

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Obel Activated Charcoal Capsules

Active substances: 620 mg Activated charcoal per capsule

Category D: Complementary Medicine, D33.6 Western herbal medicine

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

Read this leaflet carefully as it contains important information for you.

Obel Activated Charcoal Capsules are available without a doctor's prescription for digestive support. It also contributes to reducing excessive flatulence after eating. Nevertheless, you still need to use Obel Activated Charcoal Capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Obel Activated Charcoal Capsules with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must consult a doctor if your condition worsens or does not improve after 7 days.

What is in this leaflet:

- 1. What Obel Activated Charcoal Capsules are and what it is used for**
- 2. What you need to know before you use Obel Activated Charcoal Capsules**
- 3. How to use Obel Activated Charcoal Capsules**
- 4. Possible side effects**
- 5. How to store Obel Activated Charcoal Capsules**
- 6. Contents of the pack and other information**

1. WHAT OBEL ACTIVATED CHARCOAL CAPSULES ARE AND WHAT THEY ARE USED FOR

Obel Activated Charcoal Capsules are used for digestive support. It also contributes to reducing excessive flatulence after eating. This product may be used by adults aged 18 years and over. Our activated charcoal is derived from coconut, making it vegan-friendly.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE OBEL ACTIVATED CHARCOAL CAPSULES

- Do not use Obel Activated Charcoal Capsules if you are hypersensitive (allergic) to any ingredients.
- If you are unsure if you should use Obel Activated Charcoal Capsules, talk to your doctor or pharmacist.

Warnings and precautions:

Obel Activated Charcoal Capsules are for ingestion only. Products containing activated charcoal should be used with caution in children or individuals with malabsorption conditions since it may interfere with absorption of nutrients.

Activated charcoal may interact with other medicines. Activated charcoal is not recommended for long-term use. If you are taking prescription medication, consult a healthcare practitioner prior to use. If any unwanted/adverse effect develops, discontinue use and consult your doctor or pharmacist. Use is described in adults aged 18 years and older.

Tell your healthcare provide prior to use

- If you are taking any prescription medication
- If you are pregnant, trying to become pregnant or are breast-feeding ask your doctor or pharmacist for advice

Pregnancy and Breastfeeding

Obel Activated Charcoal Capsules should not be used during pregnancy and a healthcare provider should be consulted for advice prior to taking Obel Activated Charcoal Capsules when breastfeeding.

Driving and using machines

Obel Activated Charcoal Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Obel Activated Charcoal Capsules

Always tell your healthcare provider if you are taking any other medicine. Obel Activated Charcoal Capsules is not known to react badly with any types of food or drink but may affect absorption of nutrients and medications.

3. HOW TO USE OBEL ACTIVATED CHARCOAL CAPSULES

The usual dose is:

Adults:

Reducing excessive flatulence: Take 2 capsules 30 minutes before and after a meal.

Digestion support: Take 1 capsule per day.

Method of administration:

Obel Activated Charcoal Capsules are for ingestion only.

If you take more Obel Activated Charcoal Capsules than you should:

If anyone, especially a child, accidentally takes too much Obel Activated Charcoal Capsules contact your doctor or local poison centre immediately. Obel Activated Charcoal Capsules should not be used continuously for longer than one week. If symptoms persist consult your doctor. If you see a doctor or have to go to hospital for any reason, tell them what medicines you are taking.

If you forget to take a dose of Obel Activated Charcoal Capsules:

Do not take a double dose to make up for forgotten individual doses.

4. POSSIBLE SIDE EFFECTS

None known. If any side effects are experienced, please tell your doctor or pharmacist.

Obel Activated Charcoal Capsules is not known to react badly with any other medicines or any types of food or drink.

Should your general health worsen, or if you experience any untoward effects while using this product, please consult your doctor, pharmacist, or other health care professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist. You can also report side effects to SAHPRA via the "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 Obel Activated Charcoal Capsules.

5. HOW TO STORE Obel Activated Charcoal Capsules

Store below 30 °C in a cool, dry place. Store out of reach of children. Store in the original package / container. Do not store in a bathroom. Do not use after the expiry date printed on the bottle. The expiry date refers to the last day of that month. Do not use Obel Activated Charcoal Capsules if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets). Shelf life: 2 years

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Obel Activated Charcoal Capsules contains: Each capsule contains:

Active Ingredients: Activated charcoal 620 mg.

Inactive ingredients: Magnesium stearate.

What Obel Activated Charcoal Capsules looks like and contents of the pack:

Obel Activated Charcoal Capsules is a clear capsule with black powder in a white HDPE tamper-evident container, containing 60 capsules.

Distributed by:

Galileo Labs Ltd.

5630 Venice Blvd #1119, LA, CA 90019.

3rd Floor, 14505 Bannister Road SE,

Calgary, AB, T2X 3J3.

customercare@obellabs.co.za

Name and Address of Holder of Certificate of Registration

Microbel Laboratories (Pty) Ltd,

86 Gazelle Ave, Corporate Park South,

Midrand, Gauteng, 1685, South Africa.

Email: info@microbel.co.za

+27 11 076 4000

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Registration/Application number

Application Number: TBC

Access to the corresponding Professional Information (PI): www.obellabs.co.za

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Obel Geaktiveerde Houtskool Kapsules

Aktiewe stowwe: 620 mg Geaktiveerde houtskool per kapsule.

Kategorie D: Komplementêre Medisyne. D 33.6 Westerse kruie medisyne

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer ten opsigte van kwaliteit, veiligheid of voorgenome gebruik nie.

Lees dié hele pamflet aandagtig deur, dit bevat belangrike inligting.

OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES is beskikbaar sonder 'n voorskrif van die dokter, vir sypsverteringsondersteuning. Nietemin, **OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES** moet nogtans versigtig gebruik word om die beste resultate te verkry.

- Moenie hierdie pamflet weggooi nie. U mag dit moontlik weer moet lees.
- Moenie **OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES** met enige ander persoon deel nie.

- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.
- Besoek 'n dokter as u simptome vererger of nie na 7 dae verbeter nie.

WAT IS IN HIERDIE PAMFLET

1. Wat **OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES** is en waarvoor dit gebruik word.
2. Wat u moet weet voordat u **OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES** gebruik.
3. Hoe om **OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES** te gebruik.
4. Moontlike newe-effekte.
5. Bergingsaanwysings vir **OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES**.
6. Inhoud van die verpakking en ander inligting.

1. WAT OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD:

OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES word gebruik vir spysverteringsondersteuning. Dit dra ook by tot die vermindering van oormatige winderigheid na ete. Hierdie produk kan deur volwassenes van 18 jaar en ouer gebruik word. Ons geaktiveerde houtskool is afkomstig van klapper, wat dit veganvriendelik maak.

- **WAT U MOET WEET VOORDAT OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES GEBRUIK WORD:**

- Moenie **OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES** gebruik indien u hipersensitief (allergies) is vir enige bestandele.
- Indien u onseker is om Obel Geaktiveerde Houtskool Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

WAARSKUWINGS EN VOORSORGMAATREËLS:

Obel Geaktiveerde Houtskool Kapsules is slegs vir inname. Produkte wat geaktiveerde houtskool bevat, moet met omsigtigheid gebruik word by kinders of individue met wanabsorpsietoestande aangesien dit die opname van voedingstowwe kan beïnvloed.

Geaktiveerde houtskool kan interaksie hê met ander medisyne. Geaktiveerde houtskool word nie aanbeveel vir langtermyn gebruik nie. As jy voorskifmedikasie neem, raadpeel 'n gesondheidsorgpraktisyn voor gebruik. As enige ongewenste / nadelige effek ontwikkel, staak die gebruik en raadpeeg jou dokter of apteker. Gebruik word beskryf by volwassenes van 18 jaar en ouer.

Vertel jou gesondheidsorg voor gebruik

- As jy enige voorskifmedikasie neem
- As jy swanger is, probeer om swanger te raak of borsvoed, vra jou dokter of apteker vir raad.

Swangerskap en borsvoeding

Obel Geaktiveerde Houtskool Kapsules moet nie tydens swangerskap gebruik word nie en 'n gesondheidsorgverskaffer moet geraadpeeg word vir advies voordat Obel Geaktiveerde Houtskool Kapsules geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Obel Geaktiveerde Houtskool Kapsules het geen bekende effek op 'n individu se vermoë om te bestuur of masjinerie te bestuur nie.

Neem ander medisyne of kos en drank saam met Obel Geaktiveerde Houtskool Kapsules

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie neem. Dit is nie bekend dat Obel Geaktiveerde Houtskool Kapsules sleg reageer met enige soorte kos of drank nie, maar kan die opname van voedingstowwe en medikasie beïnvloed.

2. HOE OM OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Vermindering van oormatige winderigheid. Neem 2 kapsules 30 minute voor en na 'n maaltyd.

Spysvertering ondersteuning: Neem 1 kapsule per dag.

Metode van toediening:

Obel Geaktiveerde Houtskool Kapsules is slegs vir inname.

As jy meer Obel Geaktiveerde Houtskool Kapsules neem as wat jy moet:

As iemand, veral 'n kind per ongeluk te veel Obel Geaktiveerde Houtskool Kapsules neem, kontak jou dokter of plaaslike gifsentrum onmiddellik. Obel Geaktiveerde Houtskool Kapsules moet nie langer as een week aaneenlopend gebruik word nie. As simptome voortduur, raadpeelg jou dokter. As jy 'n dokter sien of om een of ander rede hopsitaal toe moet gaan, vertel hulle watter medisyne jy neem.

As jy vergeet om 'n dosis Obel Geaktiveerde Houtskool Kapsules te neem:

Moenie 'n dubbele dosis neem om op te maak vir vergete individuele dosisse nie.

3. MOONTLIKE NEWE-EFFEKTE:

Niks bekend nie. As enige newe-effekte ervaar word, vertel asseblief jou dokter of apteker.

Dit is nie bekend dat Obel Geaktiveerde Houtskool Kapsules sleg reageer met enige ander medisyne of enige soorte kos of drank nie.

As jou algemene gesondheid vererger, of as jy enige ongewenste effekte ervaar terwyl jy hierdie produk gebruik, raadpleeg asselief jou dokter, apteker of ander gesondheidswerker vir advies. As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief jou dokter of apteker in kennis. Jy kan ook newe-effekte aan SAHPRA rapporteer via die 6.04 "Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies: <https://www.sahpra.order.za/Publications/Index/8>. Deur

newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Obel Geaktiveerde Houtskool Kapsules te verskaf.

4. BERGINGSAAWYSINGS VIR OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES

Bewaar in 'n koel, droeë plek, teen of benede 30 °C. Bêre buite bereik van kinders. Berg in die oorspronklike verpakking. Moet nie in 'n badkamer bêre nie. Moet dit nie gebruik na die vervaldatum wat op die bottles gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Obel Geaktiveerde Houtskool Kapsules gebruik as jy sigbare tekens van agteruitgang opmerk nie. Stuur alle ongebruikte medisyne terug na jou apteker. Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie. Raklewe: 2 jaar.

5. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

WAT OBEL GEAKTIVEERDE HOUTSKOOL KAPSULES BEVAT: Elke kapsule bevat:

Aktiewe bestanddele: Geaktiveerde houtskool 620 mg.

Onaktiewe bestanddele: Magnesium stearaat.

Voorkoms van Obel Geaktiveerde Houtskool Kapsules en inhoud van die verpakking:

Obel Geaktiveerde Houtskool Kapsules is 'n deursigtige kapsule met swart poeier in 'n wit HDPE- peuter-duidelike houer wat 60 kapsules bevat.

Versprei deur:

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3rd Floor, 14505 Bannister Road SE,

Calgary, AB, T2X 3J3.

customercare@obellabs.co.za

Naam en adres van houer van registrasiesertifikaat

Microbel Laboratories (Pty) Ltd

86 Gazelle Avenue, Corporate Park South,

Midrand, Gauteng, 1685, South Africa.

Email: info@microbel.co.za

+27 11 076 4000

Datum van laaste hersiening

25 Maart 2025

Registrasie/Aansoeknommer:

TBA.

Toegang tot ooreenstemmende Professionele Inligting (PI): www.obellabs.co.za