

PROFESSIONAL INFORMATION

COMPLEMENTARY MEDICINE (COMBINATION PRODUCT)

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

SCHEDULING STATUS | | |----| | S0 | |----|

1. NAME OF THE MEDICINE

FOREVER MARINE COLLAGEN (multiple substances, liquid)

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each sachet (13 ml liquid) contains:

Hydrolyzed Fish Collagen [fish]	3 g
Collagen Tripeptides [fish]	300 mg
Zinc gluconate	41,07 mg
providing Zinc (elemental)	4,2 mg
Biotin (Vitamin B7)	36 µg
<i>Punica granatum</i> L. (Pomegranate) [fruit, 10:1 extract]	0,14 mg
<i>Lycium chinense</i> Mill. (Goji Berry) [fruit concentrate]	0,14 mg
Sodium hyaluronate	0,14 mg
L-Isoleucine	0,14 mg

Contains sweetener: Steviol glycosides from stevia (8,66 mg)

For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Liquid

Forever Marine Collagen is a reddish-brown liquid.

4. CLINICAL PARTICULARS

4.1. Therapeutic indications

Forever Marine Collagen is a complementary medicine containing marine collagen, collagen tripeptides, zinc and biotin to support healthy skin, hair and nails.

4.2. Posology and method of administration

Posology

Adults: Drink one (1) sachet daily.

Paediatric population

The safety and efficacy of Forever Marine Collagen in children has not been established. No data is available.

Method of administration

Take orally.

4.3. Contraindications

This product should not be used by patients who have an allergy or are hypersensitive to any of the ingredients.

4.4. Special warnings and precautions for use

Do not exceed the stated recommended daily dose.

If you have liver or kidney disease or if you have been instructed to follow a low protein diet, consult a relevant health care provider prior to use.

If you are pregnant or breastfeeding, consult a relevant healthcare provider prior to use (see section **4.6. Fertility, pregnancy and lactation**).

If you are allergic to fish or seafood, consult a relevant health care provider prior to use.

Do not use if sachet is punctured, torn, or damaged.

4.5. Interactions with other medicines and other forms of interaction

Interaction with Medicines

None known.

Interactions with Foods

None known.

4.6. Fertility, pregnancy and lactation

The use in pregnancy and lactation has not been established. Consult a relevant healthcare provider prior to use (see section **4.4. Special warnings and precautions for use**).

The effect on fertility is unknown.

4.7. Effects on ability to drive and use machines

There is no known effect on the ability to drive and use machines.

4.8. Undesirable effects

The most frequent adverse effects include abdominal cramps, allergic reactions, bloating, diarrhoea, flatulence, nausea, and vomiting.

If adverse effects do occur, please discontinue use and consult your physician.

Reporting of suspected adverse reactions:

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Health care providers are requested 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. Undesirable effects**). Treatment is symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

5.1. Pharmacodynamic properties

D 33.7 Combination Product

Forever Marine Collagen contains collagen, an important structural protein found in skin, connective tissue and other body tissues. Collagen peptides have been shown to increase concentrations of certain collagen-derived dipeptides in the blood.

Zinc helps in connective tissue formation.

5.2. Pharmacokinetic properties

There is no clinical pharmacokinetic data available on Forever Marine Collagen to clarify the pharmacokinetic properties.

6. PHARMACEUTICAL PARTICULARS

6.1. List of excipients

Water,
red grape juice concentrate,
citric acid,
flavouring,
xanthan gum,
steviol glycosides from stevia.

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6.2. Incompatibilities

None known.

6.3. Shelf life

The shelf life for Forever Marine Collagen is two years.

6.4. Special precautions for storage

Store at or below 25°C in a cool, dry place.

6.5. Nature and contents of container

Forever Marine Collagen is supplied as a 13 mL liquid in single-dose sachets. Thirty (30) sachets are packed in a cardboard carton.

6.6. Special precautions for disposal and other handling

No special requirements

7. HOLDER OF CERTIFICATE OF REGISTRATION

South Africa:

MDI Healthcare cc
P.O. Box 35259, Menlo Park
Pretoria
0102

Botswana:

Forever Living Products Botswana Pty Ltd
Plot 1681, Unit 1,
5M Studios, GICP

Manufactured by:

Cosmax NBT, Inc.
Icheon-si,
Gyeonggi-do,
South Korea

8. REGISTRATION NUMBER(S):

To be allocated.

9. DATE OF REVISION OF THE TEXT

June 2026.

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Forever Marine Collagen
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A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

PROFESSIONELE INLIGTING

KOMPLEMENTÊRE MEDISYNE (KOMBINASIEPRODUK)

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA vir die kwaliteit, veiligheid of beoogde gebruik geëvalueer nie.

SKEDULERINGSSTATUS S0

1. NAAM VAN DIE MEDISYNE

FOREVER MARINE COLLAGEN (veelvuldige bestanddele, vloeistof)

2. KWALITATIEWE EN KWANTITATIEWE SAMESTELLING

Elke sakkie (13 ml vloeistof) bevat:

Gehidroliseerde Viskollageen [vis]	3 g
Kollageen Tripeptiede [vis]	300 mg
Sinkglukonaat	41,07 mg
wat elementêre Sink verskaf	4,2 mg
Biotien (Vitamien B7)	36 µg
<i>Punica granatum</i> L. (Granaat)	0,14 mg
[vrug, 10:1 ekstrak]	
<i>Lycium chinense</i> Mill. (Gojibessie)	0,14 mg
[vrugtekonsentraat]	
Natriumhialuronaat	0,14 mg
L-Isoleusien	0,14 mg

Bevat versoeter: Steviolglikosiede van stevia (8,66 mg)

Vir die volledige lys van hulpstowwe, sien afdeling 6.1.

3. FARMASEUTIESE VORM

Vloeistof

Forever Marine Collagen is 'n rooibruin vloeistof.

4. KLINIESE BESONDERHEDE

4.1 Terapeutiese indikasies

Forever Marine Collagen is 'n komplementêre medisyne wat mariene kollageen, kollageen tripeptiede, sink en biotien bevat om gesonde vel, hare en naels te ondersteun.

4.2 Posologie en metode van toediening

Posologie

Volwassenes: Drink een (1) sakkie daagliks.

Pediatriese populasie

Die veiligheid en doeltreffendheid van Forever Marine Collagen by kinders is nie vasgestel nie. Geen data is beskikbaar nie.

Metode van toediening

Neem oraal.

4.3 Kontraïndikasies

Hierdie produk behoort nie gebruik te word deur pasiënte wat allergies is vir of hipersensitief is vir enige van die bestanddele nie.

4.4 Spesiale waarskuwings en voorsorgmaatreëls vir gebruik

Moenie die aanbevole daaglikse dosis oorskry nie.

Indien u lewer- of niersiekte het of aangesê is om 'n lae proteïendieet te volg, raadpleeg 'n relevante gesondheidsorgkundige voor gebruik.

Indien u swanger is of borsvoed, raadpleeg 'n relevante gesondheidsorgkundige voor gebruik (sien afdeling **4.6 Fertiliteit, swangerskap en laktasie**).

Indien u allergies is vir vis of seekos, raadpleeg 'n relevante gesondheidsorgkundige voor gebruik.

Moenie gebruik indien die sakkie deurboor, geskeur of beskadig is nie.

4.5 Interaksies met ander medisyne en ander vorme van interaksie

Interaksies met medisyne:

Geen bekend nie.

Interaksies met voedsel:

Geen bekend nie.

4.6 Fertiliteit, swangerskap en laktasie

Gebruik tydens swangerskap en laktasie is nie vasgestel nie. Raadpleeg 'n relevante gesondheidsorgkundige voor gebruik (sien afdeling **4.4 Spesiale waarskuwings en voorsorgmaatreëls vir gebruik**).

Die effek op vrugbaarheid is onbekend.

4.7 Uitwerking op die vermoë om te bestuur en masjiene te gebruik

Daar is geen bekende uitwerking op die vermoë om te bestuur of masjiene te gebruik nie.

4.8 Nuwe-effekte

Die mees algemene nuwe-effekte sluit in abdominale krampe, allergiese reaksies, opgeblasenheid, diarree, winderigheid, naarheid en braking.

Indien nuwe-effekte voorkom, staak gebruik en raadpleeg u geneesheer.

Aanmelding van vermoedelike nuwe-effekte:

Die aanmelding van vermoedelike nuwe-effekte na magtiging van die medisyne is belangrik. Dit maak voortgesette monitering van die voordeel/risiko-balans van die medisyne moontlik. Gesondheidsorgkundiges word versoek om enige vermoedelike nadelige geneesmiddelreaksies aan SAHPRA aan te meld via die Med Safety APP (Medsafety X SAHPRA) en die eReporting-platform (who-umc.org) wat op die SAHPRA-webwerf beskikbaar is.

4.9 Oordosering

By oordosering kan nuwe-effekte uitgelok word en/of in erns toeneem. Behandeling is simptome en ondersteunend.

5. FARMAKOLOGIESE EIENSKAPPE

5.1 Farmakodinamiese eienskappe

D 33.7 Kombinasieproduk

Forever Marine Collagen bevat kollageen, 'n belangrike strukturele proteïen wat in die vel, bindweefsel en ander liggaamsweweels voorkom. Daar is aangetoon dat kollageenpeptiede die konsentrasies van sekere kollageen-afgeleide dipeptiede in die bloed verhoog.

Sink help met die vorming van bindweefsel.

5.2 Farmakokinetiese eienskappe

Daar is geen kliniese farmakokinetiese data beskikbaar vir Forever Marine Collagen om die farmakokinetiese eienskappe daarvan te verduidelik nie.

6. FARMASEUTIESE BESONDERHEDE

6.1 Lys van hulpstowwe

Water,
rooieruiwesapkonsentraat,
sitroensuur,
geurmiddels,
xantaangom,
steviolglikosiede van stevia.

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6.2 Onverenigbaarhede

Geen bekend nie.

6.3 Raklewe

Die raklewe van Forever Marine Collagen is twee jaar.

6.4 Spesiale voorsorgmaatreëls vir bewaring

Berg teen of onder 25°C in 'n koel, droë plek.

6.5 Aard en inhoud van houer

Forever Marine Collagen word voorsien as 'n 13 ml vloeistof in enkeldosis-sakkies. Dertig (30) sakkies word in 'n kartondoos verpak.

6.6 Spesiale voorsorgmaatreëls vir wegdoening

Geen spesiale vereistes nie.

7. HOUER VAN REGISTRASIESERTIFIKAAT

MDI Healthcare cc
Posbus 35259, Menlo Park
Pretoria
0102

Botswana:

Forever Living Products Botswana Pty Ltd
Plot 1681, Eenheid 1,
5M Studios, GICP

Naam en adres van die vervaardiger

Cosmax NBT, Inc.
Icheon-si,
Gyeonggi-do,
South Korea

8. REGISTRASIENOMMER(S)

Moet geallokeer word.

9. DATUM VAN HERSIENING VAN DIE TEKS

Junie 2026.

'n Gevarieerde dieet is die mees doeltreffende en veilige manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasie te bereik.

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