

Proprietary name and dosage form

PerformeX™

MALE PERFORMANCE CAPSULES

Eriosema kraussianum 600mg

- Complementary Medicine
- Discipline: Western Herbal Medicine
- This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all information in this leaflet carefully before you start taking PerformeX™ because it contains important information for you.

PerformeX™ is available without a doctor's prescription, for adult men to support sexual excitation and erectile strength during intimacy, resulting in increased libido, confidence, and stamina.

- Keep this leaflet. You may need to read it again.
- Do not share PerformeX™ with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- You must see a doctor if results of intended use are not seen.

WHAT IS IN THIS LEAFLET

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

1. **What PerformeX™ is and what it is used for**
PerformeX™ is a western herbal medicine that may be used to support sexual excitation and erectile strength during intimacy, resulting in increased libido, confidence, and stamina for men.

2. **What you need to know before you take PerformeX™**
Do not take PerformeX™
If you are hypersensitive (allergic) to any of the Ingredients of PerformeX™ (see **6. Contents of the pack and other information**).

Warnings and precautions

Tell your doctor, pharmacist, or health-care practitioner if you have (1) or more of the following:

- Swelling of the skin that is generally painful, red and warm
- Painful, red, warm swelling of a vein or any hardening under the skin
- Severe pain in or sores on your legs

- Sudden swelling of one or both legs
- Any heart or kidney problems
- If you are younger than 18 years, as it is not recommended at this age.

Tell your doctor if you are not sure about any of the above.

Taking other medicines with PerformeX™

Always tell your healthcare professional if you are taking any other medicine.

(This includes complementary or traditional medicines.)

Taking PerformeX™ with food and drink

No interactions have been reported between PerformeX™ and food and drink.

Pregnancy and Breastfeeding

- N/A

Porphyria

- Safety has not been established.

Driving and using machinery

No research studies have been conducted on the effect on the ability to drive or handle machinery.

PerformeX™ is unlikely to affect the ability to drive or use machinery. However, exercise caution until you are sure that your ability to perform these activities is not adversely affected.

3. How to take PerformeX™

Do not share medicines with any other person. Always take PerformeX™ exactly as described in this leaflet or as your health-care provider has instructed you. You should check with your doctor or pharmacist if you are unsure.

How much and how often should you use PerformeX™

The usual dose for adults 18 years and older is:

Take three (3) to five (5) capsules as required. Do not exceed five (5) capsules per day. Allow 30 to 60 minutes before intimacy.

Do not exceed recommended dose.

Duration of use:

No limits on duration of use.

If you take more PerformeX™ than you should

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

If you forget to take / missed a dose of PerformeX™

- Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

If you stop taking PerformeX™

- When you are taking the dose as indicated it is unlikely that there should be withdrawal effects when you stop using this medication.

4. Possible side effects

PerformeX™ can have side effects.

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

Like all medicines, this medicine can cause side effects that differ from patient to patient.

If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist or go to the casualty department at your nearest hospital:

Allergic reactions such as:

- skin rashes
- hives (skin bumps)
- itchiness
- swelling of the face, lips, mouth or throat, which may cause difficulty in swallowing or breathing

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist, or other healthcare practitioner for advice. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications:

<http://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of PerformeX™.

Please report it to Altwell on email to operations@altwell.co.za.

5. How to store PerformeX™

- Store at or below 25 °C.
- Replace cap firmly after use.
- Protect from light and moisture.
- Keep in secondary packaging until required for use.
- Do not use after the expiry date stated on the label and carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of pack and other information

What PerformeX™ contains

	Per 5 Capsules
L-Arginine HCl	2500mg
<i>Eriosema kraussianum</i> (uBangalala) Powder	600mg
<i>Withania somnifera</i> (Ashwagandha Extract) KSM-66®	150mg
Zinc (Zinc Gluconate)	77mg
Ca-D- Pantothenate (Vitamin B5)	45 mg
Nicotinic Acid (Niacin)	20mg
<i>Piper nigrum</i> (Black Pepper Extract)	15mg
Riboflavin (Vitamin B2)	10mg
Zinc (Elemental Zinc)	11 mg
Folic acid	100mcg
Cyanocobalamin (Vitamin B12)	84mcg
Thiamine (Vitamin B1)	15mcg
Cholecalciferol (Vitamin D3)	1000 IU

Other ingredients: Magnesium stearate, Cellulose capsule shell (Plant-based).

FREE OF SUGARS, ARTIFICIAL SWEETENERS AND COLOURANTS

What PerformeX™ looks like and contents of the pack

Opaque white two-piece hard capsule of Size 00, with no markings, containing light brown powder. Packed in a white PET bottle with white flip-top cap containing 25 capsules.

Holder of Certificate of Registration

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This leaflet was last revised in

Not applicable.

Date of registration

To be allocated

Registration number

To be allocated

Professional Information

The PerformeX™ Professional Information may be obtained from the AltWELL website www.altwell.co.za