

SCHEDULING STATUS [S0]**MN PREMIUM SLEEP WELL CAPSULES****PHARMACEUTICAL CLASSIFICATION:**

Complimentary Medicine Cat D: Health Supplement 34.12 Multiple Substance Formulation

MN Premium Sleep Well 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 INGREDIENTS PER CAPSULE

Relissa™ Phytosome® (Lemon Balm Phytosome® as lemon balm extract from <i>Melissa officinalis</i>)	200mg
Passionflower Extract	250mg
Vitamin B3 (Niacin)	35mg
Vitamin D3 (Cholecalciferol)	25mcg (1000IU)
Magnesium AAC	10mg (elemental)

BEFORE YOU TAKE MN PREMIUM SLEEP WELL:

- 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 MN PREMIUM SLEEP WELL IS USED FOR:

A superior combination of nutrients that promote relaxation before bedtime for improved sleep quality.

Relissa™ Melissa Phytosome® a lemon balm extract scientifically researched for its effectiveness in enhancing sleep quality, mental well-being and overall quality of life. Combined with Phytosome® technology for improved bioavailability.

Relissa™ Melissa Phytosome® is a Registered Trademark of Indena S.P.A., Italy

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 and children 12 years and older: Take one (1) capsule 30 minutes before bedtime, or as needed.
Do not exceed the daily recommended dose.

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 MN PREMIUM SLEEP WELL:

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 Vegetarian Capsules

IDENTIFICATION:

White vegetarian 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

April 2024

SKEDULERINGSTATUS [S0]

MN PREMIUM SLEEP WELL KAPSULES

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne Kat D: Gesondheidsaanvulling 34.12 Meervoudige Stof Formulasie

MN Premium Sleep Well 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 BESTANDDELE PER KAPSULE

Relissa™ Phytosome® (Lemon Balm Phytosome® as suurlemoenbalsem uittreksel van <i>Melissa officinalis</i>)	200mg
Passieblom Uittreksel	250mg
Vitamien B3 (Niacin)	35mg
Vitamien D3 (Cholecalciferol)	25mcg (1000IU)
Magnesium AAC	10mg (elementêr)

VOORDAT U MN PREMIUM SLEEP WELL 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 MN PREMIUM SLEEP WELL GEBRUIK WORD:

'n Premium kombinasie van voedingstowwe wat ontspanning voor slaaptyd bevorder vir verbeterde slaapkwaliteit.

Relissa™ *Melissa Phytosome®* 'n suurlemoenbalsem uittreksel wat wetenskaplik nagevors is vir die doeltreffendheid daarvan om slaap kwaliteit, geestelike welstand en algehele lewenskwaliteit te verbeter. Gekombineer met *Phytosome®* tegnologie vir verbeterde biobeskikbaarheid.

Relissa™ Melissa Phytosome® is 'n geregistreerde handelsmerk van Indena S.P.A., Italië

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 en kinders 12 jaar en ouer: Neem een (1) kapsule 30 minute voor slaaptyd, of soos nodig. Moenie die daaglikse aanbevole dosis oorskry nie.

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 MN PREMIUM SLEEP WELL 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 Vegetariese Kapsules

IDENTIFIKASIE:

Wit vegetariese kapsule wat wit poeier bevat

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc
Posbus 1581
Kloof
3640
Suid-Afrika

DATUM VAN PUBLIKASIE

April 2024