PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0.
Category D: Complementary medicine.
Discipline: Discipline Specific
33.6 Western Herbal Medicine

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

KAPREX®, 60 Capsules

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

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

WHAT IS IN THIS LEAFLET

WHAT KAPREX® CONTAINS

Each one (1) capsule of KAPREX® contain the following actives:

Tetrase [Tetrahydro iso-alpha acids complex (Hops 7:1 extract; *Humulus lupulus L.*)]	200 mg
Rosemary (*Rosmarinus officinalis*) [Leaf 10:1 Extract]	100 mg
Olive (*Olea europaea*) [Leaf 40:1 extract providing oleanolic acid 1 mg]	1,25 mg

Inactive Ingredients: Gelatin, glycerin, olive oil, sodium copper chlorophyllin (colour), water, yellow beeswax.
This product is dairy and gluten free and is non-GMO. (Sugar Free)

WHAT KAPREX® IS AND WHAT IT IS USED FOR

KAPREX® is formulated with a unique blend of plant extracts, including compounds from hops, rosemary, and olive leaf, designed to support joint wellness and overall comfort. This combination is crafted with a focus on balanced wellness support for an active lifestyle.

BEFORE YOU TAKE KAPREX®

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **KAPREX®** 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: KAPREX®** should be discontinued at least 2 weeks prior to reduce bleeding risks. **LABORATORY TESTS: KAPREX®** may influence electrolyte and kidney function tests**.** Please tell your healthcare practitioner that you are taking **KAPREX®** before having any laboratory tests. **ANTIBIOTICS**: **KAPREX®** may bind with antibiotics like tetracyclines and fluoroquinolones, reducing their effectiveness. Administer these supplements 2-4 hours before or after taking antibiotics.
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 **KAPREX®** 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 **KAPREX®** may affect you.

TAKING OTHER MEDICINES WITH KAPREX®

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.

Directions for use:
Adults: Take one (1) capsule twice daily with food or as directed by your healthcare practitioner. **Do no take more than the recommended dose.**

IF YOU TAKE MORE KAPREX® THAN YOU SHOULD

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

IF YOU FORGET TO TAKE KAPREX®

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

HOW TO TAKE KAPREX®

Do not share medicines prescribed for you with any other person. Always take **KAPREX®** 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.

POSSIBLE SIDE EFFECTS

KAPREX® may have side effects.
Should you have diagnosed chronic medical conditions, consult with your healthcare professional before use.

If you are taking the following medication, please consult with your healthcare practitioner before taking: May enhance the sedative effects of CNS depressants (e.g., alcohol, benzodiazepines), Possible interaction with medications affecting estrogen levels (e.g., birth control), May interact with anticoagulants (e.g., warfarin) due to potential blood-thinning effects, May interact with antihypertensive drugs (e.g., ACE inhibitors), May enhance effects of diabetic medications (e.g., insulin, metformin). If any of the following happens, stop using **KAPREX®** 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).

These are all very serious effects. If you have them, you may have had a serious reaction to **KAPREX®**. 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):

- Nausea, headache,upset stomach.

Not all side effects and interactions reported for **KAPREX®** 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 **KAPREX®.**

STORAGE AND DISPOSING OF KAPREX®

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 **KAPREX®** if you notice visible signs of deterioration.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF KAPREX®

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

IDENTIFICATION OF KAPREX®

Dark green oval gelatine softgel, brown fill.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

04 February 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSTATUS S0.
Kategorie D: Komplementêre medisyne.
Dissipline: Dissipline Spesifiek
33.6 Westerse kruiemedisyne

HANDELSNAAM EN DOSEERVORM**,**

KAPREX®, 60 Kapsule

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

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

WAT IS IN HIERDIE INLIGTINGSBLAD

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

WATTER KAPREX® BEVAT

Elke een (1) capsule van KAPREX® bevat die volgende aktiewe:

Tetrase [Tetrahydro iso-alfa sure kompleks (Hop 7: 1 uittreksel; *Humulus lupulus L.*)]	200 mg
Roosmaryn (*Rosmarinus officinalis*) [Blaar 10:1 Uittreksel]	100 mg
Olywe (*Olea europaea*) [Blaar 40: 1 uittreksel wat oleanolsuur 1 mg verskaf]	1,25 mg

Onaktiewe bestanddele: Gelatien, gliserien, olyfolie, natriumkoper chlorofillien (kleur), water, geel byewas.
Hierdie produk is suiwel- en glutenvry en is nie-GGO. (Suikervry)

WAT IS KAPREX® KAPSULES EN WAARVOOR WORD DIT GEBRUIK

KAPREX® is geformuleer met 'n unieke mengsel van plantekstrakte, insluitend verbindings van hop, roosmaryn en olyfblaar, wat ontwerp is om gesamentlike welstand en algehele gemak te ondersteun. Hierdie kombinasie is gemaak met 'n fokus op gebalanseerde welstandsondersteuning vir 'n aktiewe leefstyl.

VOORDAT JY KAPREX® NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **KAPREX®** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou **CHIRURGIE: KAPREX®** moet ten minste 2 weke voor die vermindering van bloedingsrisiko's gestaak word. **LABORATORIUMTOETSE: KAPREX®** kan elektroliet en nierfunksietoetse beïnvloed**.** Vertel asseblief jou gesondheidsorgpraktisyn dat jy **KAPREX®** neem voordat enige laboratoriumtoetse ondergaan word. **ANTIBIOTIKA**: **KAPREX®** kan bind met antibiotika soos tetrasikliene en fluorokinolone, wat hul doeltreffendheid verminder. Dien hierdie aanvullings 2-4 ure toe voor of na die neem van antibiotika.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **KAPREX®** 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, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **KAPREX®** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET KAPREX®

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.

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.

HOE OM KAPREX® TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **KAPREX®** 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) kapsule twee keer per dag saam met kos, of soos voorgeskryf deur jou gesondheidspraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER KAPREX® NEEM 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 VERGEET OM KAPREX® TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

KAPREX® kan newe-effekte hê.

As jy chroniese mediese toestande gediagnoseer het, raadpleeg jou gesondheidswerker voor gebruik. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Kan die kalmerende effekte van SSS-depressante verbeter (bv. alkohol, bensodiasepiene), Moontlike interaksie met medikasie wat estrogeenvlakke beïnvloed (bv. geboortebeperking), Kan interaksie hê met antikoagulante (bv. warfarin) as gevolg van potensiële bloedverdunnende effekte, Kan interaksie hê met antihipertensiewe middels (bv. insulien, metformien). As enige van die volgende gebeur, hou op om **KAPREX®** te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel).

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **KAPREX®** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

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

- Naarheid, hoofpyn, omgekrapte maag.

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

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook newe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies: https://www.sahpra.org.za/Publications/Index/8. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **KAPREX®.**

HOE OM KAPREX® TE BERÊ

Bêre alle medisyne buite bereik van kinders.
Bêre in 'n koel, donker plek, onder 25 °C.
Beskerm 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 **KAPREX®** gebruik as u sigbare tekens van agteruitgang opmerk nie.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN KAPREX®

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

IDENTIFIKASIE VAN KAPREX®

Donkergroen ovaal gelatien softgel, bruin vulsel.

REGISTRATION NOMMER

Om deur SAHPRA toegeken te word by registrasie.

T**OEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING**

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

04 Februarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUER

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