

SCHEDULING STATUS **Sd****LIFE'S BEST CALM CAPSULES****PHARMACEUTICAL CLASSIFICATION:**

Complimentary Medicine Cat D: Health Supplement 34.1 Amino Acids

Life's Best Calm is a health supplement and as such has not been evaluated by the SAHPRA. This unregistered medicine is not intended to diagnose, treat, cure, or prevent any disease. Health supplements are only intended to supplement the diet or to complement health.

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

Available without a doctor's prescription.

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

ACTIVE INGREDIENT PER CAPSULE

L-Theanine	200mg
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Inactives: Microcrystalline Cellulose, Silicon Dioxide

BEFORE YOU TAKE LIFE'S BEST CALM:

- If you are taking other supplements, read the label, since these supplements may contain the same ingredients.
- Do not take if you are hypersensitive to any of the active or inactive ingredients.
- Tell your healthcare provider if you are taking any other medicines, this includes complementary or traditional medicines.

WHAT LIFE'S BEST CALM IS USED FOR:

An essential amino acid designed to help support and promote relaxation.

PREGNANCY AND BREASTFEEDING:

If you are pregnant or breastfeeding, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

DIRECTIONS:

Adults: Take one (1) capsule daily when required or 1 hour before bedtime. Do not exceed the daily recommended dose. Use in children under the guidance of a relevant healthcare provider.

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

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

POSSIBLE SIDE-EFFECTS:

Gastrointestinal upset: Nausea, abdominal pain, constipation, diarrhoea, vomiting, poor appetite.

Not all side effects reported are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, discontinue use immediately and please consult your doctor or pharmacist for advice.

HOW TO STORE AND DISPOSE LIFE'S BEST CALM:

Store all medicines out of reach of children.
Store at or below 25°C in a cool, dry place.
Keep the container tightly closed.
Do not use this medicine after the expiry date shown on the label.
Return all unused or expired medicine to your pharmacist for safe disposal.

PRESENTATION:

Container of 30 Capsules

IDENTIFICATION:

White bovine gelatine capsule containing white powder

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

BFC Pharmaceuticals cc
P.O Box 1581
Kloof
3640
South Africa

DATE OF PUBLICATION

November 2023

SKEDULERINGSTATUS **Sd**

LIFE'S BEST CALM KAPSULES

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne Kat D: Gesondheidsaanvulling 34.1 Aminosure

Life's Best Calm is 'n gesondheidsaanvulling en is nie deur die SAHPRA geëvalueer nie. Hierdie ongeregistreerde medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie. Gesondheidsaanvullings is slegs bedoel om die dieet of gesondheid aan te vul.

LEES HIERDIE HELE BLAD NOUKEURIG DEUR OMDAT DIT BELANGRIKE INLIGTING VIR U BEVAT

Beskikbaar sonder 'n doktersvoorskrif.

- Hou hierdie blad. Dit mag nodig wees dat u dit weer moet lees.
- Moenie met enige ander persoon deel nie.
- Vra vir u gesondheidsorgverskaffer of apteker as u meer inligting of advies benodig.

AKTIEWE BESTANDDEEL PER KAPSULE

L-Teanien	200mg
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Onaktiewe bestanddele: Mikrokristallyne Sellulose, Silikondioksied

VOORDAT U LIFE'S BEST CALM GEBRUIK:

- As u ander aanvullings gebruik, lees die inligtingsblad, aangesien hierdie aanvulling moontlik dieselfde bestanddele kan bevat.
- Moenie gebruik as u oorsensitief is vir enige van die aktiewe of onaktiewe bestanddele nie.
- Laat u gesondheidsorgverskaffer weet as u ander medisyne gebruik, dit sluit komplementêre of tradisionele medisyne in.

WAARVOOR LIFE'S BEST CALM GEBRUIK WORD:

'n Essensiële aminosuur om te help met die ondersteuning en bevordering van ontspanning.

SWANGERSKAP EN BORSVOEDING:

As u swanger is of borsvoed, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

GEBRUIKSAANWYSINGS:

Volwassenes: Neem een (1) kapsule daaglik of 1 uur voor slaaptid. Moenie die daaglikse aanbevole dosis oorskry nie. Gebruik in kinders onder leiding van 'n relevante gesondheidsorgverskaffer.

In geval van 'n oordosis, raadpleeg u dokter of apteker. As een van hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Moenie 'n dubbele dosis inneem om vir vergete individuele dosisse op te maak nie.

MOONTLIKE NEWE-EFFEKTE:

Gastro-intestinale ongemak: Naarheid, braking, maagpyn, hardlywigheid of diarree, swak eetlus.

Nie alle newe-effekte wat aangemeld is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheidstoestand vererger of as u enige ongewenste effekte ervaar terwyl u hierdie medisyne gebruik, moet u onmiddellik die gebruik stop en asseblief u dokter of apteker raadpleeg vir advies.

HOE OM LIFE'S BEST CALM TE STOOR EN WEG TE GOOI:

Bêre alle medisyne buite die bereik van kinders.
Bêre dit by of onder 25°C in 'n koel, droë plek.
Hou die houer stewig toegesluit.
Moenie die medisyne gebruik na die vervaldatum nie.
Gee alle ongebruikte of vervalde medisyne terug aan u apteker vir veilige verwydering.

AANBIEDING:

Houer van 30 Kapsules

IDENTIFIKASIE:

Wit bees gelatien kapsule wat wit poeier bevat

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc
Posbus 1581
Kloof
3640
Suid-Afrika

DATUM VAN PUBLIKASIE

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