MANNATECH

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PATIENT INFORMATION LEAFLET
IMMUNOSTART® tablets

SCHEDULING STATUS

S0

IMMUNOSTART® tablets
Bovine colostrum (Colostrum) / beta-glucan
Contains sugar (1 213 mg dextrose per tablet).

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you.
IMMUNOSTART® is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take IMMUNOSTART® carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share IMMUNOSTART® with any other person.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet

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

1. What IMMUNOSTART® is and what it is used for
IMMUNOSTART® is a combination complementary medicine intended to support immune function within the upper respiratory tract and assists with the maintenance of a healthy immune system.

2. What you need to know before you take IMMUNOSTART®
Do not take IMMUNOSTART®:
- If you are hypersensitive (allergic) to colostrum, beta-glucan or any of the other ingredients of IMMUNOSTART® (see section 6).
- If you are allergic to cow's milk.

Warnings and precautions
Take special care with IMMUNOSTART®:
Taking IMMUNOSTART® with insufficient liquid may result in choking and/or esophageal blockage/obstruction of your throat, oesophagus, or intestine.

You should consult with your doctor or health care provider before taking IMMUNOSTART®:
- If you are pregnant or breastfeeding.
- If you have diabetes or a history of cancer.
- If you have liver or kidney problems or are on a low protein diet.
- If you suffer from an immune system disorder (e.g. Crohn's disease, myasthenia gravis, multiple sclerosis, rheumatoid arthritis, systemic lupus erythematosus, HIV/AIDS).

Children:
IMMUNOSTART® should not be given to children younger than 18 years.

Other medicines and IMMUNOSTART®
Always tell your health care provider if you or your child are taking any other medicine. (This includes all complementary or traditional medicines.)
Tell your doctor if you or your child are taking immunosuppressants (medicines used to treat autoimmune diseases).

IMMUNOSTART® with food
See section 3.

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 health care provider for advice before taking IMMUNOSTART®.
Safety and efficacy of IMMUNOSTART® during pregnancy or breastfeeding has not been established.

Driving and using machines
IMMUNOSTART® is unlikely to affect your ability to drive and use machines.

3. How to take IMMUNOSTART®
Do not share medicines with any other person.
Always take IMMUNOSTART® 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.

Adults:
The usual dose is: one tablet taken 3 times daily. Thoroughly chew each tablet before swallowing. Do not exceed the recommended dose.

For prolonged use, you should consult with a relevant health care provider.

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

If you take more IMMUNOSTART® than you should
In the event of an overdosage, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre. Take this leaflet and the remaining IMMUNOSTART® tablets with you so the doctor will know what you have taken.

If you forget to take IMMUNOSTART®:
Take your next dose at your regular time.
Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

IMMUNOSTART® can have side effects.
Not all side effects reported for IMMUNOSTART® are included in this leaflet.
Should your general health worsen or if you experience any untoward effects while taking IMMUNOSTART®, please consult your health care provider for advice.
If any of the following happens, stop taking IMMUNOSTART® 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 reaction to IMMUNOSTART®. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:
Side effects occurring less frequently

- nausea (feeling sick), vomiting (being sick), abdominal cramps, diarrhoea.

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 SAHPRA website.
By reporting side effects, you can help provide more information on the safety of IMMUNOSTART®.

5. How to store IMMUNOSTART®

- Store at or below 25 °C, in a dry place.
- Keep the bottle tightly closed.
- Do not use if inner seal is missing or broken.
- STORE ALL MEDICINES OUT OF REACH OF CHILDREN.
- Do not use after the expiry date printed on the packaging.

- 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 IMMUNOSTART® contains

Each chewable tablet contains:

Bovine colostrum (Colostrum) [powder]	155 mg
Beta-glucan	16 mg

The other ingredients are dextrose, flavourants (strawberry and proprietary flavour), magnesium stearate (E572), malic acid (E296), pectin, silicon dioxide (E551) and stearic acid (E570).

What IMMUNOSTART® looks like and contents of the pack

Off-white, round, chewable tablet.
White polyethylene (PE) bottle with a white polypropylene cap.
Pack size: 60 tablets.

Holder of Certificate of Registration

LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Unit 6, Ground Floor
10 Church Street
Durbanville
7551
Tel.: 087 551 3245

This leaflet was last revised in

April 2026.

Registration number

To be allocated.

Access to corresponding Professional Information

https://library.mannatech.com/download/12235

PASIËNTINLIGTINGSBLAD IMMUNOSTART® tablette

SKEDULERINGSTATUS

S0

IMMUNOSTART® tablette
Bees-kolostrum (voormelk) / beta-glukaan
Bevat suiker (1 213 mg dekstrose per tablet).

KOMPLEMENTÊRE MEDISYNE: GESONDHEIDSAANVULLING
Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Lees hierdie hele inligtingsblad aandagtig deur want dit bevat inligting wat belangrik is vir jou.
IMMUNOSTART® is beskikbaar sonder 'n dokter se voorskrif, sodat jy jou gesondheid kan onderhou. Jy moet IMMUNOSTART® nietemin steeds met sorg neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie IMMUNOSTART® met 'n ander persoon deel nie.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat is IMMUNOSTART® en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy IMMUNOSTART® neem.
3. Hoe om IMMUNOSTART® te neem.
4. Moontlike newe-effekte.
5. Hoe om IMMUNOSTART® te bêre.
6. Inhoud van die pak en ander inligting.

1. Wat is IMMUNOSTART® en waarvoor word dit gebruik
IMMUNOSTART® is 'n kombinasie- komplementêre medisyne wat bedoel is om immuunfunksie in die boonste lugweg te ondersteun en help om 'n gesonde immuunstelsel te onderhou.

2. Wat jy moet weet voordat jy IMMUNOSTART® neem
Moenie IMMUNOSTART® neem nie:
- Indien jy hipersensitief (allergies) is vir kolostrum, beta-glukaan of enige van die ander bestanddele van IMMUNOSTART® (sien afdeling 6).
- Indien jy allergies is vir koeimelk.

Waarskuwings en voorsorgmaatreëls
Neem spesiale sorg met IMMUNOSTART®:
Indien jy IMMUNOSTART® neem met onvoldoende vloeistof kan dit lei tot verstikking en/of slukdermblokkasie/obstruksie van jou keel, slukderm of ingewande.
Konsulteer jou dokter of gesondheidsorgverskaffer voordat jy IMMUNOSTART® neem:

- Indien jy swanger is of jou baba borsvoed.
- Indien jy aan diabetes ly of 'n geskiedenis van kanker het.
- Indien jy lewer- of nierprobleme het of op 'n proteïen-beperkte dieet is.
- Indien jy aan 'n siekte van die immuunstelsel ly (bv. Crohn se siekte, miastenie gravis, meervoudige sklerose, rumatoïede artritis, sistemiese lupus eritematose, MIV/VIGS).

Kinders:
IMMUNOSTART® moenie aan kinders onder die ouderdom van 18 jaar gegee word nie.

Ander medisyne en IMMUNOSTART®
Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisynes in.)
Sê vir jou dokter indien jy of jou kind immuunonderdrukkers neem (medisyne wat gebruik word om outoïmmuunsiektes te behandel).

IMMUNOSTART® met kos
Sien afdeling 3.

Swangerskap en borsvoeding
Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy IMMUNOSTART® neem.

Veiligheid en effektiwiteit van IMMUNOSTART® tydens swangerskap of borsvoeding is nie bepaal nie.

Bestuur en die gebruik van masjiene
Dit is onwaarskynlik dat IMMUNOSTART® jou vermoë om 'n voertuig te bestuur en masjiene te gebruik sal affekteer.

3. Hoe om IMMUNOSTART® te neem

Moenie jou medisyne met enigiemand anders deel nie.
Neem IMMUNOSTART® altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteker vir jou aangewys het. Vra gerus jou dokter of apteker indien jy onseker is.

Volwassenes:
Die gebruiklike dosering is: neem een tablet 3 keer per dag. Kou elke tablet deeglik voordat dit ingesluk word. Moenie die aanbevole dosis oorskry nie.

Konsulteer 'n relevante gesondheidsorgverskaffer indien jy die medisyne langdurig wil gebruik.

Indien jy die indruk kry dat die uitwerking van IMMUNOSTART® te sterk of te swak is, bespreek dit met jou dokter of apteker.

Wat om te doen indien jy meer IMMUNOSTART® geneem het as wat jy moet
In die geval van 'n oordosis, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. Neem hierdie inligtingsblad en die oorblywende IMMUNOSTART® tablette saam sodat die dokter kan sien wat jy of jou kind geneem het.

Indien jy vergeet om IMMUNOSTART® te neem:
Neem jou volgende dosis op die gewone tyd.
Moenie 'n dubbele dosis neem om te vergoed vir individuele dosisse wat vergeet is nie.

4. Moontlike newe-effekte

IMMUNOSTART® kan newe-effekte hê.
Nie alle newe-effekte wat vir IMMUNOSTART® gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou of jou kind se algemene gesondheid verswak of indien enige ongunstige effekte ondervind word terwyl IMMUNOSTART® geneem word, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om IMMUNOSTART® te gebruik en sê dadelik vir jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:
- swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling
- uitslag of gejeuk
- floute.

Hierdie is baie ernstige newe-effekte. Indien jy of jou kind enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op IMMUNOSTART® gehad het. Jy mag dringend mediese bystand of hospitalisasie benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:
Newe-effekte wat minder dikwels voorkom
- naarheid, braking, buikkrampe, diarree.

Indien jy enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, lig asseblief jou dokter of apteker in.

Rapportering van newe-effekte
Indien jy newe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy

kan ook newe-effekte aan SAHPRA rapporteer via die Med Safety-toepassing (Medsafety X SAHPRA) en eRapportering-platform (who-umc.org), wat op SAHPRA se webwerf beskikbaar is.
Deur newe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van IMMUNOSTART® te verskaf.

5. Hoe om IMMUNOSTART® te bêre

- Bêre by of onder 25 °C, op 'n droë plek.
- Hou die bottel dig toe.
- Moenie gebruik indien die seël aan die binnekant weg of beskadig is nie.
- BÊRE ALLE MEDISYNE BUITE BEREIK VAN KINDERS.
- Moenie gebruik ná die vervaldatum wat op die verpakking gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolsisteme (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat IMMUNOSTART® bevat

Elke koubare tablet bevat:

Bees-kolostrum (voormelk) [poeier]	155 mg
Beta-glukaan	16 mg

Die ander bestanddele is dekstrose, geurmiddels (aarbeigeursel en eie geursel) magnesiumstearaat (E572), appelsuur (E296), pektien, silikondioksied (E551) en stariensuur (E570).

Hoe IMMUNOSTART® lyk en inhoud van die verpakking

Naaswit, ronde, koubare tablet.
Wit poliëtileen- (PE-)bottel met 'n wit polipropileenprop.
Verpakkingsgrootte: 60 tablette.

Houer van die Registrasiesertifikaat

LeBasi Pharmaceuticals (Edms.) Bpk.
San Domenico-gebou, Grondvloer, Eenheid 6
Kerkstraat 10
Durbanville
7551
Tel.: 087 551 3245

Hierdie inligtingsblad is laas hersien in

April 2026.

Registrasienommer

Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

https://library.mannatech.com/download/12235

PROFESSIONAL INFORMATION FOR IMMUNOSTART®

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS
S0

1. NAME OF THE MEDICINE
IMMUNOSTART® tablets

2. QUALITATIVE AND QUANTITATIVE COMPOSITION
Each chewable tablet contains:

Bovine colostrum (Colostrum) [powder]	155 mg
Beta-glucan	16 mg

Excipients with known effect:
Contains sugar (1 213 mg dextrose per tablet).

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM
Chewable tablets.
Off-white, round, chewable tablet.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications
IMMUNOSTART® is a complementary medicine intended to support immune function within the upper respiratory tract and assists with the maintenance of a healthy immune system.

4.2 Posology and method of administration
Adults: Take one tablet 3 times daily. Thoroughly chew each tablet before swallowing.
Do not exceed the recommended dosage.
Children: Not indicated for children younger than 18 years.
For prolonged use, a relevant health care provider should be consulted.

4.3 Contraindications

- Hypersensitivity to colostrum, beta-glucan or to any of the excipients listed in section 6.1.
- Known allergy to cow's milk.

4.4 Special warnings and precautions for use

Taking IMMUNOSTART® with insufficient liquid may result in choking and/or esophageal blockage/obstruction of the throat, oesophagus, or intestine.

IMMUNOSTART® is not a breast milk substitute. It contains lactose and cow's milk proteins. Patients with a known allergy to cow's milk should not use IMMUNOSTART®.

Patients should consult a relevant health care provider prior to use if they:

- are pregnant or breastfeeding (see section 4.6);
- have diabetes or a history of cancer;
- have liver or kidney disease or if they have been instructed to follow a low protein diet; or
- suffer from an immune system disorder (e.g. Crohn's disease, myasthenia gravis, multiple sclerosis, rheumatoid arthritis, systemic lupus erythematosus, HIV/AIDS, etc.) or if they are taking immunosuppressants.

4.5 Interaction with other medicines and other forms of interaction

None known.

4.6 Fertility, pregnancy and lactation

Safety in pregnancy and lactation has not been established (see section 4.4).

4.7 Effects on ability to drive and use machines

IMMUNOSTART® is unlikely to affect the ability to drive and use machines.

4.8 Undesirable effects

Immune system disorders:
Less frequent: hypersensitivity/allergic reactions

Gastrointestinal disorders:
Less frequent: nausea, vomiting, mild cramps, diarrhoea

Reporting of suspected adverse reactions:
Reporting suspected adverse reactions after authorisation of IMMUNOSTART® is important. It allows continued monitoring of the benefit/risk balance of IMMUNOSTART®. Health care providers are asked to

report any suspected adverse drug reactions to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

4.9 Overdose

In overdose, side effects can be precipitated and/or be of increased severity. See section 4.8.
In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

Category and class: D 34.13 Other.

Mechanism of action:
Colostrum is the milky fluid produced by cows within the first few days after giving birth. Colostrum helps to support immune function within the upper respiratory tract and assists with the maintenance of a healthy immune system.
Beta-glucan soluble fibre for the maintenance of good health.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Dextrose
Flavourants (strawberry and proprietary flavour)
Magnesium stearate (E572)
Malic acid (E296)
Pectin
Silicon dioxide (E551)
Stearic acid (E570).

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

12 months.

6.4 Special precautions for storage

Store at or below 25 °C, in a dry place.
Keep the bottle tightly closed.
Do not use if inner seal is missing or broken.

6.5 Nature and contents of container

White polyethylene (PE) bottle with a white polypropylene cap.
Pack size: 60 tablets.

6.6 Special precautions for disposal and other handling

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Unit 6, Ground Floor
10 Church Street
Durbanville
7551

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

April 2026.