:

Feneganatrik (<i>Trigonella foenum-graecum</i>) [Saad	300 mg
33:1 Uittreksel gestandaardiseer tot 150 mg saponinglikosiede]	
Betaine HCl	100 mg
Magnesium (as magnesiumsitraat)	50 mg
Sink (as sinksitraat)	2,5 mg
Vitamiene B6 (as piridoksien HCl)	0,5 mg
Folaat (as kalsium L-5-metiltetrahidrofolaat)	198 µg
Vitamiene B12 (as metielkobalatiem)	1 µg

Onaktiewe bestanddele: Laag (hipromellose, maltodextrine, en poliëteeninglikool), kroskarmellosenaatrium, mikrokristalyn selulose, silika, steariensuur (groente).

Hierdie produk is geskik vir vegetariërs, suiwel- en glutenvry en nie-GGO. (Suikervry)

WAT IS HERSYNERGY® KAPSULES EN WAARVOOR WORD DIT GEBUIK

HERSYNERGY® is geformuleer met 'n unieke mengsel van feneganatrik- uittreksel, vitamene en minerale om vroue se algehele lewenskragtigheid en welstand te ondersteun. Hierdie gekonsentreerde formule help ook om 'n gebalanseerde reaksie op af en toe stres te handhaaf en bevorder ontspanning en emosionele welstand.

VOORDAT JY HERSYNERGY® NEEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **HERSYNERGY®** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem. **CHIRURGIE: HERSYNERGY®** moet ten minste 2 weke voor chirurgie om die vermindering van bloedingrisiko's gestaak word. **ANTIBIOTIKA: HERSYNERGY®** kan die doeltreffendheid van antibiotika soos fluorokinolone en tetrasikline verminders as dit saam geneem word. Neem **HERSYNERGY®** twee uur voor of 4 uur na enige antibiotiese medisyne. Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

BESTUUR EN GEBUIK VAN MASIËNE

Dit is nie altyd moontlik om te voorspel in watter mate **HERSYNERGY®** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, sel, bedryfsmasjiene/toerusting, toetsting, toetsting, toetsting, veiligheid of beoogde gebruik nie.

NEEM VAN ANDER MEDISYNE SAAM MET HERSYNERGY®

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie.

HOE OM HERSYNERGY® TE NEEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **HERSYNERGY®** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwassenes Neem een (1) tablet twee keer per dag saam met kos of soos aanbeveel deur jou gesondheidspraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER HERSYNERGY® NEEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGET OM HERSYNERGY® TE NEEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NUWE-EFFEKTE

HERSYNERGY® kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Diabetes (kan bloedsuikervlakke oormatig verlaag), Maagserre of gastritis (kan simptome vererger), Ernstige niersiekte (risiko van magnesiumtoksiensiteit), Hartbolk of myasthenia gravis (kan simptome vererger), Wilson se siekte of kopertekort (sink kompeteer met koper vir absorpsie), Kankerpatiënte (kan seldeling in vinnig groeiende gewasse bevorder as dit in oormaat geneem word), Leber se siekte (oorerlike optiese neuropatie; B12 kan simptome vererger).

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Versterk hipogliesemiese medisyne (bv. insulien, metformien), Verhoog bloedingrisiko met antikoagulantie (bv. warfarin, aspirien), kan die effek van versuurdende middels verbeter (bv. teensuurmiddels of PPI's), verminder doeltreffendheid), Verminder doeltreffendheid van isoniazid, hydralasin en penisilamiene deur mee te ding vir metaboliese, kan die doeltreffendheid van metotreksaat verminder (gebruik in kanker of outo-immuun siektes), Kan interaksie hê met chloroamfenikol, wat die hematologiese reaksie op vitamien B12 verminder. As enige van die volgende gebeur, hou op om **HERSYNERGY®** te gebruik en vertel jou dokter of gaan na die ongevallen-afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling; Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **HERSYNERGY®** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteur aan u gesondheidsorgpraktisyn as dit voortduur):

- Gastro-intestinale ongemak, soobrand, naarheid, braking.

Nie alle nuwe-effekte en interaksies wat vir **HERSYNERGY®** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid vererger of as jy enige nadelige effektes ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook nuwe-effekte aan SAHPRA rapporteer via 'n "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **HERSYNERGY®**.

HOE OM HERSYNERGY® TE BÊR

Bêre alle medisyne buite bereik van kinders.

Bêre in 'n koel, donker plek, onder 25 °C.

Beskerem teen direkte sonlig en hitte.

Bêre in die oorspronklike verpakking.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie **HERSYNERGY®** gebruik as u sigbare tekens van agteruitgang opmerk nie.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette)

weggooi nie.

AANBIEDING VAN HERSYNERGY®

'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpseël, spons en silikagelsakkie.

IDENTIFIKASIE VAN HERSYNERGY®

Liggroen, bedekte tablet

REGISTRASIONOMMER

Om deur SAHPRA teogeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

08 Januarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUDER

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