PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0.
Category D: Complementary medicine.
Discipline: Discipline Specific
33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

PHYTOGANIX, 300 g Powder

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

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

WHAT IS IN THIS LEAFLET

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

WHAT PHYTOGANIX CONTAINS

Each one (1) scoop (10,4 g) of PHYTOGANIX contains the following actives:

Organic Seed and Prebiotic Blend:	5,53 g	Herbal Support Blend:	300 mg
Isomalto-Oligosaccharide	5,5 g	Silymarin (Milk Thistle) [Seed Extract]	140 mg
Chia Seed Powder	10 mg	Green Tea [Leaf Extract]	50 mg
Flax Seed Powder	10 mg	Turmeric [Rhizome Extract]	50 mg
Quinoa (Chenopodium quinoa Willd.) Sprout Powder	10 mg	Maitake Mushroom [Whole Plant] Powder	10 mg
Organic Veggie Blend:	2,35 g	Reishi Mushroom [Whole Plant] Powder	10 mg
Spirulina Whole Algae Powder	600 mg	Dong Quai [Root] Powder	10 mg
Carrot Root Powder	500 mg	Garlic [Bulb] Powder	5 mg
Broccoli Head/Plant Powder	300 mg	Ginger [Root] Powder	5 mg
Cauliflower Head Powder	300 mg	Japanese Knotweed [Root Extract]	5 mg
Spinach Leaf Powder	300 mg	Organic Cassia [Bark] Powder	5 mg
Parsley Leaf Powder	250 mg	Organic Maca [Root] Powder	5 mg
Bamboo Shoot/Stem Extract	50 mg	Quercetin Dihydrate	5 mg
Beet Root Powder	50 mg	Shiitake Mushroom [Whole Plant] Powder	5 mg
Organic Fruit Blend:	1,2 g	Enzyme Blend:	200 mg
Apple Fruit Powder	500 mg	Amylase	50 mg (providing 250 FCC DU)
Pineapple Fruit Powder	500 mg	Cellulase	50 mg (providing 50 FCC CU)
Blackberry Fruit Powder	50 mg	Lipase	50 mg (providing 125 FCC LU)
Blueberry Fruit Powder	50 mg	Protease	50 mg (providing 250 FCC HUT)
Raspberry Fruit Powder	50 mg	Lactobacillus acidophilus VK3 Strain	200 mg (2 billion CFU)
Strawberry Fruit Powder	50 mg	Vitamin C (as ascorbic acid)	100 mg

Inactive Ingredients: Natural flavours, citric acid.
Contains Sweetener: rebaudioside A (from Stevia rebaudiana leaf extract) 98 mg
This product is suitable for vegetarians, dairy free and is non-GMO. CONTAINS CAFFEINE

WHAT PHYTOGANIX IS AND WHAT IT IS USED FOR

PHYTOGANIX features 20+ whole foods in each serving, including: organic fruits, organic vegetables, organic flax seed, organic chia, organic quinoa sprouts, herbs, plant enzymes, prebiotics, and probiotics. PhytoGanix contributes to the normal functioning of the immune system and helps to normalise the microbial balance in the intestines, thereby improving the functioning of the digestive tract and gut.

BEFORE YOU TAKE PHYTOGANIX

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **PHYTOGANIX** 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.
Antibiotics: Take your antibiotics 2 hours before or after taking **PHYTOGANIX.**
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.

TAKING OTHER MEDICINES WITH PHYTOGANIX

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. Consult a registered healthcare professional if you are taking any other medicine (such as lithium) including chronic, complementary, or traditional medicines; or have high blood pressure, glaucoma, and/or detrusor instability (overactive bladder syndrome). Consumption with other medicines (e.g. bitter orange extract, synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended. Use of caffeine may result in sleep deprivation. Consumption with other caffeine-containing products or foods (e.g. medications, coffee, tea, colas, cocoa, guarana, maté) is not recommended.

HOW TO TAKE PHYTOGANIX

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

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **PHYTOGANIX** 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 **PHYTOGANIX** may affect you.

Directions for use:

Adults: Take one (1) scoop one to two times daily, or as directed by your healthcare practitioner. Stir or mix 1 scoop (10,4 grams) in 240 ml of water or juice until blended.
Do not take more than the recommended dose.

IF YOU TAKE MORE PHYTOGANIX 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 PHYTOGANIX

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

POSSIBLE SIDE EFFECTS

PHYTOGANIX may have side effects.
Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Bleeding disorders, Diabetes, Thyroid dysfunction, Kidney stones, Autoimmune disorders, Hormone-sensitive conditions, Dysphagia. If you are taking the following medication, please consult with your healthcare practitioner before taking: blood clotting (Anticoagulant / Antiplatelet drugs), Warfarin (Coumadin), Antibiotics (Tetracycline antibiotics), Medications for high blood pressure (antihypertensive drugs), Medications for diabetes (Antidiabetes drugs), Immunosuppressants. If any of the following happens, stop using **PHYTOGANIX** 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 **PHYTOGANIX**. 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/vomiting, bloating, heartburn, dry mouth.

Not all side effects and interactions reported for **PHYTOGANIX** 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 **PHYTOGANIX.**

STORAGE AND DISPOSING OF PHYTOGANIX

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

PRESENTATION OF PHYTOGANIX

A 450g HDPE jar with a white cap, induction seal, tamper shrink seal.

IDENTIFICATION OF PHYTOGANIX

Green Powder.

REGISTRATION NUMBER –

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

17 January 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

Amipro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,
Sandton, 2146
Tel: 011-802-8101

PASIËNT INLIGTINGSBLAD

SKEDULERINGSTATUS: S0.
Kategorie D: Komplementêre medisyne.
Dissipline: Dissiplinespesifiek
33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM**,**

PHYTOGANIX, 300 g poeier

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

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

WAT IS IN HIERDIE INLIGTINGSBLAD

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

WAT IS PHYTOGANIX KAPSULES EN WAARVOOR WORD DIT GEBRUIK

PHYTOGANIX bevat 20+ volvoedsel in elke porsie, insluitend: organiese vrugte, organiese groente, organiese vlasaad, organiese chia, organiese quinoa-spruite, kruie, plantensieme, prebiotika en probiotika. PhytoGanix dra by tot die normale funksionering van die immuunstelsel en help om die mikrobiese balans in die ingewande te normaliseer en sodoende die funksionering van die spysverteringskanaal en ingewande te verbeter.

VOORDAT JY PHYTOGANIX NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **PHYTOGANIX** 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. **Antibiotika**: Neem jou antibiotika 2 ure voor of na die neem **van PHYTOGANIX.**

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

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 **PHYTOGANIX** 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 **PHYTOGANIX** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET PHYTOGANIX

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.

WATTER PHYTOGANIX BEVAT

Elke een (1) lepel (10,4 g) van PHYTOGANIX bevat die volgende aktiewe:

Organiese saad en prebiotiese versnit:	5,53 gram	Kruie ondersteuning versnit:	300 mg
Isomalto-oligosakkaried	5,5 g	Silymarin (melkdistel) [saad uittreksel]	140 mg
Chia saad poeier	10 mg	Groen tee [blaar uittreksel]	50 mg
Vlasaad poeier	10 mg	Borrie [risoom uittreksel]	50 mg
Quinoa (Chenopodium quinoa Willd.) Spruit poeier	10 mg	Maitake Sampioen [Hele Plant] Poeier	10 mg
Organiese groente versnit:	2,35 g	Reishi Sampioen [Hele Plant] Poeier	10 mg
Spirulina Heel Alge Poeier	600 mg	Dong Quai [Wortel] poeier	10 mg
Wortel wortel poeier	500 mg	Knoffel [bol] poeier	5 mg
Broccoli kop / plantpoeier	300 mg	Gemmer [wortel] poeier	5 mg
Blomkool kop poeier	300 mg	Japannese knopkruid [wortel uittreksel]	5 mg
Spinasie blaar poeier	300 mg	Organiese Cassia [bas] poeier	5 mg
Pietersielie blaar poeier	250 mg	Organiese Maca [Wortel] poeier	5 mg
Bamboes Loot / Stam Uittreksel	50 mg	Quercetin Dihidraat	5 mg
Beet wortel poeier	50 mg	Shiitake-sampioen [hele plant] poeier	5 mg
Organiese vrugteversnit:	1,2 gram	Ensiem versnit:	200 mg
Appel Vrugte Poeier	500 mg	Amilase	50 mg (verskaf 250 FCC DU)
Pynappel Vrugte Poeier	500 mg	Sellulase	50 mg (die verskaffing van 50 FCC CU)
Blackberry Vrugte Poeier	50 mg	Lipase	50 mg (die verskaffing van 125 FCC LU)
Bloubessie Vrugte Poeier	50 mg	Protease	50 mg (verskaf 250 FCC HUT)
Framboos vrugte poeier	50 mg	Lactobacillus acidophilus VK3 stam	200 mg (2 miljard CFU)
Aarbei Vrugte Poeier	50 mg	Vitamien C (as askorbiensuur)	100 mg

Onaktiewe bestanddele: Natuurlike geure, sitroensuur.
Bevat versoeter: rebaudioside A (van Stevia rebaudiana-blaarekstrak) 98 mg
Hierdie produk is geskik vir vegetariërs, suiwelvry en is nie-GMO. BEVAT KAFEÏEN

Raadpleeg 'n geregistreerde gesondheidspraktisyne as jy enige ander medisyne (soos litium) neem, insluitend chroniese, aanvullende of tradisionele medisyne; of hoë bloeddruk, gloukoom en / of detrusor-onstabiliteit (ooraktiewe blaassindroom) het. Verbruik met ander medisyne (bv. bitter lemoen uittreksel, synephrine, octopamine, ephedra, efedrien) wat bloeddruk verhoog, word nie aanbeveel nie. Die gebruik van kafeïen kan lei tot slaaptekort. Verbruik met ander kafeïenbevattende produkte of voedsel (bv. medikasie, koffie, tee, colas, kakao, guarana, maté) word nie aanbeveel 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 PHYTOGANIX TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **PHYTOGANIX** 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) lepel een tot twee keer per dag, of soos voorgeskryf deur jou gesondheidspraktisyn. Roer of meng 1 lepel (10,4 gram) in 240 ml water of sap tot gemeng.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER PHYTOGANIX 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 PHYTOGANIX TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

PHYTOGANIX kan newe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Bloedingsversteurings, Diabetes, Skildklier disfunksie, Nier stene, Outo-immuun afwykings, Hormoonsensitiewe toestande, Disfagie.

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: bloedstolling neem (Antikoagulant / Antiplaatjiemiddels), Warfarin (Coumadin), Antibiotika (Tetrasiklien antibiotika), Medikasie vir hoë bloeddruk (antihipertensiewe middels), Medikasie vir diabetes (Antidiabetes dwelms), Immuunonderdrukkers. As enige van die volgende gebeur, hou op om **PHYTOGANIX** 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), erge duiseligheid, probleme met asemhaling;

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **PHYTOGANIX** 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/braking, opgeblasenheid, sooibrand, droë mond

Nie alle newe-effekte en interaksies wat vir **PHYTOGANIX** 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 **PHYTOGANIX.**

HOE OM PHYTOGANIX 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 **PHYTOGANIX** gebruik as u sigbare tekens van agteruitgang opmerk nie. Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN PHYTOGANIX

'n 450g HDPE-pot met 'n wit dop, induksie seël, peuter krimp seël.

IDENTIFIKASIE VAN PHYTOGANIX

Groen poeier.

REGISTRATION NOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

02 Januarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

Amipro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension, Sandton, 2146 Tel: 011-802-8101