

# WELLVITA SLEEP SUPPORT

## PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® SLEEP SUPPORT (capsule)

## COMPOSITION

Each capsule contains: Active ingredients: Passion flower (*Passiflora incarnata*, herb as a 4:1 extract) 90 mg, Valerian (*Valeriana officinalis*, root as a 10:1 extract) 90 mg, Hops (*Humulus lupulus L.*, flower as 5:1 extract) 50 mg, Jujube (*Ziziphus jujuba*, fruit as a 10:1 extract) 20 mg and Lemon balm (*Melissa officinalis*, leaf as 5:1 extract) 10 mg.

## PHARMACOLOGICAL CLASSIFICATION

D 33.6 Western herbal medicine  
Complementary medicine - Western herbal

## INDICATIONS

Wellvita® Sleep Support is a non-habit forming night-time herbal formula traditionally recognised to promote a more restful sleep by supporting the body's natural restoration processes.

## CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation; or if you are pregnant or breastfeeding. Not suitable for use in children, unless under medical supervision.

## WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments (such as liver disease) or conditions; or if you are taking any prescribed medication (including warfarin), please check with your healthcare provider before taking this medicine.

- If you suffer from diabetes or hormone sensitive conditions (such as breast cancer), please consult your healthcare provider before use.
- Avoid alcohol intake, operation of mechanical machinery or driving when taking this medicine as it causes drowsiness.
- Porphyria: Safety has not been established.

Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.

## PREGNANCY AND LACTATION

Do not use if you are pregnant or breastfeeding.

## INTERACTIONS

If you are taking other medicines regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. Concomitant use of this medicine with medication that has sedative properties may cause additive effects and side effects.

## DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule when necessary at night 30 minutes before bedtime, or as directed by your healthcare provider.

## SIDE EFFECTS

Side effects may include dizziness, confusion, upset stomach and altered consciousness. Not all side effects reported for this medicine 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 consult your doctor, pharmacist or other healthcare provider for advice.

## KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

In case of an overdose, or a suspected overdose, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

## IDENTIFICATION

White capsule.

## PRESENTATION

30 Capsules are packed in a container.

## STORAGE INSTRUCTIONS

Store all medicines out of reach of children. Store in a cool dry place below 25 °C and keep away from direct sunlight. Keep the container tightly closed.

## NAME AND BUSINESS ADDRESS OF THE APPLICANT

Alveta Healthcare (Pty) Ltd, 1 Greenwich Grove, Station Road, Rondebosch, 7700. Company registration number: 2004/021899/07. Pharmacy audit number: Y60123.

## DATE OF PUBLICATION OF THE PACKAGE INSERT

October 2022

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

# WELLVITA SLEEP SUPPORT

## HANDELSMERKNAAM EN DOSEERVORM

WELLVITA® SLEEP SUPPORT (kapsule)

## SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddele: Passieblom (*Passiflora incarnata*, kruie as 'n 4:1 uittreksel) 90 mg, Valeriaan (*Valeriana officinalis*, wortel as 'n 10:1 uittreksel) 90 mg, Hops (*Humulus lupulus* L., blom as 5:1 uittreksel) 50 mg, Jujube (*Ziziphus jujuba*, vrugte as 'n 10:1 uittreksel) 20 mg en Suurlemoenbalsem (*Melissa officinalis*, blaar as 5:1 uittreksel) 10 mg.

## FARMAKOLOGIESE KLASSIFIKASIE

D 33.6 Westerse kruie medisyne  
Komplementêre medisyne - Westerse kruie

## INDIKASIES

Wellvita® Sleep Support is 'n nie-gewoontevormende kruieformule wat tradisioneel erken word om 'n meer rustige slaap te bevorder deur die liggaam se natuurlike herstelprosesse te ondersteun.

## KONTRA-INDIKASIES

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule; of as jy swanger is of borsvoed. Nie geskik vir gebruik in kinders nie, behalwe onder die toesig van 'n geneesheer.

## WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS

As jy enige voorgeskrewe medikasie (insluitend warfarien) gebruik of aan enige ernstige siektes of toestande (soos lewersiektes) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Raadpleeg jou geneesheer voor gebruik indien jy diabetes het, of hormoon sensitiewe kondisies (soos bors kanker).
- Die medisyne kan lomerigheid veroorsaak. Verm y alkohol sowel as om meganiese masjinerie of voertuie te bestuur of te beheer terwyl jy hierdie medisyne gebruik.
- Porfirie: Veiligheid is nie vasgestel nie.

Voedingsaanvullings moet nie 'n gebalanseerde dieët vervang nie. Moenie die aanbevole dosis oorskry sonder om 'n geneesheer te raadpleeg nie.

## SWANGERSKAP EN BORSVOEDING

Moenie gebruik as jy swanger of borsvoed nie.

## INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplementêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Gelyktydige gebruik van hierdie medisyne met medikasie wat sederende eienskappe bevat, mag die effek daarvan vererger en nuwe-effekte veroorsaak.

## DOSES EN GEBRUIKSAANWYSINGS

Volwassenes: Wanneer nodig, neem een kapsule saans 30 minute voor slaaptyd, of soos jou geneesheer voorskryf.

## NEWE-EFFEKTE

Nuwe-effekte kan duiseligheid, verwarring, omgekrapte maag en bewussynversteurings insluit. Sommige aangemelde nuwe-effekte is nie in hierdie voubiljet ingesluit nie. Indien jy enige onaangename nuwe-effekte ervaar of voel dat jou algemene gesondheid verswak, hou onmiddellik op om die medisyne te gebruik en kontak jou geneesheer.

## BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING

In geval van oordosering, of indien oordosering vermoed word, raadpleeg jou geneesheer onmiddellik. Behandeling is simptome en ondersteunend.

## IDENTIFIKASIE

Wit kapsule.

## AANBIEDING

30 Kapsules verpak in 'n plastiekhouer.

## BERGINGSAAANWYSINGS

Berg alle medisyne buite bereik van kinders. Berg in 'n koel, droë plek onder 25 °C en hou weg van direkte sonlig. Hou die houer dig toe.

## NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT

Alveta Healthcare (Pty) Ltd, Greenwich Grove 1, Station weg, Rondebosch, 7700. Maatskappy registrasie nommer: 2004/021899/07. Apteek oudit nommer: Y60123.

## DATUM VAN VOUBILJET PUBLIKASIE

Oktober 2022

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