

# ULTIMA TRANQUIL SLEEP

## PATIENT INFORMATION LEAFLET

**Discipline:** Western Herbal Medicine

**ULTIMA TRANQUIL SLEEP has not been evaluated by the Medicines Control Council. It is not intended to diagnose, treat, cure or prevent any disease. It does not purport to be a medicine and makes no claims whatsoever.**

#### SCHEDULING STATUS

To be allocated by Council.

#### PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

**ULTIMA TRANQUIL SLEEP** (capsules)

**Please read this leaflet carefully before you start taking ULTIMA TRANQUIL SLEEP.**
**ULTIMA TRANQUIL SLEEP** is available without a doctor’s prescription, for you to treat mild illness. Nevertheless you still need to use it carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **ULTIMA TRANQUIL SLEEP** with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 10 days.

#### 1. WHAT ULTIMA TRANQUIL SLEEP CONTAINS

**The active ingredients per capsule are:** 12,5 mg choline bitartrate, 200 ug folic acid, 12,5 mg ginkgo biloba extract, 5 mg hops extract (humulus lupulus), 12,5 mg inositol, 49 mg lemon balm extract (melissa officinalis), 1,5 µg methylcobalamin (vitamin B12), 10 mg niacin (vitamin B3), 5 mg pantothenic acid (vitamin B5), 30 mg passion flower extract (passiflora incarnate), 1 mg pyridoxine (vitamin B6), 0,9 mg riboflavin (vitamin B2), 0,75 mg thiamine (vitamin B1) and 80 mg valerian extract (valeriana officinalis)
The other ingredients are: magnesium stearate, starch and syloid.

#### 2. WHAT ULTIMA TRANQUIL SLEEP IS USED FOR

**ULTIMA TRANQUIL SLEEP** is used to help provide a deep, restful night’s sleep, naturally.

#### 3. BEFORE YOU TAKE ULTIMA TRANQUIL SLEEP

**Do not take ULTIMA TRANQUIL SLEEP:**
If you are hypersensitive (allergic) to any of the ingredients in it (see **WHAT ULTIMA TRANQUIL SLEEP CONTAINS**).
**Take special care with ULTIMA TRANQUIL SLEEP:**

- If you are having surgery done. You should stop taking **ULTIMA TRANQUIL SLEEP** 2 weeks before you have any surgery done.
- If you suffer from any chronic medical condition. Please contact your doctor before you start taking **ULTIMA TRANQUIL SLEEP**.
- If you are also taking other supplements (see Taking other medicines with **ULTIMA TRANQUIL SLEEP**.)
- If you are pregnant or breastfeeding (see Pregnancy and breastfeeding).

#### Taking ULTIMA TRANQUIL SLEEP with food or drink:

It can be taken with or without food.

**Pregnancy and breastfeeding:**
If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or healthcare professional for advice before taking it.

**Driving and using machinery:**
**ULTIMA TRANQUIL SLEEP** may impair your ability to drive a vehicle and use machinery. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how **ULTIMA TRANQUIL SLEEP** affects you.

#### Taking other medicines with ULTIMA TRANQUIL SLEEP:

Always tell your healthcare professional if you are taking any other medicine (this includes complementary or traditional medicines).
\*See contra Indications on package insert provided.

The following medicines may cause an interaction when used in combination with **ULTIMA TRANQUIL SLEEP:**

- Blood thinning medication i.e. Warfarin

#### 4. HOW TO TAKE ULTIMA TRANQUIL SLEEP

Dosage may vary between patients and depends on your lifestyle, stress level, and age.

**Introductory Dosage:** Begin by taking only one capsule the first night, take 45 min to 1 hour before bedtime. You may find that only one capsule is effective.

**Normal Dosage: 2 capsules daily,** in some cases 3 capsules before bedtime may be needed to get the desired result.

**Maximum Dosage: 4 capsules daily.**

#### Do not exceed the recommended dose.

If you have the impression that the effect is too strong or too weak, talk to your doctor or pharmacist.

**If you take more ULTIMA TRANQUIL SLEEP than you should:**

In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take this leaflet and the rest of the remaining capsules with you so the doctor will know what you have taken.

**If you forget to take ULTIMA TRANQUIL SLEEP:**

If you have missed your dose by only a few hours, take the missed dose as soon as you remember. If it is almost time for your next dose, skip the missed dose and take it at the next regularly scheduled time. Do not take a double dose to make up for forgotten individual doses.

**5. POSSIBLE SIDE EFFECTS**
**ULTIMA TRANQUIL SLEEP** can have side effects.
**Not all side effects reported for ULTIMA TRANQUIL SLEEP are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking it, please consult your doctor, pharmacist or other healthcare professional for advice.**

If any of the following happens, stop taking **ULTIMA TRANQUIL SLEEP** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of your hands, feet, ankles, face, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.
- Yellowing of your skin and eyes, also called jaundice.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **ULTIMA TRANQUIL SLEEP**. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- chest pain
- angina
- changes in the way your heart beats, for example, if you notice it beating faster,
- difficulty breathing,
- signs of recurrent infections such as fever or sore throat,
- less urine than is normal for you,

These are all serious side effects. You may need urgent medical attention.

Tell your doctor as soon as possible if you notice any of the following:

- nausea (feeling sick)
- abdominal cramps or stomach pains,
- headache,
- dizziness,
- tiredness,
- light-headedness,
- dry cough,
- muscle cramps,
- flatulence or wind,
- diarrhoea,
- loss of appetite.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### 6. STORING AND DISPOSING OF ULTIMA TRANQUIL SLEEP

- Store at or below 25°C.
- Do not remove from outer carton until required for use.
- STORE ALL MEDICINES OUT OF REACH OF CHILDREN.**
- Do not use after the expiry date printed on the label or carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

#### 7. PRESENTATION OF ULTIMA TRANQUIL SLEEP

175 ml vitamin bottle with black screw cap.
Bottle containing 60 capsules is packed in an outer container.

#### 8. IDENTIFICATION OF ULTIMA TRANQUIL SLEEP

Beige powder in clear capsule. Please note due to ingredients powder colour may vary.

#### 9. REGISTRATION NUMBER

To be allocated by Council.

#### 10. NAME AND ADDRESS OF THE REGISTRATION HOLDER

P2Life (Pty) Ltd.
P.O. Box 30043
Tokai, 7966

#### 11. DATE OF PUBLICATION

To be allocated by Council.

## PRODUCT INFORMATION LEAFLET

**Discipline:** Western Herbal Medicine

**ULTIMA TRANQUIL SLEEP has not been evaluated by the Medicines Control Council. ULTIMA TRANQUIL SLEEP is not intended to diagnose, treat, cure or prevent any disease.**

#### SCHEDULING STATUS

To be allocated by Council.

#### PROPRIETARY NAME AND DOSAGE FORM

**ULTIMA TRANQUIL SLEEP** (capsules)

#### COMPOSITION

**The active ingredients per capsule are:** 12,5 mg choline bitartrate, 200 ug folic acid, 12,5 mg ginkgo biloba extract, 5 mg hops extract (humulus lupulus), 12,5 mg inositol, 49 mg lemon balm extract (melissa officinalis), 1,5 µg methylcobalamin (vitamin B12), 10 mg niacin (vitamin B3), 5 mg pantothenic acid (vitamin B5), 30 mg passion flower extract (passiflora incarnate), 1 mg pyridoxine (vitamin B6), 0,9 mg riboflavin (vitamin B2), 0,75 mg thiamine (vitamin B1) and 80 mg valerian extract (valeriana officinalis).
The other ingredients are: magnesium stearate, starch and syloid.

#### PHARMACOLOGICAL CLASSIFICATION

D 32.16 Other

**PHARMACOLOGICAL ACTION**
**Ginkgo Biloba Extract:** Helps to enhance cognitive function in adults (Cieza et al. 2003, Santos et al. 2003, Mix and Crews 2002, Stough et al. 2001, Kennedy et al. 2000, Mix and Crews 2000)
Helps to enhance memory in adults (Santos et al. 2003, Stough et al. 2001, Kennedy et al. 2000, Mix and Crews 2000)
Helps to support peripheral circulation (Boelsma et al. 2004, Mehlsen et al. 2002, Pittler and Ernst 2000)
**Hops Extract:** Traditionally used in Herbal Medicine to help relieve nervousness (sedative and/or calmative) (EMEA 2007; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Bradley 1992; Grieve 1971 [1931]). Traditionally used in Herbal Medicine as a sleep aid (hypnotic) (EMEA 2007; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Bradley 1992;

Felter and Lloyd 1983 [1898])
Traditionally used in Herbal Medicine as an aromatic bitter to aid digestion and to increase appetite (Mills and Bone 2005; Bradley 1992; Grieve 1971 [1931]).
**Lemon Balm Extract:** Traditionally used in Herbal Medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress) (EMEA 2007). Traditionally used in Herbal Medicine to help relieve digestive disturbances, such as dyspepsia (EMEA 2007).
**Passionflower Extract:** Traditionally used in Herbal Medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress) (EMEA 2007)
**Valerian Extract:** Traditionally used in Herbal Medicine to help relieve nervousness (calmative/sedative) (EMEA 2006, Mills and Bone 2005, Bradley 1992, Ellingwood 1983[1919], Felter 1983[1922]). Traditionally used in Herbal Medicine as a sleep aid/to help promote sleep (Mills and Bone 2005, Ziegler et al. 2002, Blumenthal et al. 2000, Dominguez et al. 2000, Donath et al. 2000, Bradley 1992, Balderer and Borbély 1985, Leathwood and Chauffard 1985, Ellingwood 1983[1919], Felter and Lloyd 1983[1898], Leathwood et al. 1982)
**Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid:** Factors in the maintenance of good health (IOM 2006; IOM 1998).

### INDICATIONS

**ULTIMA TRANQUIL SLEEP** is a blend of safe, herbal remedies that promote a deep, restful night’s sleep, allowing you to awaken feeling refreshed, rejuvenated and alert.

### CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of **ULTIMA TRANQUIL SLEEP** (see **COMPOSITION**).

Do not use if you are taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding (Brinker 2009, Bent et al. 2005)

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.

Ginkgo might decrease how quickly the liver breaks down some medications. Taking ginkgo along with some medications that are changed by the liver might increase the effects and side effects of some medications. Before taking ginkgo talk to your healthcare provider if you take any medications that are changed by the liver.

### WARNINGS AND SPECIAL PRECAUTIONS

**ULTIMA TRANQUIL SLEEP** does not purport to be a medicine and makes no claims whatsoever.

Patients who are taking prescription medicine, suffering from any chronic medical condition or are pregnant or lactating, must consult a medical practitioner before taking **ULTIMA TRANQUIL SLEEP**.

Patients should be advised not to exceed the recommended daily dose. Patients should be advised to take special care if taking other supplements, since these supplements may contain the same ingredients.

### Do not exceed the recommended dosage.

Ginkgo biloba should only be used under medical supervision in individuals suffering with epilepsy, diabetes or bleeding disorders.
Consumption with alcohol, other medications and/or natural health products with sedative properties is not recommended (Brinker 2007).

Consult a health care practitioner prior to use if you have depression and/or related diseases (Brinker 2001; McGuffin et al. 1997).

Hypersensitivity to Passionflower (e.g. allergy) has been known to occur; in which case, discontinue use (EMEA 2007).

#### Effects on ability to drive and operate machines:

Patients should not drive a vehicle or operate machinery while taking **ULTIMA TRANQUIL SLEEP**. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness

**Allergens:**
Hypersensitivity to Passionflower (e.g. allergy) has been known to occur; in which case, discontinue use (EMEA 2007).

### INTERACTIONS

**ULTIMA TRANQUIL SLEEP** may interact with prescription medicine or other supplements.

Care must be taken when using products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding (Brinker 2009, Bent et al. 2005)

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.

Ginkgo might decrease how quickly the liver breaks down some medications. Taking ginkgo along with some medications that are changed by the liver might increase the effects and side effects of some medications. Before taking ginkgo talk to your healthcare provider if you take any medications that are changed by the liver. Ginkgo Biloba has been shown to reduce platelet aggregation and blood clotting. The use of anticoagulants should be avoided or carefully monitored. Medicines that have anticoagulant effects include Warfarin, Asprin and others.

No other interaction studies have been performed.

**PREGNANCY AND LACTATION**
Safety in pregnancy and lactation has not been established.
Do not take if you are pregnant or breast-feeding.

**DOSAGE AND DIRECTIONS FOR USE**
Dosage may vary between patients and depends on the lifestyle, stress level, and age.

**Introductory Dosage:** Begin by taking only one capsule the first night, take 45 min to 1 hour before bedtime.
You may find that only one capsule is effective.
**Normal Dosage: 2 capsules daily.** In some cases 3 capsules before bedtime may be needed to get the desired result.
**Maximum Dosage: 4 capsules daily.**

#### Do not exceed the recommended dosage.

**SIDE EFFECTS**
**Infections and infestations:**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Neoplasms benign and malignant (including cysts and polyps)**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Blood and the lymphatic system disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Immune system disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Endocrine disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Metabolism and nutrition disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Psychiatric disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Nervous system disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Eye disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Ear and labyrinth disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Cardiac disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Vascular disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Respiratory, thoracic and mediastinal disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Gastrointestinal disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Hepatobiliary disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Skin and subcutaneous tissue disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Musculoskeletal, connective tissue and bone disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Renal and urinary disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Pregnancy, puerperium and perinatal conditions**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Reproductive system and breast disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Congenital and familial/genetic disorders**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**General disorders and administrative site conditions**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**Investigations**
Frequency unknown: Hops Extract
Frequency unknown: Lemon Balm Extract
Frequency unknown: Passionflower and Ginkgo Biloba
Frequency unknown: Valerian Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid

**KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT**
Treatment is symptomatic and supportive.

**IDENTIFICATION**
Beige powder in clear capsule. Please note due to ingredients powder colour may vary.

**PRESENTATION**
175 ml vitamin bottle with black screw cap.
Bottle containing 60 capsules is packed in an outer container.

**STORAGE INSTRUCTIONS**
Store at or below 25°C.

#### KEEP OUT OF REACH OF CHILDREN.

**REGISTRATION NUMBER**
To be allocated by Council.

**NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION**
P2Life (Pty) Ltd.
P.O. Box 30043
Tokai, 7966

**DATE OF PUBLICATION OF PACKAGE INSERT**
To be allocated by Council.

## ULTIMA TRANQUIL SLEEP

### PASIËNTINLIGTINGSBLAADJIE

**Dissipline:** Wes Herbal Medisyne

Ultima Tranquil Sleep

**ULTIMA TRANQUIL SLEEP** is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siektes te voorkom nie. Dit wil nie voorgee om 'n medisyne te wees nie en maak geen eise hoegenaamd nie.

**SKEDULERINGSTATUS:** Moet toegeken word deur die Raad.

**EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM**
**ULTIMA TRANQUIL SLEEP** (kapsules)

**Lees asseblief hierdie pamflet sorgvuldig voordat jy ULTIMA TRANQUIL SLEEP begin neem.**

**ULTIMA TRANQUIL SLEEP** is beskikbaar sonder 'n voorskrif, om ligte siekte te behandel. Tog is dit nog nodig om dit versigtig te gebruik om die beste resultate te bekom.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie **ULTIMA TRANQUIL SLEEP** met enige ander persoon deel nie.
- Vra jou apteaker indien jy meer inligting of advies nodig het.
- Jy moet 'n dokter sien as jou simptome vererger of nie na (10) dae verbeter nie.

**1. WAT BEVAT ULTIMA TRANQUIL SLEEP**
The aktiewe bestanddele in elke kapsel is: 200 ug foliensuur, 12,5 mg ginkgo biloba ekstrak, 5 mg hops ekstrak (humulus lupulus), 12,5 mg inositol, 12,5 mg kolien bitartraat, 49 mg lemon balm ekstrak (melissa officinalis), 1,5 µg methylcobalamin (vitamien B12), 10 mg niasien (vitamien B3), 5 mg pantothenaat (vitamien B5), 30 mg passion flower ekstrak (passiflora incarnate), 1 mg piridoksien (vitamien B6), 0,9mg riboflaviën (vitamien B2), 0,75 mg tiamien (vitamien B1) en 80 mg valerian ekstrak (valeriana officinalis). Die ander bestanddele is: magnesiumsteeraat, stysel en silikondioksied

**2. WAT WORD ULTIMA TRANQUIL SLEEP GEBRUIK VIR**
**ULTIMA TRANQUIL SLEEP** word gebruik om te help om 'n natuurlike diep, rustige nag se slaap, te hê.

**3. VOOR JY ULTIMA TRANQUIL SLEEP NEEM**
**Moenie ULTIMA TRANQUIL SLEEP neem:**
As jy hipersensitief (allergies) aan enige van die bestanddele is nie (Sien **WAT BEVAT ULTIMA TRANQUIL SLEEP**)
**Neem spesiale sorg met ULTIMA TRANQUIL SLEEP:**

- Indien jy vir 'n operasie gaan. Jy moet 2 weke voor enige chirurgie met **ULTIMA TRANQUIL SLEEP** ophou.
- As jy aan enige chroniese mediese toestand jy. Kontak asseblief jou dokter voordat jy die produk begin neem.
- As jy ander aanvullings ook neem (sien Om ander medisyne met **ULTIMA TRANQUIL SLEEP** te neem).
- As jy swanger is of borsvoed (sien **Swanger en Borsvoeding**).

**Neem ULTIMA TRANQUIL SLEEP met kos of drank:**
Dit kan met of sonder kos geneem word.

**Swangerskap en borsvoeding:**
As jy swanger is of jy jou baba borsvoed, raadpleeg jou dokter, apteker of gesondheidsorg professionele vir advies voordat jy die produk neem.

**Ry en die gebruik van masjinerie:**
**ULTIMA TRANQUIL SLEEP** kan jou vermoë om 'n voertuig te bestuur en gebruik van masjinerie benadeel. Moet nie 'n voertuig bestuur, masjinerie bedryf, of enigiets anders wat jou aandag vereis doen nie, totdat jy weet hoe **ULTIMA TRANQUIL SLEEP** jou raak.

**Om ander medisyne met ULTIMA TRANQUIL SLEEP te neem:**
Vertel altyd vir jou gesondheidsorg professionele as jy enige ander medisyne neem (dit sluit komplementêre of tradisionele medisyne ook in).
\* Sien Kontra-indikasies op voubljlet verskaf.

**4. HOE OM ULTIMA TRANQUIL SLEEP TE NEEM**
Dosis kan tussen pasiënte wissel en hang af van jou leefstyl, stres vlak en ouderdom.

**Inleidende Dosis:** Neem eers een kapsel die eerste aand, neem 45 minute tot 'n uur voor slaapyd. Dalk benodig jy net een kapsel.
**Normale Dosis: 2 Kapsules daagliks.**
In sommige gevalle is 3 kapsules benodig om die gewenste resultaat te bereik.
**Maksimum Dosis: 4 Kapsules daagliks.**

**Moenie die aanbevole dosis oorskry nie.**
As jy die indruk kry dat die effek te sterk of te swak is, praat met jou dokter of apteaker.

**As jy te veel ULTIMA TRANQUIL SLEEP neem:**
In die geval van 'n oordosis, raadpleeg jou dokter of apteaker. Indien nie beskikbaar nie, kontak die naaste hospitaal of gif sentrum.
Neem hierdie pamflet en die res van die oorblywende kapsules met jou saam, sodat die dokter weet wat jy geneem het.

**As jy vergeet om ULTIMA TRANQUIL SLEEP te neem:**
As jy jou dosis deur slegs 'n paar uur gemis het, neem die dosis so gou as wat jy onthou.
As dit amper tyd vir jou volgende dosis is, moet nie die vergete dosis neem nie.
Neem dit by die volgende gereelde geskeduleerde tyd.
Moenie 'n dubbele dosis neem om op te maak vir die vergete dosis nie.

**5. MOONTLIKE NEWE-EFFEKTE**
**ULTIMA TRANQUIL SLEEP** kan dalk newe-effekte hê.
**Nie alle newe-effekte vir ULTIMA TRANQUIL SLEEP is in hierdie pamflet ingesluit nie.**
**Indien u algemene gesondheid versleg of indien u enige ongewenste effekte ervaar, terwyl jy die produk neem, raadpleeg jou dokter, apteaker of ander professionele gesondheidsorgwerker vir advies.**

Indien enige van die volgende plaasvind, staak gebruik van **ULTIMA TRANQUIL SLEEP** en vertel onmiddellik vir jou dokter; of gaan na die ongevalle-afdeling vir jou naaste hospitaal:

- Swelling van jou hande, voete, enkels, gesig, mond of keel, wat probleme met insluk en asemhaling kan veroorsaak.
- Uitslag of jeuk.
- Flou word.
- Vergelyng van jou vel en oë, Geelsug ook genoem.

Hierdie is baie ernstige newe-effekte. As jy enige simptome het, is dit dalk 'n allergiese reaksie. Jy kan dalk dringende mediese aandag of hospitalisasie benodig.

Vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling by jou naaste hospitaal as jy enige van die volgende ervaar:

- borspyn
- angina
- veranderinge in die manier waarop jou hart klop, byvoorbeeld, as jy voel dit klop vinniger
- moeilike asemhaling,
- tekens van herhaalde infeksies soos koors of seer keel,
- minder urine as normaal,

Hierdie is die ernstige newe-effekte. Jy kan dalk dringende mediese aandag benodig.

Vertel jou dokter so gou as moontlik as jy enige van die volgende ervaar:

- naarheid (siek voel)
- maagkrampe of maag pyn,
- hoofpyn,
- duiseligheid,
- moegheid,
- lighoofdigheid,
- droë hoes,
- spierkrampe,
- winderigheid of wind,
- diarree,
- verlies van eetlus.

As jy enige newe-effekte ervaar wat nie in hierdie pamflet genoem is nie, raadpleeg asseblief jou dokter of apteaker.

**6. DIE STOOR EN BERGING VAN ULTIMA TRANQUIL SLEEP**

- Berê op of onder 25°C.
- Moet nie uit die buitenste box verwyder totdat dit benodig word nie.
- BERÊ ALLE MEDISYNE BUITE BEREIK VAN KINDERS.**
- Moet nie na die vervaldatum, wat op die etiket of karton gedruk is, gebruik nie.
- Gee alle ongebruikte medisyne na u apteaker.
- Moet nie ontslae raak van ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) nie.

**7. AANBIEDING VAN ULTIMA TRANQUIL SLEEP**
Box met 175ml vitamien bottel met swart skroefdoop - bevat 60 kapsules.

**8. IDENTIFIKASIE VAN ULTIMA TRANQUIL SLEEP**
Beige poeier in kapsel. Te danke aan die bestanddele, kan die poeier kleur wissel.

**9. REGISTRASIE NOMMER**
Moet toegeken word deur die Raad.

**10. NAAM EN ADRES VAN DIE REGISTRASIEHOUER**
P2Life (Pty) Ltd.
Posbus 30043
Tokai, 7966

**11. DATUM VAN PUBLIKASIE**
Moet toegeken word deur die Raad.

### PRODUKINLIGTINGSBLAADJIE

**Dissipline:** Wes Herbal Medisyne

Ultima Tranquil Sleep

**ULTIMA TRANQUIL SLEEP** is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siekte te voorkom nie. Dit wil nie voorgee om 'n medisyne te wees nie en maak geen eise hoegenaamd nie.

**SKEDULERINGSTATUS:** Moet toegeken word deur die Raad.

**EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM**
**ULTIMA TRANQUIL SLEEP** (kapsules)

**SAMESTELLING**
**Aktiewe Bestanddele:**
**Eike kapsel bevat:** 200 ug foliensuur, 12,5 mg ginkgo biloba ekstrak, 5 mg hops ekstrak (humulus lupulus), 12,5 mg inositol, 12,5 mg kolien bitartraat, 49 mg lemon balm ekstrak (melissa officinalis), 1,5 µg methylcobalamin (vitamien B12), 10 mg niasien (vitamien B3), 5 mg pantothenaat (vitamien B5), 30 mg passionflower ekstrak (passiflora incarnate), 1 mg piridoksien (vitamien B6), 0,9mg riboflaviën (vitamien B2), 0,75 mg tiamien (vitamien B1) en 80 mg valerian ekstrak (valeriana officinalis). Die ander bestanddele is: magnesiumsteeraat, stysel en silikondioksied.

**FARMAKOLOGIESE KLASSIFIKASIE**
D32.16 Ander

**FARMAKOLOGIESE WERKING**
**Ginkgo Biloba Ekstrak:** Help om kognitiewe funksie in volwassenes te verbeter (Cieza et al. 2003, Santos et al. 2003, Mix and Crews 2002, Stough et al. 2001, Kennedy et al. 2000, Mix and Crews 2000)
Help om geheue in volwassenes te verbeter (Santos et al. 2003, Stough et al. 2001, Kennedy et al. 2000, Mix and Crews 2000)
Help om perifere sirkulasie te ondersteun (Boelsma et al. 2004, Mehlsen et al. 2002, Pittler and Ernst 2000)
**Hops Ekstrak:**Tradisioneel gebruik in kruie medisyne om senuweeagtigheid te help verlig (kalmeermiddel)(EMA 2007; Mills en been 2005; ESCOP 2003 Hoffmann 2003

Blumenthal et al 2000; Bradley 1992; treur 1971 [1931]).
Tradisioneel gebruik in kruie medisyne as 'n slaap steun (hipnotiese) (EMA 2007; Mills en Bone 2005; ESCOP 2003 Hoffmann 2003.
Blumenthal et al 2000; Bradley 1992; Felter en Lloyd 1983 [1898])
Tradisioneel gebruik in kruie medisyne as 'n aromatiese bitter om vertering en eetlus te help verhoog (Mills en been 2005; Bradley 1992; treur 1971 [1931]).
**Lemon Balm Ekstrak:** Tradisioneel gebruik in kruie medisyne as 'n slaap steun (in gevalle van onrus of slapeloosheid as gevolg van geestelike spanning) (EMA 2007).
Tradisioneel gebruik in kruie medisyne om spysverteringsstelsel versterings, soos dispepsie te help verlig (EMA 2007).
**Passionflower Ekstrak:** Tradisioneel gebruik in kruie medisyne as 'n slaap steun (in gevalle van onrus of slapeloosheid as gevolg van geestelike spanning) (EMA 2007)
**Valerian Ekstrak:** Tradisioneel gebruik in kruie medisyne om senuweeagtigheid te help verlig (kalmeermiddel) (EMA 2006, Mills en Bone 2005, Bradley 1992, Ellingwood 1983 [1919], Felter 1983 [1922]).
Tradisioneel gebruik in kruie medisyne as 'n slaap hulp /help om slaap te bevorder (Mills en Bone 2005, Ziegler et al. 2002
Blumenthal et al. 2000, Dominguez et al. 2000, Donath et al. 2000, Bradley 1992, Balderer en Borbely 1985, Leathwood en Chaurffard 1985, Ellingwood 1983 [1919], Felter en Lloyd 1983 [1898], Leathwood et al. 1982)
**Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur:** Faktore in die handhawing van goeie gesondheid (IOM 2006; IOM 1998).

### INDIKASIES

**ULTIMA TRANQUIL SLEEP** is 'n mengsel van veilige, kruie wat 'n diep, rustige nag se slaap bevorder, sodat jy verfris en vernuut wakker word.

### KONTRA-INDIKASIES

Moet nie gebruik as jy enige gesondheidsorg produkte wat 'n invloed op bloedstolling het nie (bv. bloed verdunner, stollingsfaktor plaasvervangers, asetielsalsiëlsuur, ibuprofen, vis olieë, vitamien E), want dit kan die risiko van spontane bloeding dalk verhoog. (Brinker 2009, Bent et al.2005).
Sommige medikasie wat bloedstolling verswak sluit aspirien, Clopidogrel (Plavix), diklofenak (Voltaren, Cataflam, ander), ibuprofen (Advil, Motrin, ander), Naproxen (Anaprox, Naprosyn, ander), dalteparin (Fragmin), enoxaparin (Lovenox), heparien, warfarin (Coumadin), en ander in.
Ginkgo kan dalk die uiteensetting van medikasie in die lewer verminder. Om ginkgo saam met sommige medikasie wat deur die lewer verander word te neem, kan dalk die effekte en newe-effekte van sommige medikasie verhoog.
Voor jy ginkgo neem praat met jou gesondheidsorgverskaffer indien jy enige medikasie wat deur die lewer verander word neem.

**WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS**
Hierdie produk wil nie voorgee om 'n medisyne te wees nie en maak geen eise hoegenaamd nie.
Pasiënte wat voorskrif medisyne neem, ly aan enige chroniese mediese toestand of swanger is of borsvoed, moet 'n mediese praktysyn voordat **ULTIMA TRANQUIL SLEEP** gebruik word, raadpleeg.
Pasiënte moet ingelig word om nie die aanbevole daaglikse dosis te oorskry nie.
Pasiënte moet ingelig word om spesiale sorg te neem as ander aanvullings gebruik word, aangesien hierdie aanvullings kan dalk dieselfde bestanddele bevat.

**Moenie die aanbevole dosis oorskry nie.**
As jy die indruk kry dat die effek te sterk of te swak is, praat met jou dokter of apteaker.

Ginkgo biloba moet net onder mediese toesig gebruik word in individue wat met epilepsie, diabetes of bloeding versteurings ly.

Verbruik van alkohol, ander medikasie en/ of natuurlike gesondheid produkte met kalmerende eienskappe word nie aanbeveel nie (Brinker 2007).
Raadpleeg 'n gesondheidsorg praktysyn voor gebruik as jy depressie en/of aan verwante siektes ly (Brinker 2001; McGuffin et al 1997.).
Hipersensitiewiteit vir Passionflower (bv allergieë) is bekend om plaas te vind; in welke geval, staak gebruik (EMA 2007).

**Uitwerking op die vermoë om te bestuur en masjene te werk:**
Pasiënte behoort nie 'n voertuig te bestuur nie of met masjinerie te werk nie, voordat die gevolge van **ULTIMA TRANQUIL SLEEP** bekend is.
Sommige mense kan lomerigheid ervaar. Wees versigtig met swaar masjinerie of motorvoertuie of indien jy betrokke is in aktiwiteite wat geestelike paraatheid benodig.

**Allergene:**
Hipersensitieweit vir Passionflower (bv allergieë) is bekend om plaas te vind; in welke geval, staak gebruik (EMA 2007).

### INTERAKSIES

**ULTIMA TRANQUIL SLEEP** mag 'n interaksie met voorskrif medisyne of ander aanvullings hê.

Sorg moet geneem word wanneer die gebruik van produkte wat 'n invloed op bloedstolling het (bloed verdunner, stollingsfaktor plaasvervangers, asetielsalsiëlsuur, ibuprofen, vis olieë, vitamien E), want dit kan die risiko van spontane bloeding verhoog. (Brinker 2009 ls et al. 2005)
Sommige medikasie wat bloedstolling verswak sluit aspirien, Clopidogrel (Plavix), diklofenak (Voltaren, Cataflam, ander), ibuprofen (Advil, Motrin, ander), Naproxen (Anaprox, Naprosyn, ander), dalteparin (Fragmin), enoxaparin (Lovenox), heparien, warfarin (Coumadin), en ander in.
Ginkgo kan dalk die uiteensetting van medikasie in die lewer verminder. Om ginkgo saam met sommige medikasie wat deur die lewer verander word te neem, kan dalk die effekte en newe-effekte van sommige medikasie verhoog.
Voor jy ginkgo neem praat met jou gesondheidsorgverskaffer indien jy enige medikasie wat deur die lewer verander word neem.

Geen ander interaksie studies is uitgevoer nie.

**SWANGERSKAP EN LAKTASIE**
Veiligheid tydens swangerskap en laktasie is nie vasgestel nie.
Moet nie neem nie as jy swanger is of as jy borsvoed.

**DOSIS EN GEBRIUKSAANWYSINGS:**
Dosis kan tussen pasiënte wissel en hang af van jou leefstyl, stres vlak en ouderdom.

**Inleidende Dosis:** Neem eers een kapsel die eerste aand, neem 45 minute tot 'n uur voor slaapyd. Dalk benodig jy net een kapsel.
**Normale Dosis: 2 Kapsules daagliks.**
In sommige gevalle is 3 kapsules benodig om die gewenste resultaat te bereik.
**Maksimum Dosis: 4 Kapsules daagliks.**

**Moenie die aanbevole dosis oorskry nie.**
As jy die indruk kry dat die effek te sterk of te swak is, praat met jou dokter of apteaker.

#### NEWE-EFFEKTE

**Infeksies en infestasies:**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Neoplasmas benigne en maligne (insluitend siste en poliepe)**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Bloed en die limfatiese stelsel**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Immunistelsel versteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Endokriene afwykings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Metabolisme en voeding**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Psigiatriese versteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Senusisteamversteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Oogversteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Oor en labirint versteurings**
Frekwensie onbekend: Hops Ekstrak
Frekieënie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Hartsiektes**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Vaskulêre toestand**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Respiratoriese, torakale en mediastinale versteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Gastroïntestinale versteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Hepatobiliêre versteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Vel en subkutane weefsel**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Muskulosletale, bindweefsel en been-afwykings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Renale en urinêre versteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Swangerskap, puerperium en perinatale voorwaardes**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Voortplantingstelsel en bors versteurings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Aangebore en erflike/genetiese afwykings**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Algemene versteurings en administratiewe terrein toestande**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**Ondersoeke**
Frekwensie onbekend: Hops Ekstrak
Frekwensie onbekend: Lemon Balm Ekstrak
Frekwensie onbekend: Passionflower & Ginkgo Biloba
Frekwensie onbekend: Valerian Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12 en Foliensuur

**BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING**
Behandeling is simptomaties en ondersteunend.
**IDENTIFIKASIE**
Beige poeier in kapsel. Te danke aan die bestanddele kan die poeier kleur wissel.

**AANBIEDING**
Box wat 'n 175ml vitamiene bottel met swart skroefdoop bevat - bottel bevat 60 kapsules

**BERGINGSAAWYSINGS**
Bêre op of onder 25°C.

**HOU BUITE BEREIK VAN KINDERS.**

**REGISTRASIEKOMMER**
Moet toegeken word deur die Raad.

**NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFKAAT**
P2Life (Pty) Ltd.
P.O. Box 30043
Tokai, 7966

**DATUM VAN PUBLIKASIE VAN VOUBLJET**
Moet toegeken word deur die Raad.