

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS

**S0**

#### PRO COLLAGEN capsules

Hydrolysed collagen.  
Sugar free.

#### COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

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

**Read all of this leaflet carefully because it contains important information for you.**

PRO COLLAGEN is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use PRO COLLAGEN carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your healthcare provider or pharmacist if you need more information or advice.

#### What is in this leaflet

1. What PRO COLLAGEN is and what it is used for.
2. What you need to know before you take PRO COLLAGEN.
3. How to take PRO COLLAGEN.
4. Possible side effects.
5. How to store PRO COLLAGEN.
6. Contents of the pack and other information.

#### 1. What PRO COLLAGEN is and what it is used for

PRO COLLAGEN is a health supplement and it helps to assist joint health.

#### 2. What you need to know before you take PRO COLLAGEN

##### Do not take PRO COLLAGEN:

- if you are hypersensitive (allergic) to hydrolysed collagen or any of the other ingredients of PRO COLLAGEN (see **What PRO COLLAGEN contains**).

#### Warnings and precautions

Use of this product for 5 (five) months has been shown to be beneficial and therefore its use should be undertaken in consultation with a registered healthcare provider.

#### Other medicines and PRO COLLAGEN

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

There are no known interactions between PRO COLLAGEN and any other medicine.

#### PRO COLLAGEN with food and drink

See section 3 (**How to take PRO COLLAGEN**).

#### Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

Safety and efficacy of PRO COLLAGEN during pregnancy and breastfeeding have not been established.

Do not use PRO COLLAGEN if you are pregnant.

#### Driving and using machines

PRO COLLAGEN is unlikely to have an effect on your ability to drive a vehicle and use machines.

It is not always possible to predict to what extent PRO COLLAGEN may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which PRO COLLAGEN affects them.

#### 3. How to take PRO COLLAGEN

Do not share your medicines with any other person.

Always take PRO COLLAGEN exactly as described in this leaflet, or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

*Adults:* Take 3 capsules daily before bedtime.

If you have the impression that the effect of PRO COLLAGEN is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.

PRO COLLAGEN can be taken with or without food.

It is recommended to drink at least 1,5 L water per day if you use PRO COLLAGEN.

#### If you take more PRO COLLAGEN than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

Take this leaflet and the rest of the remaining PRO COLLAGEN with you so the doctor will know what you have taken.

#### If you forget to take PRO COLLAGEN

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

#### 4. Possible side effects

PRO COLLAGEN can have side effects.

Not all side effects reported for PRO COLLAGEN are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking PRO COLLAGEN, please consult your healthcare provider for advice.

If any of the following happens, stop taking PRO COLLAGEN and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to PRO COLLAGEN. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

*Side effects occurring less frequently:*

- mild gastrointestinal (digestive) disturbances.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### Reporting of side effects

If you get side effects, talk to 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 PRO COLLAGEN.

#### 5. How to store PRO COLLAGEN

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Keep the container tightly closed.
- Do not use after the expiry date printed on the container.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

#### 6. Contents of the pack and other information

##### What PRO COLLAGEN contains

Each capsule contains:

The active substance is:

Hydrolysed collagen .....400 mg

The other ingredients are magnesium stearate, maize starch and purified talc.

##### What PRO COLLAGEN looks like and contents of the pack

A white capsule filled with a white to off-white powder.

A clear glass jar with a clear ribbed screw cap and a pressure seal, packed inside a carton.

#### Holder of Certificate of Registration

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#### This leaflet was last revised in

Will be allocated by SAHPRA upon registration.

#### Registration number

Will be allocated by SAHPRA upon registration.

#### Access to the corresponding Professional Information

The Professional Information for PRO COLLAGEN is available on <https://www.brunel.co.za/pro-collagen-2/> or can be requested from the contact details above.