

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Obel CALMAG Capsules

Active Ingredients per serving (1 capsule): Calcium Carbonate 1122 mg (providing 449 mg elemental Calcium), Magnesium Glycinate 900 mg (providing 127 mg elemental Magnesium), Vitamin K (MK7) 75 mcg, Vitamin D3 1000 IU.

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 CALMAG capsules are available without a doctor's prescription for muscle and bone support. Nevertheless, you still need to use Obel CALMAG capsules carefully to get the best results from it.

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

1. WHAT OBEL CALMAG CAPSULES ARE AND WHAT THEY ARE USED FOR

Obel CALMAG capsules are used for daily muscle and bone support. This product may be used by adults aged 18 years and over.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE OBEL CALMAG CAPSULES

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

Warnings and precautions:

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

Driving and using machines

Obel CALMAG capsules has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Obel CALMAG capsules

Always tell your healthcare provider if you are taking any other medicine. Obel CALMAG 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 CALMAG CAPSULES

The usual dose is:

Adults:

Standard Adult dose: Take one capsule daily, with food.

Adults over 50 years of age or those with low dietary intake: Take two capsules daily, with food.**Method of administration:**

Obel CALMAG capsules are for ingestion only.

If you take more Obel CALMAG capsules than you should:

If anyone, especially a child, accidentally takes too much Obel CALMAG capsules contact your doctor or local poison centre immediately. Obel CALMAG 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 CALMAG 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 CALMAG 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 CALMAG capsules.

5. HOW TO STORE OBEL CALMAG 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 CALMAG 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 CALMAG capsules contains: Each capsule contains:

Active Ingredients per serving (1 capsule): Calcium Carbonate 1122 mg (providing 449 mg elemental Calcium), Magnesium Glycinate 900 mg (providing 127 mg elemental Magnesium), Vitamin K (MK7) 75 mcg, Vitamin D3 1000 IU.

Inactive ingredients: Magnesium Stearate, HPMC Capsules.

What Obel CALMAG capsules looks like and contents of the pack:

Obel CALMAG capsules is a clear capsule with off-white 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.

customercare@obellabs.co.za

Name and Address of Holder of Certificate of Registration

Microbel Laboratories (Pty) Ltd,

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This leaflet was last revised

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Registration/Application number

Application Number: TBC

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

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Obel CALMAG Kapsules

Aktiewe bestanddele per porsie (1 kapsule): Kalsiumkarbonaat 1122 mg (verskaf 449 mg elementêre kalsium), Magnesiumglisinaat 900 mg (verskaf 127 mg elementêre magnesium), Vitamien K (MK7) 75 mcg, Vitamien D3 1000 IE.

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 CLAMAG Kapsules is beskikbaar sonder 'n voorskrif van die dokter, vir sypsverteringsondersteuning. Nietemin, **Obel CALMAG 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 CALMAG Kapsules** met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies nodig.
- Jy moet 'n dokter raadpleeg as jou toestand vererger of nie verbeter na 7 dae nie.

WAT IS IN HIERDIE PAMFLET

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

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

OBEL CALMAG KAPSULES word gebruik daaglikse spier-en beenondersteuning.

Hierdie produk kan deur volwassenes van 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT OBEL CALMAG GEBRUIK WORD:

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

Indien u onseker is om Obel CALMAG Kapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

WAARSKUWINGS EN VOORSORGMAATREËLS:

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

Bestuur en gebruik van masjinerie

Obel CALMAG 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 CALMAG Kapsules

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

3. HOE OM OBEL CALMAG KAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Standaard volwasse dosis: Neem een kapsule daagliks.

Volwassenes ouer as 50 jaar of dié met lae dieet: Neem twee kapsules daagliks, saam met kos.

Metode van toediening:

Obel CALMAG Kapsules is slegs vir inname.

As jy meer Obel CALMAG Kapsules neem as wat jy moet:

As iemand, veral 'n kind per ongeluk te veel Obel CALMAG Kapsules neem, kontak jou dokter of plaaslike gifsentrum onmiddellik. Obel CALMAG 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 hospitaal toe moet gaan, vertel hulle watter medisyne jy neem.

As jy vergeet om 'n dosis Obel CALMAG 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 CALMAG 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 Probiotiese en Prebiotiese Kapsules te verskaf.

5. BERGINGSAANWYSINGS VIR OBEL CALMAG 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 CALMAG 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 CALMAG KAPSULES BEVAT

Elke kapsule bevat:

Aktiewe bestanddele per porsie (1 kapsule): Kalsiumkarbonaat 1122 mg (verskaf 449 mg elementêre kalsium), Magnesiumglisinaat 900 mg (verskaf 127 mg elementêre magnesium), Vitamien K (MK7) 75 mcg, Vitamien D3 1000 IE.

Onaktiewe bestanddele: Magnesiumstearaat, HPMC-kapsules.

Voorkoms van Obel CALMAG Kapsules en inhoud van die verpakking:

Obel CALMAG Kapsules is 'n deursigtige kapsule met afwit poeier in 'n wit HDPE-peuter-duidelike houwer, wat 60 groentekapsules bevat.

Versprei deur:

Galileo Labs Ltd

5630 Venice Blvd #1119, LA, CA 90019.

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

Februarie 2026

Registrasie/Aansoeknommer:

TBA.

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