

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Obel UTI Bladder Shield Capsules

Active Ingredients per serving (2 capsules): D-mannose 680 mg, Cranberry (Vaccinium macrocarpon) extract 50:1 224 mg, Thymus zygis powder 200 mg.

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

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

1. WHAT OBEL UTI BLADDER SHIELD CAPSULES ARE AND WHAT THEY ARE USED FOR

Obel UTI Bladder shield capsules are used for daily UTI and bladder support.

This product may be used by adults aged 18 years and over.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE OBEL UTI BLADDER SHIELD CAPSULES

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

Warnings and precautions:

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

Driving and using machines

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

Taking other medicines or food and drink with Obel UTI Bladder shield capsules

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

3. HOW TO USE OBEL UTI BLADDER SHIELD CAPSULES

The usual dose is:

Adults:

Active (current UTI infection): The usual dose is 2 capsules, orally, three times a day without food.

Preventative: The usual dose is 2 capsules, orally, daily without food.

Method of administration:

Obel UTI Bladder shield capsules are for ingestion only.

If you take more Obel UTI Bladder shield capsules than you should:

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

5. HOW TO STORE OBEL UTI BLADDER SHIELD 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 UTI Bladder shield 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 UTI Bladder shield capsules contains: Each capsule contains:

Active Ingredients per serving (2 capsules): D-mannose 680 mg, Cranberry (Vaccinium macrocarpon) extract 50:1 224 mg, Thymus zygis powder 200 mg.

Inactive ingredients: Magnesium Stearate, HPMC Capsules.

What Obel UTI Bladder shield capsules looks like and contents of the pack:

Obel UTI Bladder shield capsules is a clear capsule with light brown powder in a white HDPE tamper-evident container, containing 60 veggie-capsules.

Distributed by:

Galileo Labs Ltd.

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This leaflet was last revised

February 2026

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 UTI-blaasskildkapsules

Aktiewe bestanddele per porsie (2 kapsules): D-mannose 680 mg, bosbessie (Vaccinium macrocarpon) ekstrak 50:1 224 mg, Thymus zygis-poeier 200 mg.

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 UIT-blaasskildkapsules is beskikbaar sonder 'n voorskrif van die dokter, vir sypsverteringsondersteuning. Nietemin, **Obel UTI-blaasskildkapsules** 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 UTI-blaasskuldkapsules** 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 UIT-blaasskildkapsules** is en waarvoor dit gebruik word.
2. Wat u moet weet voordat u **Obel UTI-blaasskildkapsules** gebruik.
3. Hoe om **Obel UTI-blaasskildkapsules** te gebruik.
4. Moontlike nuwe-effekte.
5. Bergingsaanwysings vir **Obel UTI-blaasskildkapsules**.
6. Inhoud van die verpakking en ander inligting.

1. WAT OBEL UTI-BLAASSKILDKAPSULES IS EN WAARVOOR DIT GEBRUIK

WORD:

OBEL UTI-BLAASSKILDKAPSULES word gebruik daaglikse urienweginfeksie en blaasondersteuning. Hierdie produk kan deur volwassenes van 18 jaar en ouer gebruik word.

2. WAT U MOET WEET VOORDAT OBEL UTI-BLAASSKILDKAPSULES GEBRUIK

WORD:

Moenie **OBEL UTI-BLAASSKILDKAPSULES** gebruik indien u hipersensitief (allergies) is vir enige bestandele.

Indien u onseker is om Obel UTI-blaasskildkapsules te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

WAARSKUWINGS EN VOORSORGMAATREËLS:

Obel UTI-blaasskildkapsules 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 UTI-blaasskildkapsules moet nie tydens swangerskap gebruik word nie en 'n gesondheidsorgverskaffer moet geraadpeeg word vir advies voordat Obel UTI-blaasskildkapsules geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Obel UTI-blaasskildkapsules 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 UTI-blaasskildkapsules

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

3. HOE OM OBEL UTI-BLAASSKILDKKAPSULES TE GEBRUIK

Die gewone dosis is:

Volwassenes:

Aktief (Huidige urienweginfeksie); Die gewone dosis is 2 kapsules, oraal, drie keer per dag sonder kos.

Voorkomend: Die gewone dosis is 2 kapsules, oraal, daagliks sonder kos.

Metode van toediening:

Obel UTI-blaasskildkapsules is slegs vir inname.

As jy meer Obel UTI-b;laasskildkapsules neem as wat jy moet:

As iemand, veral 'n kind per ongeluk te veel Obel UTI-blaasskildkapsules neem, kontak jou dokter of plaaslike gifsentrum onmiddellik. Obel UTI-blaasskildkapsules 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 UTI-blaasskildkapsules 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 UTI-blaasskildkapsules 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

gesonheidswerker 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 UTI-blaasskildkapsules te verskaf.

5. BERGINGSAAWYSINGS VIR OBEL UTI-BLAASSKILDKAPSULES

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 UTI-blaasskildkapsules 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 UTI-BLAASSKILDKAPSULES BEVAT

Elke kapsule bevat:

Aktiewe bestanddele per porsie (2 kapsules): D-mannose 680 mg, bosbessie (Vaccinium macrocarpon) ekstrat 50:1 224 mg, Thymus zygis-poeier 200 mg.

Onaktiewe bestanddele: Magnesiumstearaat, HPMC-kapsules.

Voorkoms van Obel UTI-blaasskildkapsules en inhoud van die verpakking:

Obel UTI-blaasskildkapsules is 'n deursigtige kapsule met liggeel tot bruim poeier in 'n wit HDPE-knoeibaarheidshouer, wat 60 groentekapsules bevat.

Versprei deur:

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Naam en adres van houer van registrasiesertifikaat

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Datum van laaste hersiening

Februarie 2026

Registrasie/Aansoeknommer:

TBA.

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