Natroceutics®

LION'S MANE BIOACTIVE

PATIENT INFORMATION LEAFLET NATROCEUTICS® LION'S MANE BIOACTIVE

SCHEDULING STATUS: S0

NATROCEUTICS® LION'S MANE BIOACTIVE; 562,5 mg; Capsules
Lion's mane mushroom extract
Sugar free
Complementary Medicine: Traditional Chinese Medicine

This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA) for its quality, safety or intended use.

Read this entire leaflet carefully because it contains important information for you.
NATROCEUTICS LION'S MANE BIOACTIVE is available without a doctor's prescription for you to maintain your health.
Nevertheless, you still need to use NATROCEUTICS LION'S MANE BIOACTIVE carefully to get the best results from it.

- Keep this leaflet; you may need to read it again.
- Do not share NATROCEUTICS LION'S MANE BIOACTIVE with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What NATROCEUTICS LION'S MANE BIOACTIVE is and what it is used for
2. What you need to know before you take NATROCEUTICS LION'S MANE BIOACTIVE
3. How to take NATROCEUTICS LION'S MANE BIOACTIVE
4. Possible side effects
5. How to store NATROCEUTICS LION'S MANE BIOACTIVE
6. Contents of the pack and other information

1. What NATROCEUTICS LION'S MANE BIOACTIVE is and what it is used for

NATROCEUTICS LION'S MANE BIOACTIVE is a traditional Chinese medicine that contains lion's mane mushroom extract which is a source of antioxidants.
It is indicated for use in adults 18 years and older.

2. What you need to know before you take NATROCEUTICS LION'S MANE BIOACTIVE

Do NOT take NATROCEUTICS LION'S MANE BIOACTIVE

- If you are allergic (hypersensitive) to any of the components of the formulation (see **What NATROCEUTICS LION'S MANE BIOACTIVE contains**).

Warnings and precautions
If you have been diagnosed with an autoimmune disease (such as systemic lupus erythematosus, rheumatoid arthritis or multiple sclerosis), please discuss the use of NATROCEUTICS LION'S MANE BIOACTIVE with your treating doctor.
Lion's mane mushroom may stimulate the immune system, and you may require regular follow-up to ensure that your condition remains under control (see also **Other medicines and NATROCEUTICS LION'S MANE BIOACTIVE**).

If you have a bleeding disorder or are taking blood thinners or antiplatelet medicines (such as aspirin), you should use NATROCEUTICS LION'S MANE BIOACTIVE with caution. There is some evidence that lion's mane mushroom may interfere with platelet function (see also **Other medicines and NATROCEUTICS LION'S MANE BIOACTIVE**). Please report any unusual bleeding or bruising to your treating doctor.

If you are scheduled for a surgical procedure, you must temporarily stop taking NATROCEUTICS LION'S MANE BIOACTIVE 2 weeks before the operation, since it may interfere with platelet function and/or blood sugar levels if used shortly before and after surgery.

Other medicines and NATROCEUTICS LION'S MANE BIOACTIVE
Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Before taking NATROCEUTICS LION'S MANE BIOACTIVE, please discuss its combined use with the following medicines or substances with your doctor, pharmacist, or other healthcare provider:

- Antiplatelet medicines or blood thinning medicines (anticoagulants) such as warfarin. Lion's mane mushroom may have antiplatelet effects (see **Warnings and precautions**). Please report any unusual bleeding or bruising to your treating doctor. You must also be careful with other herbs and supplements that may have blood-thinning or antiplatelet properties when used in medicinal amounts. Examples include arnica, aloe, basil, bilberry, bromelain, oregano, peony, rose hip, and others.
- Medicines to treat diabetes as lion's mane mushroom may also lower blood sugar levels. You should regularly monitor your blood sugar levels, especially when treatment with NATROCEUTICS LION'S MANE BIOACTIVE is initiated or discontinued. You must also be careful with other herbs and supplements that may lower blood sugar levels when used in medicinal amounts. Examples of such herbs and supplements include, amongst others, bitter melon, devil's claw, fenugreek, garlic, guar gum, horse chestnut, Panax ginseng, psyllium, and Siberian ginseng.
- Medicines to suppress the immune system as you will require regular monitoring to ensure that such medicines remain effective (see **Warnings and precautions**).

NATROCEUTICS LION'S MANE BIOACTIVE with food
NATROCEUTICS LION'S MANE BIOACTIVE can be taken with or without food (see **How to take NATROCEUTICS LION'S MANE BIOACTIVE).**

Pregnancy and breastfeeding
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 NATROCEUTICS LION'S MANE BIOACTIVE.
There is insufficient reliable information on the use of lion's mane mushroom in pregnancy and while breastfeeding. Use of NATROCEUTICS LION'S MANE BIOACTIVE during pregnancy and breastfeeding is not recommended.

Driving and using machines
No specific studies have been conducted. Given its side-effect profile, it is unlikely that NATROCEUTICS LION'S MANE BIOACTIVE will interfere with the ability to drive or operate machinery.
It is not always possible to predict to what extent NATROCEUTICS LION'S MANE BIOACTIVE may interfere with your daily activities. Please ensure that you do not engage in the above activities until you are aware of the measure to which NATROCEUTICS LION'S MANE BIOACTIVE affects you.

3. How to take NATROCEUTICS LION'S MANE BIOACTIVE

Do not share your medicines with any other person.
Adults 18 years and older
Always take NATROCEUTICS LION'S MANE BIOACTIVE exactly as described in this leaflet or as your doctor, pharmacist, or healthcare provider has told you.
Check with your doctor, pharmacist, or healthcare provider if you are not sure.

Take 1 capsule per day, with or without food, or as recommended by your healthcare provider.

Paediatric population:
Adolescents and children younger than 18 years
NATROCEUTICS LION'S MANE BIOACTIVE is not recommended in this age group due to a lack of sufficient information.

If you take more NATROCEUTICS LION'S MANE BIOACTIVE than you should
Very little is known about overdose with NATROCEUTICS LION'S MANE BIOACTIVE. In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you forget to take NATROCEUTICS LION'S MANE BIOACTIVE
If you forget to take NATROCEUTICS LION'S MANE BIOACTIVE, take the next dose as soon as you remember. If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule of 1 capsule daily. Do NOT take a double dose to make up for forgotten individual doses.

4. Possible side effects

NATROCEUTICS LION'S MANE BIOACTIVE can have side effects.
Not all side effects for NATROCEUTICS LION'S MANE BIOACTIVE are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NATROCEUTICS LION'S MANE BIOACTIVE, please consult your healthcare provider for advice.

If you experience any of the following serious side effects, stop taking NATROCEUTICS LION'S MANE BIOACTIVE and report to your doctor or the emergency department of the nearest hospital as soon as possible:

- Those that occur frequently:
  - Skin rash.

If you experience the above, it may indicate a serious reaction to NATROCEUTICS LION'S MANE BIOACTIVE and you may require medical attention.

Please report the following side effects to your doctor or pharmacist if they continue or become bothersome:

- Those that occur frequently:
  - Stomach discomfort
  - Nausea.

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 Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on the SAHPRA website. By reporting side effects, you can help provide more information on the safety of NATROCEUTICS LION'S MANE BIOACTIVE.

In addition, side effects can also be reported to Natroceutics by email at info@natroceutics.com.

5. How to store NATROCEUTICS LION'S MANE BIOACTIVE

Store at or below 25 °C. Protect from light and moisture. Keep in the outer carton until required for use. Keep the bottle tightly closed.
Do not use after the expiry date stated on the bottle and carton.
Do not dispose of unused NATROCEUTICS LION'S MANE BIOACTIVE in drains or sewerage systems (e.g., toilets). Return all unused medicines to your pharmacist.
STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

6. Contents of the pack and other information

What NATROCEUTICS LION'S MANE BIOACTIVE contains
Each capsule contains:
Hericium erinaceus (Bull.) Pers. (lion's mane mushroom) 562,5 mg
[fruiting body; as 500 mg of a 1:1 extract and 62,5 mg of a 8:1 extract providing 1000 mg dried herb equivalent]
The above provides 159,34 mg beta-glucans with hericene A and C, and hericenone C and D.
NATROCEUTICS LION'S MANE BIOACTIVE is sugar free and contains no preservatives.

The other (inactive) ingredients are brown rice flour, calcium laurate, pullulan (vegetable capsule shell), microcrystalline cellulose, and silica.

What NATROCEUTICS LION'S MANE BIOACTIVE looks like and contents of the pack
Clear, hard capsules
23 mm by 8 mm in size filled with a light brown to brown powder in a green, opaque glass bottle with a metal, non-child-resistant, screw-on cap packed within an outer carton.
Pack size: 60 capsules.

Holder of the Certificate of Registration
NATROCEUTICS (PTY) LTD
The Hudson, 2nd Floor
30 Hudson Street
De Waterkant
Cape Town
8001
South Africa

This leaflet was last revised in
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Registration/Application number
To be allocated.

Access to the corresponding Professional Information
Please contact info@natroceutics.com

LMB60PIL-SA/R2026.V1

Natroceutics®

LION'S MANE BIOACTIVE

PASIËNTINLIGTINGSBLAADJIE NATROCEUTICS® LION'S MANE BIOACTIVE

SKEDULERINGSTATUS: S0

NATROCEUTICS® LION'S MANE BIOACTIVE; 562,5 mg; Kapsules
Ekstrak van leeumaanhaarsampioen
Suikervry
Aanvullende Medisyne: Tradisionele Chinese Medisyne

Hierdie ongeregistreerde medisyne is nie deur die Suid-Afrikaanse Reguleringsowerheid vir Gesondheidsprodukte (SARGP) vir die kwaliteit, veiligheid of beoogde gebruik daarvan geëvalueer nie.

Lees hierdie hele blaadjie sorgvuldig aangesien dit belangrike inligting vir u bevat.
NATROCEUTICS LION'S MANE BIOACTIVE is sonder 'n doktersvoorskrif vir u beskikbaar om u gesondheid te onderhou. Nogtans moet u NATROCEUTICS LION'S MANE BIOACTIVE steeds versigtig gebruik om die beste resultate daarmee te verkry.

- Hou hierdie blaadjie; dit mag nodig wees dat u dit weer lees.
- Moenie NATROCEUTICS LION'S MANE BIOACTIVE met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat in hierdie blaadjie is

1. Wat NATROCEUTICS LION'S MANE BIOACTIVE is en waarvoor dit gebruik word
2. Wat u moet weet voordat u NATROCEUTICS LION'S MANE BIOACTIVE neem
3. Hoe om NATROCEUTICS LION'S MANE BIOACTIVE te neem
4. Moontlike newe-effekte
5. Hoe om NATROCEUTICS LION'S MANE BIOACTIVE te berg
6. Inhoud van die pakkie en ander inligting

1. Wat NATROCEUTICS LION'S MANE BIOACTIVE is en waarvoor dit gebruik word

NATROCEUTICS LION'S MANE BIOACTIVE is 'n tradisionele Chinese medisyne wat 'n ekstrak van leeumaanhaarsampioen, 'n bron van antioksidante, bevat.
Dit is vir gebruik in volwassenes 18 jaar en ouer aangedui.

2. Wat u moet weet voordat u NATROCEUTICS LION'S MANE BIOACTIVE neem

MOENIE NATROCEUTICS LION'S MANE BIOACTIVE neem nie

- Indien u vir enige van die bestanddele in die formulering allergies (hipersensitief) is (sien **Wat NATROCEUTICS LION'S MANE BIOACTIVE bevat**).

Waarskuwings en voorsorgmaatreëls
Indien u met 'n outo-immuunsiekte (soos sistemiese lupus eritematose, rumatoïede artritis of veelvuldige sklerose) gediagnoseer is, bespreek asseblief die gebruik van NATROCEUTICS LION'S MANE BIOACTIVE met u behandelende dokter.

Leeumaanhaarsampioen mag die immuunsisteem stimuleer en u mag gereelde opvolgbesoeke benodig om te verseker dat u toestand onder beheer bly (sien ook **Ander medisyne en NATROCEUTICS LION'S MANE BIOACTIVE**).

U moet NATROCEUTICS LION'S MANE BIOACTIVE met omsigtigheid gebruik indien u 'n bloedingsneiging het of op bloedverdunners of antiplaatjiemedikasie (soos aspirien) is. Daar is bewyse dat leeumaanhaarsampioen plaatjiefunksie kan belemmer (sien ook **Ander medisyne en NATROCEUTICS LION'S MANE BIOACTIVE**). Meld asseblief enige abnormale bloeding of kneusing by u behandelende dokter aan.

Indien u vir 'n chirurgiese prosedure gesceduleer is, moet u die gebruik van NATROCEUTICS LION'S MANE BIOACTIVE tydelik 2 weke voor die operasie staak, want dit kan plaatjiefunksie en/of bloedsuikervlakke beïnvloed indien dit kort voor of na chirurgie geneem word.

Ander medisyne en NATROCEUTICS LION'S MANE BIOACTIVE
Lig altyd u gesondheidsorgverskaffer in indien u enige ander medisyne neem.
(Dit sluit alle aanvullende of tradisionele geneesmiddels in.)

Voordat u NATROCEUTICS LION'S MANE BIOACTIVE neem, bespreek asseblief die gesamentlike gebruik daarvan met die volgende medisyne of substanse met u dokter, apteker of ander gesondheidsorgverskaffer:

- Antiplaatjiemedikasie of bloedverdunners (antistolmiddels) soos warfarien. Leeumaanhaarsampioen kan moontlik antiplaatjie-effekte hê (sien **Waarskuwings en voorsorgmaatreëls**). Meld asseblief enige ongewone bloeding of kneusing by u behandelende dokter aan. U moet ook versigtig wees met ander kruie en aanvullings wat bloedverdunnende of antiplaatjie-effekte mag hê wanneer dit in medisinale hoeveelhede gebruik word. Voorbeelde sluit arnika, aalwyn, basiliekruid, bosbessie, bromelien, oreganum, pioen, roosbottel en andere in.
- Medisyne om diabetes (suikersiekte) te behandel aangesien leeumaanhaarsampioen ook bloedsuikervlakke mag verlaag. U moet gereeld u bloedsuikervlakke monitor, veral wanneer behandeling met NATROCEUTICS LION'S MANE BIOACTIVE begin of gestaak word. U moet ook versigtig wees met ander kruie en aanvullings wat bloedsuikervlakke kan verlaag wanneer dit in medisinale hoeveelhede gebruik word. Voorbeelde van sulke kruie en aanvullings sluit, onder andere, bitterspanspek, duiwelsklou, fenegriek, knoffel, guargom, perdekastaiing, Panax-ginseng, psillium en Siberiese ginseng in.
- Medisyne om die immuunsisteem te onderdruk aangesien u gereelde monitering sal benodig om te verseker dat u medikasie effektief bly (sien **Waarskuwings en voorsorgmaatreëls**).

NATROCEUTICS LION'S MANE BIOACTIVE met voedsel
NATROCEUTICS LION'S MANE BIOACTIVE kan met of sonder kos geneem word (sien **Hoe om NATROCEUTICS LION'S MANE BIOACTIVE te neem**).

Swangerskap en borsvoeding
Indien u swanger is of borsvoed, vermoed dat u swanger is, of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u NATROCEUTICS LION'S MANE BIOACTIVE neem.
Daar is onvoldoende betroubare inligting oor die gebruik van leeumaanhaarsampioen tydens swangerskap en borsvoeding. Die gebruik van NATROCEUTICS LION'S MANE BIOACTIVE tydens swangerskap en borsvoeding word nie aanbeveel nie.

Bestuur en die gebruik van masjinerie
Geen spesifieke studies is gedoen nie. Gegewe die newe-effekprofiel daarvan, is dit onwaarskynlik dat NATROCEUTICS LION'S MANE BIOACTIVE die vermoë om te bestuur of masjinerie te bedryf, sal beïnvloed.
Dit is nie altyd moontlik om te voorspel tot watter mate NATROCEUTICS LION'S MANE BIOACTIVE met u daaglikse aktiwiteite mag inmeng nie. Maak asseblief seker dat u nie die bogenoemde aktiwiteite beoefen voordat u nie bewus is van die mate waartoe NATROCEUTICS LION'S MANE BIOACTIVE u beïnvloed nie.

3. Hoe om NATROCEUTICS LION'S MANE BIOACTIVE te neem

Moenie u medisyne met enige ander persoon deel nie.
Volwassenes 18 jaar en ouer
Neem NATROCEUTICS LION'S MANE BIOACTIVE altyd presies soos wat dit in hierdie blaadjie beskryf word of soos wat u dokter, apteker of gesondheidsorgverskaffer gesê het. Raadpleeg u dokter, apteker of gesondheidsorgverskaffer indien u onseker is.

Neem 1 kapsule per dag, met of sonder kos, of soos deur u gesondheidsorgverskaffer aanbeveel.

Pediatriese bevolking:
Adolessente en kinders jonger as 18 jaar
NATROCEUTICS LION'S MANE BIOACTIVE word nie vir gebruik in hierdie ouderdomsgroep aanbeveel nie vanweë 'n gebrek aan voldoende inligting.

Indien u meer NATROCEUTICS LION'S MANE BIOACTIVE geneem het as wat u moes
Daar is baie min rakende oordosering met NATROCEUTICS LION'S MANE BIOACTIVE bekend.
In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien u vergeet om NATROCEUTICS LION'S MANE BIOACTIVE te neem
Indien u vergeet om NATROCEUTICS LION'S MANE BIOACTIVE te neem, neem die volgende dosis sodra u dit onthou. Indien dit amper tyd vir u volgende dosis is, slaan die vergete dosis oor en gaan met u gewone doseringskedule van 1 kapsule per dag voort. MOENIE 'n dubbele dosis neem om vir vergete individuele dosisse te vergoed nie.

4. Moontlike newe-effekte

NATROCEUTICS LION'S MANE BIOACTIVE kan newe-effekte hê.
Nie alle newe-effekte wat vir NATROCEUTICS LION'S MANE BIOACTIVE gemeld is, is in hierdie blaadjie ingesluit nie. Sou u algemene gesondheid agteruitgaan of indien u enige ongunstige effekte ervaar terwyl u NATROCEUTICS LION'S MANE BIOACTIVE neem, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Staak die gebruik van NATROCEUTICS LION'S MANE BIOACTIVE en meld so gou as moontlik by u dokter of die noodafdeling van die naaste hospitaal aan indien u enige van die volgende ernstige newe-effekte ontwikkel:

- Dié wat dikwels voorkom:
  - Veluitslag.

Indien u bogenoemde ervaar, mag dit op 'n ernstige reaksie op NATROCEUTICS LION'S MANE BIOACTIVE dui en u mag mediese aandag benodig.

Meld asseblief die volgende newe-effekte by u dokter of apteker aan indien dit voortduur of lastig word:

- Dié wat dikwels voorkom:
  - Buikongemak
  - Naarheid.

Indien u enige newe-effekte opmerk wat nie in hierdie blaadjie genoem word nie, lig asseblief u dokter of apteker in.

Aanmelding van newe-effekte
Indien u newe-effekte kry, gesels met u dokter of apteker. U kan newe-effekte ook aan die SARGP via die Med Safety APP (Medsafety X SAHPRA) en eReporting-platform (who-umc.org) rapporteer – dit kan op die SARGP se webwerf gevind word. Deur newe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van NATROCEUTICS LION'S MANE BIOACTIVE te voorsien.
Bykomend kan newe-effekte ook per e-pos aan Natroceutics by info@natroceutics.com gerapporteer word.

5. Hoe om NATROCEUTICS LION'S MANE BIOACTIVE te berg

Berg teen of benede 25 °C. Beskerm teen lig en vogtigheid. Hou in die buitenste karton totdat vir gebruik benodig word. Hou die bottel dig toe.
Moenie na die vervaldatum wat op die bottel en karton aangedui is, gebruik nie.
Moenie ongebruikte NATROCEUTICS LION'S MANE BIOACTIVE in dreine en rioolsisteme (bv. toilette) weggooi nie. Besorg alle ongebruikte medisyne aan u apteker terug.
BEWAAR ALLE MEDISYNE BUITE DIE BEREIK VAN KINDERS.

6. Inhoud van die pakkie en ander inligting

Wat NATROCEUTICS LION'S MANE BIOACTIVE bevat
Elke kapsule bevat:
Hericium erinaceus (Bull.) Pers. (leeumaanhaarsampioen) 562,5 mg
[vrugliggaam; as 500 mg van 'n 1:1 ekstrak en 62,5 mg van 'n 8:1 ekstrak wat 1000 mg gedroogdekrui-ekwivalent verskaf]
Bogenoemde voorsien 159,34 mg beta-glukaan met heriseen A en C en herisenoon C en D.
NATROCEUTICS LION'S MANE BIOACTIVE is suikervry en bevat geen preserveermiddels nie.
Die ander (onaktiewe) bestanddele is bruinrysmeel, kalsiumlouraat, pullulaan (groentekapsuledop), mikrokristallyne sellulose en silika.

Waarna NATROCEUTICS LION'S MANE BIOACTIVE lyk en inhoud van die pakkie
Helder, harde kapsules
23 mm by 8 mm in grootte gevul met 'n ligte bruin tot bruin poeier in 'n groen, ondeursigtige glasbottel met 'n metaalaanskroef, nie-kinderbestande doppie binne-in 'n buitenste karton verpak.
Verpakkingsgrootte: 60 kapsules.

Houer van die Sertifikaat van Registrasie
NATROCEUTICS (EDMS) BPK
Die Hudson, 2de Vloer
Hudsonstraat 30
De Waterkant
Kaapstad
8001
Suid-Afrika

Hierdie blaadjie was laas hersien in
Eerste saamgestel in Februarie 2026.

Registrasie/Aansoeknommer
Om deur die Owerheid met registrasie uitgereik te word.

Toegang tot die ooreenstemmende Professionele Inligting
Kontak asseblief info@natroceutics.com