PROFESSIONAL INFORMATION
FLEXOR CAPSULES

SCHEDULING STATUS
SO

PROPRIETARY NAME AND DOSAGE FORM
FLEXOR (capsules)

COMPOSITION
Each capsule contains:

Glucosamine Sulphate	375 mg
Chondroitin Sulphate	125 mg
Collagen Type II	75 mg
Vitamin D3 (cholecalciferol)	250 iu
MSM (methylsulphonylmethane)	200 mg
Papain	63 mg

The other ingredients are: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil.
Shell ingredients: Bovine gelatine, colourants, iron oxide, titanium dioxide.
Contains no sugar or artificial sweetners.

PHARMACOLOGICAL CATEGORY
Complementary medicine - Health supplement.
D34.12 Multiple substance formulation.

PHARMACOLOGICAL ACTION
Flexor Capsules provide nutrients that contribute to the bodys natural healing processes in support of joint mobility.

INDICATIONS
FLEXOR CAPSULES contain a combination of nutrients specifically formulated to support healthy joint function.

CONTRAINDICATIONS
Hypersensitivity to any of the ingredients, including excipients. Fish or shellfish allergy, hypercalcaemia.

WARNINGS AND SPECIAL PRECAUTIONS
- Flexor Capsules may increase the anti-coagulant effect of Warfarin or other anti-coagulants. (See INTERACTIONS).
- The safety of this preparation in pregnancy and lactation has not been established (See PREGNANCY AND LACTATION).

Not suitable for children.

INTERACTIONS
FLEXOR CAPSULES may increase the anti-coagulant effect of Warfarin or other anti-coagulants. (See WARNINGS AND SPECIAL PRECAUTIONS).

PREGNANCY AND LACTATION
The safety of FLEXOR CAPSULES in pregnancy and lactation has not been established.
Women of Childbearing Potential: Should you be planning to fall pregnant, speak to your doctor before using this preparation.

DOSAGE AND DIRECTIONS FOR USE
Adults over 18 years: take 2-4 capsules daily. Maximum 4 capsules per day. Dose may be taken as a single dose or divided into two doses.
Take 4 capsules daily for severe joint damage or 2 capsules daily for joint maintenance.

SIDE EFFECTS

Nervous system disorders: Less frequent	Headache
Cardiac disorders: Less frequent	Extrasystoles
Gastrointestinal disorders: Frequent	Nausea, heartburn, diarrhea, constipation, bloating, dyspepsia and belching.
Skin and subcutaneous tissue disorders: Frequent Less frequent	Allergic skin reactions, urticaria, rash and pruritus. Eyelid edema.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment should be symptomatic and supportive.(see side effects).

IDENTIFICATION
Off-white, 2 part capsule.

PRESENTATION
Packs of 60 capsules or 120 capsules.

STORAGE INSTRUCTIONS
Store at or below 25 °C.
Protect from light and store in a cool, dry place.
Keep in original packaging.
Do not use after the expiry date printed on the bottle or box.
STORE OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER
Will be allocated by Council upon registration.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
Keynote Health (Pty) Ltd
6 Heron Park
80 Corobrik Road
Riverhorse Valley
Durban
4017

DATE OF PUBLICATION
March 2022

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

PROFESSIONELE INLIGTING
FLEXOR KAPSULES

SKEDULERINGSTATUS
SO

HANDELSNAAM EN DOSEERVORM
FLEXOR (kapsules)

SAMESTELLING
Elke capsule bevat:

Glucosamine sulfaat	375 mg
Chondroitin sulfaat	125 mg
Kollageen Tipe II	75 mg
Vitamien D3 (cholekalsiferol)	250 ie
MSM (methylsulphonylmethane)	200 mg
Papaien	63 mg

Die ander bestanddele is: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil.
Dop: Bees gelatin, kleurstowwe, ysteroksied, titaandioksied.
Bevat geen suiker of kunsmatige versoeters.

FARMAKOLOGIESE KATEGORIE
Komplementêre medisyne - Gesondheidsaanvulling.
D34.12 Meervoudige bestanddeel formulering.

FARMAKOLOGIESE WERKING
Flexor Kapsules verskaf voedingstowwe wat bydra tot die liggaam se natuurlike genesings prosesse ter ondersteunig van gewrigs mobiliteit.

INDIKASIES
FLEXOR KAPSULES bevat ἠ kombinasie van voedingstowwe wat spesifiek geformuleer is om gesonde gewrigsfunksie te ondersteun.

KONTRA-INDIKASIES
Hipersensitiwiteit vir enige van die bestanddele, insluitend aanvullings, vis of skulpvis allergie en hiperkalsemie.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREELS
- FLEXOR KAPSULES kan die anti-stollings effek van Warfarin en ander anti-stollings middels verhoog. (SIEN INTERAKSIES)
- Die veiligheid van die preparaat in swangerskap en laktasie is nie vasgestel nie. (SIEN SWANGERSKAP EN LAKTASIE).

Nie geskik vir kinders.

INTERAKSIES
FLEXOR KAPSULES mag die anti-stollings effek van middels soos Warfarin en ander anti-stollings middels verhoog. (SIEN WAARSKUWINGS EN SPESIALE VOORSORG)

SWANGERSKAP EN LAKTASIE
Die veiligheid van FLEXOR KAPSULES in swangerskap en laktasie is nie vasgestel nie.
Vroue met die potensiaal om kinders te baar: As jy van plan is om swanger te word, raadpleeg eers jou dokter voordat jy die preparaat gebruik.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes bo 18 jaar: neem 2-4 kapsules daagliks. Maksimum 4 kapsules per dag. Die dosis mag as ἠ enkele dosis geneem, of in twee dosisse verdeel word.
Neem 4 kapsules daagliks vir ernstige gewrigskade of 2 kapsules daagliks vir gewrigsonderhoud.

NEWE-EFFEKTE

Senusisteemversteurings: Minder gereeld	Hoofpyn
Kardiale versteurings: Minder gereeld	Ekstrasistolle
Gastrointestinale versteurings: Gereelde	Naarheid, sooibrand, diarree, hardlywigheid, opgeblaasdheid, dispepsie en winde opbreek.
Vel en subkutane weefsel: Gereelde Minder gereeld	Allergiese vel reaksies, urtikarie, uitslag en jeuk. Ooglid edeem.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VIR DIE BEHANDELING DAARVAN
Behandeling moet simptomaties en ondersteunend wees. (SIEN NEWE EFFEKTE).

IDENTIFIKASIE
Afwit, 2 deel kapsule.

AANBIEDING
Pakke van 60 kapsules of 120 kapsules.

BERGINGSINSTRUKSIES
Hou teen of onder 25 °C.
Beskerm teen lig en stoor in n koel, droë plek.
Stoor in oorspronklike verpakking.
Moet nie na die vervaldatum op die bottel of karton gebruik nie.
STOOR BUITE BEREIK VAN KINDERS.

REGISTRASIENOMMER
Sal toegeken word deur die Raad na afloop van registrasie.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
Keynote Health (Pty) Ltd
6 Heron Park
80 Corobrik Road
Riverhorse Valley
Durban
4017

DATUM VAN PUBLIKASIE
Maart 2022

Hierdie ongeregistreerde medisyne was nie geëvalueer deur die SAHPRA vir kwaliteit, veiligheid of gebruiks intensies.

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PATIENT INFORMATION LEAFLET
FLEXOR CAPSULES

SCHEDULING STATUS
S0

PROPRIETARY NAME AND DOSAGE FORM
FLEXOR CAPSULES (capsules)

PHARMACOLOGICAL CATEGORY
Complementary medicine - Health supplement.
D34.12 Multiple substance formulation.

Read all of this leaflet carefully because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- Do not share FLEXOR CAPSULES with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

WHAT FLEXOR CAPSULES CONTAIN
The active substances are:

Glucosamine Sulphate	375 mg
Chondroitin Sulphate	125 mg
Collagen Type II	75 mg
Vitamin D3 (cholecalciferol)	250 iu
MSM (methylsulphonylmethane)	200 mg
Papain	63 mg

The other ingredients are: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil.
Shell ingredients: Bovine gelatine, colourants, iron oxide, titanium dioxide.
Contains no sugar or artificial sweeteners.

WHAT FLEXOR CAPSULES ARE USED FOR:
FLEXOR CAPSULES contain a combination of nutrients specifically formulated for healthy joint function.

BEFORE YOU TAKE FLEXOR CAPSULES
Do not take FLEXOR CAPSULES:
- If you are hypersensitive (allergic) to the active substance of any of the ingredients.
- If you are allergic to fish or shellfish.
- If you have hypercalcaemia (elevated levels of calcium in the blood).
- If you are pregnant or breastfeeding.

Take special care with FLEXOR CAPSULES
- If you are on anticoagulant therapy (blood thinning agents) (also see **Taking other medicines with Flexor**), consult your doctor first.

Pregnancy and Breastfeeding:
The safety of this preparation during pregnancy and breastfeeding has not been established.
Women of Childbearing Potential: Should you be planning to fall pregnant, speak to your doctor before using this preparation.
Driving and using machinery: Effects not known.
Taking other medicines with FLEXOR CAPSULES
Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.)
Tell your doctor if you are taking any other medicine such as Warfarin.
Flexor may increase the anticoagulant effect of Warfarin.
Flexor is not suitable for children.

HOW TO TAKE FLEXOR CAPSULES
Do not share medicines with any other person.
Always take FLEXOR CAPSULES exactly as indicated or as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.
Adults over 18 years take 2-4 capsules daily. Maximum 4 capsules per day.
Dose may be taken as a single daily dose or divided into two doses.
Take 4 capsules daily for severe joint damage or 2 capsules daily for joint maintenance.
If you take more FLEXOR CAPSULES than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.
If you forget to take / missed a dose of FLEXOR CAPSULES
Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.
Effects when treatment with FLEXOR CAPSULES is stopped
If taking the dose as indicated, then there should be no adverse effects when stopping use of this medication.

POSSIBLE SIDE EFFECTS
FLEXOR CAPSULES can have side effects. Frequent side effects are nausea, heartburn, diarrhoea, constipation, bloating, burping and indigestion. Less frequent side effects are headache and heart palpitations.
If any of the following happens, stop taking Flexor capsules and tell your doctor immediately or go to the casualty department at your nearest hospital:
- Swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- Rash or itching
- Fainting
- Yellowing of the skin or eyes, also called jaundice.

These are all very serious side effects. If you have any of them, you may have had a serious allergic reaction to Flexor Capsules. You may need urgent medical attention or hospitalisation.
Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:
- Spontaneous bleeding
- Heart palpitations

These are serious side effects. You may need urgent medical attention.
Tell your doctor as soon as possible if you notice any of the following:
nausea (feeling sick), heartburn, diarrhoea, constipation, bloating, burping, indigestion.
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF FLEXOR CAPSULES
Store at or below 25 °C
Protect from light and moisture.
Store in original packaging.
Do not store in a bathroom.
Do not use after the expiry date printed on the bottle or box.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewage systems (e.g. toilets).
STORE ALL MEDICINES OUT OF THE REACH OF CHILDREN.

PRESENTATION OF FLEXOR CAPSULES
The capsules are packed in a white plastic screw-top container containing 60 and 120 capsules.

IDENTIFICATION OF FLEXOR CAPSULES
Off-white, 2 part capsule.

REGISTRATION NUMBER
Will be allocated by Council upon registration.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
Keynote Health (Pty) Ltd
6 Heron Park
80 Corobrik Road
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Durban
4017

DATE OF PUBLICATION
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PASIËNTINLIGTINGSBLAADJIE
FLEXOR KAPSULES

SKEDULERINGSTATUS
S0

HANDELSNAAM EN DOSEERVORM
FLEXOR (kapsules)

FARMAKOLOGIESE KATEGORIE
Komplementêre medisyne - Gesondheidsaanvulling.
D34.12 Meervoudige bestanddeel formulering.

Lees die hele voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou.
- Hou hierdie voubiljet. Jy mag dit dalk weer moet lees.
- Moet nie FLEXOR KAPSULES met enige ander persoon deel nie.
- Vra jou apteker indien jy meer inligting of advies nodig het.
- Raadpleeg jou dokter as jou simptome vererger of nie verbeter nie.

WAT FLEXOR KAPSULES BEVAT
Die aktiewe bestanddele is:

Glucosamine sulfaat	375 mg
Chondroitin sulfaat	125 mg
Kollageen Tipe II	75 mg
Vitamien D3 (cholekalsiferol)	250 ie
MSM (methylsulphonylmethane)	200 mg
Papain	63 mg

Die ander bestanddele is: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil.
Dop: Bees gelatin, kleurstowwe, ysteroksied, titaandioksied.
Bevat geen suiker of kunsmatige versoeters.

WAARVOOR FLEXOR KAPSULES GEBRUIK WORD
FLEXOR KAPSULES bevat 'n kombinasie van voedingstowwe spesifiek geformuleer vir gesonde gewrigs funksie.

VOORDAT JY FLEXOR KAPSULES NEEM
Moet nie FLEXOR KAPSULES gebruik:
- Indien jy hipersensitief (allergies) is vir enige van die bestanddele.
- Indien jy allergies is vir vis of skulpvis.
- Indien jy hiperkalemie het. (Hoë vlakke van kalsium in die bloed).
- Indien jy swanger is of borsvoed.

Neem spesiale voorsorg met FLEXOR KAPSULES
Indien jy op antistollings terapie medikasie (bloed verdunnings medikasie.) (sien ook **Gebruik van ander medikasie saam met FLEXOR KAPSULES**),raadpleeg eers jou dokter.

Swangerskap en Borsvoeding
Die veiligheid van die preparaat gedurende swangerskap en borsvoeding is nog nie vasgestel nie.

Motor bestuur en gebruik van masjinerie: Effek onbekend.
Gebruik van ander medisyne saam met FLEXOR KAPSULES
Vertel jou gesondheidsorg professionele as jy enige ander medikasie gebruik. (insluitend aanvullende of tradisionele medisyne)
Raadpleeg jou dokter as jy enige ander medikasie soos Warfarin neem.
Flexor mag die uitwerking van antistolterapie medikasie soos Warfarin verhoog.
Flexor is nie geskik vir kinders.

HOE OM FLEXOR KAPSULES TE NEEM
Moet nie jou medisyne met enige ander persoon deel nie.
Neem altyd **FLEXOR KAPSULES** presies soos aangedui of soos jou dokter voorgeskryf.
Raadpleeg jou dokter of apteker indien jy onseker is.
Volwassenes bo 18 jaar: 2-4 kapsules daagliks. Maksimum dosis is 4 kapsules daagliks.
Die daaglikse dosis kan as 'n enkele dosis of in twee dosisse verdeel word.
Neem 4 kapsules daagliks vir ernstige gewrigskade of 2 kapsules daagliks vir gewrigsonderhoud.
As jy meer FLEXOR KAPSULES neem as wat jy behoort
In die geval van oordosering, raadpleeg jou dokter of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.
As jy vergeet/nagelaat het om 'n dosis van FLEXOR KAPSULES te neem
Neem die oorgeslaande dosis sodra jy onthou daarvan. Moet nie 'n dubbele dosis neem om op te maak vir individuele dosisse wat jy oorgeslaan of vergeet het nie.
Uitwerking na behandeling met FLEXOR KAPSULES gestaak is
Indien die dosis soos aangedui geneem word, sal daar geen nadelige newe-effekte wees wanneer die gebruik van hierdie medikasie gestaak word nie.

MOONTLIKE NEWE-EFFEKTE
FLEXOR KAPSULES mag newe-effekte hê. Algemene newe effekte soos naarheid, sooibrand, diarree, hardlywigheid, opgeblaasdheid, winde opbreek en spysvertering
Minder algemene newe-effekte is hoofpyn, lomerigheid en hartkloppings.
Indien enige van die volgende gebeur staak Flexor Kapsules en raadpleeg jou dokter onmiddelik of gaan na die ongevalle afdeling van jou naaste hospitaal:
- Swelling van die hande, voete, enkels, gesig, lippe, mond of keel wat die vermoë om te sluk of asem te haal bemoeilik.
- Uitslag of jeukerigheid.
- Floute.
- Vergeling van die vel of oë, ook genaamd geelsug.

Hierdie is ernstige newe-effekte. As jy enige van die simptome ervaar, kan jy 'n ernstige allergiese reaksie vir Flexor kapsules hê.
Jy mag dan mediese sorg of hospitalisasie benodig.
Vertel jou dokter onmiddelik of gaan na die ongevalle-afdeling van jou naaste hospitaal as jy enige van die volgende simptome het:
- Spontane bloeding
- Hartkloppings

Hierdie is ernstige newe-effekte. Jy mag dringende mediese behandeling benodig.
Vertel jou dokter onmiddelik as jy enige van die volgende agterkom:
Naarheid, sooibrand, diarree, hardlywigheid, opgeblaasdheid, winde opbreek, slegte spysvertering. As jy enige newe-effekte ervaar wat nie in die blaadjie genoem is nie, laat weet asseblief jou dokter of apteker.

HOE OM FLEXOR KAPSULES TE STOOR EN DAARVAAN ONTSLAE TE RAAK
Stoor onder 25 °C
Beskerm teen lig en vog.
Stoor / Bewaar in die oorspronklike verpakking.
Moet nie in 'n badkamer stoor nie.
Moet nie na die vervaldatum op die bottel of karton gebruik nie.
Neem alle ongebruikte medikasie na jou apteker.
Moet nie ongebruikte medikasie in dryne of rioolstelsels (bv.toilette) weggooi nie.
STOOR ALLE MEDIKASIE BUITE BEREIK VAN KINDERS.

AANBIEDING VAN FLEXOR KAPSULES
Die kapsules is in n wit plastiek skroefdophouer wat 60 en 120 kapsules bevat.

IDENTIFIKASIE VAN FLEXOR KAPSULES
Afwit, twee deel kapsule.

REGISTRASIENOMMER
Sal toegeken word deur die Raad na afloop van registrasie.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
Keynote Health (Pty) Ltd
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DATUM VAN PUBLIKASIE
Maart 2022

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