

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Obel Probiotic & Prebiotic Capsules

Active substances per serving (2 capsules): Lactobacillus acidophilus (3.3 billion cfu), Bifidobacterium longum (3.3 billion cfu), Bifidobacterium lactis (3.3 billion cfu), Bifidobacterium bifidum (3.4 billion cfu), Fructo-Oligosaccharides (69 mg), Maltodextrin (552 mg), Turmeric (500 mg).

Category D: Complementary Medicine, D34.9 Probiotics

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 Probiotic & Prebiotic Capsules are available without a doctor's prescription for digestive support. Nevertheless, you still need to use Obel Probiotic & Prebiotic Capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Obel Probiotic & Prebiotic 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 Probiotic & Prebiotic Capsules are and what it is used for**
- 2. What you need to know before you use Obel Probiotic & Prebiotic Capsules**
- 3. How to use Obel Probiotic & Prebiotic Capsules**
- 4. Possible side effects**
- 5. How to store Obel Probiotic & Prebiotic Capsules**
- 6. Contents of the pack and other information**

1. WHAT OBEL PROBIOTIC & PREBIOTIC CAPSULES ARE AND WHAT THEY ARE USED FOR

Obel Probiotic & Prebiotic Capsules are used for daily digestive health support. This product may be used by adults aged 18 years and over. This product contains 20 billion CFU per serving and uses a patented microsphere and stomach acid protective delivery system.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE OBEL PROBIOTIC & PREBIOTIC CAPSULES

- Do not use Obel Probiotic & Prebiotic Capsules if you are hypersensitive (allergic) to any ingredients.

- If you are unsure if you should use Obel Probiotic & Prebiotic Capsules, talk to your doctor or pharmacist.

Warnings and precautions:

Obel Probiotic & Prebiotic Capsules are for ingestion only.

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

Driving and using machines

Obel Probiotic & Prebiotic Capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Obel Probiotic & Prebiotic Capsules

Always tell your healthcare provider if you are taking any other medicine. Obel Probiotic & Prebiotic 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 PROBIOTIC & PREBIOTIC CAPSULES

The usual dose is:

Adults:

Take 2 capsules daily. Do not take within 1 hour of antibiotics.

Method of administration:

Obel Probiotic & Prebiotic Capsules are for ingestion only.

If you take more Obel Probiotic & Prebiotic Capsules than you should:

If anyone, especially a child, accidentally takes too much Obel Probiotic & Prebiotic Capsules contact your doctor or local poison centre immediately. Obel Probiotic & Prebiotic 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 Probiotic & Prebiotic 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 Probiotic & Prebiotic 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 Probiotic & Prebiotic Capsules.

5. HOW TO STORE OBEL PROBIOTIC & PREBIOTIC CAPSULES

Store below 30 °C in a cool, dry place. Store out of reach of children. 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 Probiotic & Prebiotic 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 Probiotic & Prebiotic Capsules contains: Each capsule contains:

Active Ingredients: Lactobacillus acidophilus (3.3 billion cfu), Bifidobacterium longum (3.3 billion cfu), Bifidobacterium lactis (3.3 billion cfu), Bifidobacterium bifidum (3.4 billion cfu), Fructo-Oligosaccharides (69 mg), Maltodextrin (552 mg), Turmeric (500 mg).

Inactive ingredients: Magnesium Stearate, Microspheres (Lecithin & Chitosan), Xanthan Gum, HPMC Capsules

What Obel Probiotic & Prebiotic Capsules looks like and contents of the pack:

Obel Probiotic & Prebiotic Capsules is a clear capsule with light yellow to tan powder in a white HDPE tamper-evident container, containing 60 veggie-capsules.

Distributed by:

Galileo Labs Ltd.

5630 Venice Blvd #1119, LA, CA 90019.

3rd Floor, 14505 Bannister Road SE,

Calgary, AB, T2X 3J3.

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Name and Address of Holder of Certificate of Registration

Microbel Laboratories (Pty) Ltd,

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This leaflet was last revised

10 October 2024

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 Probiotiese en Prebiotiese Kapsules

Aktiewe bestanddele: Lactobacillus acidophilus (3.3 biljard vfu), Bifidobacterium longum (3.3 biljard vfu), Bifidobacterium lactis (3.3 biljard vfu), Bifidobacterium bifidum (3.4 biljard vfu), Frukto-oligosakkariede (69 mg), Maltodextrin (552 mg), Borrie (500 mg).

Kategorie D: Komplementêre Medisyne. D 34.9 Probiotika

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 Probiotiese en Prebiotiese Kapsules is beskikbaar sonder 'n voorskrif van die dokter, vir sypverteringsondersteuning. Nietemin, **Obel Probiotiese en Prebiotiese 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 Probiotiese en Prebiotiese Kapsules** met enige ander person deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.
- Jy moet 'n dokter raadpleeg as jou toestand vererger of nie verbeter na 7 dae nie.

WAT IS IN HIERDIE PAMFLET

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

1. WAT OBEL PROBIOTIESE EN PREBIOTIESE KAPSULES IS EN WAARVOOR DIT GEBRUIK WORD:

OBEL PROBIOTIESE EN PREBIOTIESE KAPSULES word gebruik daaglikse spysverteringsgesondheidsondersteuning. Hierdie produk bevat 20 biljard CFU per porsie en gebruik 'n gepatenteerde mikrosfeer en maagsuur beskermende afleweringstelsel.

2. WAT U MOET WEET VOORDAT OBEL PROBIOTISE EN PREBIOTIESE GEBRUIK

WORD:

Moenie **OBEL PROBIOTIESE EN PREBIOTIESE KAPSULES** gebruik indien u hipersensitief (allergies) is vir enige bestandele.

Indien u onseker is om Obel Probiotiese en Prebiotiese Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

WAARSKUWINGS EN VOORSORGMATREËLS:

Obel Probiotiese en Prebiotiese Kapsules is slegs vir inname.

As u voorskifmedikasie neem, raadpleeg 'n gesondheidsorgpraktisyn voor gebruik. As enige ongewenste / nadelike effek ontwikkel, staak die gebruik en raadpeeg jou dokter of apteker. Gebruik word beskryf in volassenes van 18 jaar en ouer.

Vertel jou gesondheidsorg voor gebruik

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

Swangerskap en borsvoeding

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

Bestuur en gebruik van masjinerie

Obel Probiotiese en Prebiotiese 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 Probiotiese en Prebiotiese Kapsules

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

3. HOE OM OBEL PROBIOTIESE EN PREBIOTIESE KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Neem 2 kapsules daagliks. Moenie binne 1 uur van antibiotika neem nie.

Metode van toediening:

Obel Probiotiese en Prebiotiese Kapsules is slegs vir inname.

As jy meer Obel Probiotiese en Prebiotiese Kapsules neem as wat jy moet:

As iemand, veral 'n kind per ongeluk te veel Obel Probiotiese en Prebiotiese Kapsules neem, kontak jou dokter of plaaslike gifsentrum onmiddellik. Obel Probiotiese en Prebiotiese 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 Probiotiese en Prebiotiese Kapsules te neem:

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

4. MOONTLIKE NEWE-EFFEKTE:

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

Dit is nie bekend dat Obel Probiotiese en Prebiotiese 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 asseblief jou dokter, apteker of ander gesondheidswerker vir advies. As jy enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief jou dokter of apteker in kennis. Jy kan ook nuwe-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 nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Obel Probiotiese en Prebiotiese Kapsules te verskaf.

5. BERGINGSAAWYSINGS VIR OBEL PROBIOTIESE EN PREBIOTIESE 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 Probiotiese en Prebiotiese 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.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

WAT OBEL PROBIOTIESE EN PREBIOTIESE KAPSULES BEVAT

Elke kapsule bevat:

Aktiewe bestanddele: Lactobacillus acidophilus (3.3 biljard vfu), Bifidobacterium longum (3.3 biljard vfu), Bifidobacterium lactis (3.3 biljard vfu), Bifidobacterium bifidum (3.4 biljard vfu), Frukto-oligosakkariede (69 mg), Maltodextrin (552 mg), Borrie (500 mg).

Onaktiewe bestanddele: Magnesium stearaat, mikrosfere (Lesitien en Chitosan), Xantangom, HPMC kapsules.

Voorkoms van Obel Probiotiese en Prebiotiese Kapsules en inhoud van die verpakking:

Obel Probiotiese en Prebiotiese Kapsules is 'n deursigtige kapsule met liggeel tot bruim poeier in 'n wit HDPE-peuter-duidelike houwer, wat 60 groentekapsules bevat.

Versprei deur:

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Naam en adres van houder van registrasiesertificaat

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Datum van laaste hersiening

25 Maart 2025

Registrasie/Aansoeknommer:

TBA.

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