

PATIENT INFORMATION LEAFLET: SFERA FULL SPECTRUM MUSHROOM COMPLEX

SCHEDULING STATUS **[S0]**

PRODUCT NAME, STRENGTH AND PHARMACEUTICAL FORM

SFERA FULL SPECTRUM MUSHROOM COMPLEX. Each capsule contains 100 mg *Lentinula edodes* (Shiitake mushroom) [fruiting body, water ethanol extract 10:1], 100 mg *Cordyceps sinensis* (Cordyceps mushroom) [whole mushroom, water ethanol extract 10:1], 100 mg *Ganoderma lucidum* (Reishi mushroom) [fruiting body, water ethanol extract 10:1], 100 mg *Grifola frondosa* (Maitake mushroom) [fruiting body, water ethanol extract 10:1], 100 mg *Hericium erinaceus* (Lion's Mane mushroom) [fruiting body, water ethanol extract 10:1].
No added sugar.
Suitable for vegetarians and vegans.

COMPLEMENTARY MEDICINE: WESTERN HERBAL MEDICINE

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

Read all of this leaflet carefully because it contains important information for you.

SFERA FULL SPECTRUM MUSHROOM COMPLEX is available without a doctor's prescription, for you to use as a health supplement. Nevertheless you still need to use **SFERA FULL SPECTRUM MUSHROOM COMPLEX** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **SFERA FULL SPECTRUM MUSHROOM COMPLEX** with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What **SFERA FULL SPECTRUM MUSHROOM COMPLEX** is and what it is used for
2. What you need to know before you use **SFERA FULL SPECTRUM MUSHROOM COMPLEX**
3. How to use **SFERA FULL SPECTRUM MUSHROOM COMPLEX**
4. Possible side effects
5. How to store **SFERA FULL SPECTRUM MUSHROOM COMPLEX**
6. Contents of the pack and other information

1. WHAT SFERA FULL SPECTRUM MUSHROOM COMPLEX IS USED FOR

SFERA FULL SPECTRUM MUSHROOM COMPLEX contributes to the normal function of the immune system.

SFERA FULL SPECTRUM MUSHROOM COMPLEX helps to support liver function.

SFERA FULL SPECTRUM MUSHROOM COMPLEX may increase energy, assists in enhancing stamina, may reduce fatigue and assists in improving athletic performance.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SFERA FULL SPECTRUM MUSHROOM COMPLEX

Do not take **SFERA FULL SPECTRUM MUSHROOM COMPLEX**:

- if you are hypersensitive (allergic) to any of the ingredients of **SFERA FULL SPECTRUM MUSHROOM COMPLEX** (see section 6).

Warnings and precautions:

Consult your doctor prior to use, especially if you have a medical condition or are taking prescription medication.

Children and adolescents

Children and adolescents under the age of 18 years should not take **SFERA FULL SPECTRUM MUSHROOM COMPLEX**.

Other medicines and **SFERA FULL SPECTRUM MUSHROOM COMPLEX**:

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines).

SFERA FULL SPECTRUM MUSHROOM COMPLEX with food and drink:

Take **SFERA FULL SPECTRUM MUSHROOM COMPLEX** before or after a meal with water.

Pregnancy and breastfeeding:

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Driving and using machinery:

It is not always possible to predict to what extent **SFERA FULL SPECTRUM MUSHROOM COMPLEX** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which **SFERA FULL SPECTRUM MUSHROOM COMPLEX** affects them.

3. HOW TO TAKE SFERA FULL SPECTRUM MUSHROOM COMPLEX

Do not share medicines you are taking with any other person. Always take **SFERA FULL SPECTRUM MUSHROOM COMPLEX** exactly as described in this leaflet or as your doctor, pharmacist or health care provider told you. Check with your doctor, pharmacist or health care provider if you are not sure.

The usual dose is:

Adults: Take one (1) to three (3) capsules daily, or as directed by your health care provider.

If you take more **SFERA FULL SPECTRUM MUSHROOM COMPLEX** than you should: In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take a dose of **SFERA FULL SPECTRUM MUSHROOM COMPLEX**: Do not take a double dose to make up for forgotten individual doses.

4. POSSIBLE SIDE EFFECTS

SFERA FULL SPECTRUM MUSHROOM COMPLEX can have side effects. Not all side effect reported for **SFERA FULL SPECTRUM MUSHROOM COMPLEX** are included in this leaflet. Tell your doctor if you notice any of the following: The most common side-effects of **SFERA FULL SPECTRUM MUSHROOM COMPLEX** are dizziness, nausea, diarrhoea, vomiting, abdominal discomfort, stomach upset, itching, rash and dry mouth. Should your general health worsen or if you experience any untoward effects while taking **SFERA FULL SPECTRUM MUSHROOM COMPLEX**, please consult your health care provider for advice. If any of the following happens, stop taking **SFERA FULL SPECTRUM MUSHROOM COMPLEX** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **SFERA FULL SPECTRUM MUSHROOM COMPLEX**. You may need urgent medical attention or hospitalisation. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8> or to pharmacist@sfera-nutrition.co.za. By reporting side effects, you can help provide more information on the safety of **SFERA FULL SPECTRUM MUSHROOM COMPLEX**.

5. HOW TO STORE SFERA FULL SPECTRUM MUSHROOM COMPLEX

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Protect from moisture.
- Keep in the original container until ready for use.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the bottle.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What **SFERA FULL SPECTRUM MUSHROOM COMPLEX** contains

- The active substances are: Each capsule contains 100 mg *Lentinula edodes* (Shiitake mushroom) [fruiting body, water ethanol extract 10:1], 100 mg *Cordyceps sinensis* (Cordyceps mushroom) [whole mushroom, water ethanol extract 10:1], 100 mg *Ganoderma lucidum* (Reishi mushroom) [fruiting body, water ethanol extract 10:1], 100 mg *Grifola frondosa* (Maitake mushroom) [fruiting body, water ethanol extract 10:1], 100 mg *Hericium erinaceus* (Lion's Mane mushroom) [fruiting body, water ethanol extract 10:1].
- The other ingredients are: A vegetarian capsule and microcrystalline cellulose.

What **SFERA FULL SPECTRUM MUSHROOM COMPLEX** looks like and contents of the pack

SFERA FULL SPECTRUM MUSHROOM COMPLEX capsules are clear size "0" capsules filled with a brown powder.

SFERA FULL SPECTRUM MUSHROOM COMPLEX: 60 capsules are packed into an amber glass bottle, with a golden plastic lid with plastic seal liner, desiccant sachet and outer protective tamperproof shrink sleeve on the cap.

Holder of Certificate of Registration

Sfera Bio Nutrition (Pty) Ltd.
5 Regency Drive, Block C,
Route 21 Corporate Park, Pretoria, 0181
Telephone: 012 751 7117
Website: www.sfera-nutrition.co.za

This leaflet was last revised in January 2024.

Registration number

Will be allocated by SAHPRA upon registration.

Access to the corresponding Professional Information

Detailed information on this medicinal product is available from pharmacist@sfera-nutrition.co.za or www.sfera-nutrition.co.za

PASIËNT INLIGTINGSBLAD: SFERA FULL SPECTRUM MUSHROOM COMPLEX

SKEDULERING STATUS SO

PRODUKNAAM, STERKTE EN DOSEERVORM

SFERA FULL SPECTRUM MUSHROOM COMPLEX. Elke kapsule bevat 100 mg *Lentinula edodes* (Shiitake sampioen) [vrug deel, water etanol ekstrak 10:1], 100 mg *Cordyceps sinensis* (Cordyceps sampioen) [hele sampioen, water etanol ekstrak 10:1], 100 mg *Ganoderma lucidum* (Reishi sampioen) [vrug deel, water etanol ekstrak 10:1], 100 mg *Grifola frondosa* (Maitake sampioen) [vrug deel, water etanol ekstrak 10:1], 100 mg *Herichium erinaceus* (Lion's Mane sampioen) [vrug deel, water etanol ekstrak 10:1].

Geen suiker bygevoeg.

Geek vir vegetariërs en vegane.

KOMPLEMENTÊRE MEDISYNE: WESTERSE KRUIE MEDISYNE

Hierdie ongeregisterde medisyne is nog nie geëvalueer deur die SAHPRA vir die kwaliteit, veiligheid of vir die voorgenome gebruik nie.

Lees die hele blaadjie noukeurig deur omdat dit belangrike inligting vir u bevat.

SFERA FULL SPECTRUM MUSHROOM COMPLEX is beskikbaar sonder 'n dokter se voorskrif, vir u om te gebruik as 'n gesondheid aanvulling. Nogtans behoort u SFERA FULL SPECTRUM MUSHROOM COMPLEX met versigtigheid te gebruik om die beste resultate daaruit te verkry.

- Hou hierdie blaadjie. U mag dit weer wil lees.
- Moenie SFERA FULL SPECTRUM MUSHROOM COMPLEX deel met enige ander persoon nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat is in hierdie blaadjie

1. Wat is SFERA FULL SPECTRUM MUSHROOM COMPLEX en waarvoor word dit gebruik
2. Wat u moet weet voordat u SFERA FULL SPECTRUM MUSHROOM COMPLEX gebruik
3. Hoe om SFERA FULL SPECTRUM MUSHROOM COMPLEX te gebruik
4. Moontlike nuwe-effekte
5. Hoe om SFERA FULL SPECTRUM MUSHROOM COMPLEX te berg
6. Inhoud van die verpakking en ander inligting

1. WAT IS SFERA FULL SPECTRUM MUSHROOM COMPLEX EN WAARVOOR WORD DIT GEBUIK

SFERA FULL SPECTRUM MUSHROOM COMPLEX dra by tot die normale funksionering van die immuun sisteem.

SFERA FULL SPECTRUM MUSHROOM COMPLEX ondersteun lewer funksie.

SFERA FULL SPECTRUM MUSHROOM COMPLEX kan help om energie en uithouvermoë te verhoog, kan moontlik help om moegheid te verminder en kan bydra tot beter atletiese prestasie.

2. WAT U MOET WET VOORDAT U SFERA FULL SPECTRUM MUSHROOM COMPLEX GEBUIK

Moenie SFERA FULL SPECTRUM MUSHROOM COMPLEX neem nie:

- indien u hipersensitief (allergies) is vir enige van die bestanddele van SFERA FULL SPECTRUM MUSHROOM COMPLEX (sien afdeling 6).

Waarskuwings en voorsorgmaatreëls:

Raadpleeg u dokter voordat u SFERA FULL SPECTRUM MUSHROOM COMPLEX begin gebruik, veral as u 'n mediese toestand het of voorskryfmedisyne gebruik.

Kinders en adollesente

Kinders en adollesente onder die ouderdom van 18 jaar moet nie SFERA FULL SPECTRUM MUSHROOM COMPLEX gebruik nie.

Ander medisyne en SFERA FULL SPECTRUM MUSHROOM COMPLEX:

Vertel altyd vir u gesondheidsorgverskaffer as u enige ander medisyne gebruik. (Dit sluit alle aanvullende of tradisionele medisyne in.)

SFERA FULL SPECTRUM MUSHROOM COMPLEX saam met voedsel en vloeistowwe:

Neem SFERA FULL SPECTRUM MUSHROOM COMPLEX voor of na 'n maaltyd met water.

Swangerskap en borsvoeding:

Indien u swanger is of borsvoed, dink dat u swanger is of van plan is om swanger te raak, raadpleeg u dokter, apteker of ander gesondheidsorgverskaffer voordat u hierdie medisyne gebruik.

Bestuur en gebruik van masjinerie:

Dit is nie altyd moontlik om te voorspel in watter mate SFERA FULL SPECTRUM MUSHROOM COMPLEX die daaglikse aktiwiteite van 'n pasiënt kan beïnvloed nie. Pasiënte moet toesien dat hulle nie aan bogenoemde aktiwiteite deelneem nie totdat hulle bewus is van die mate waarin SFERA FULL SPECTRUM MUSHROOM COMPLEX hulle beïnvloed.

3. HOE OM SFERA FULL SPECTRUM MUSHROOM COMPLEX TE GEBUIK

Moenie medisyne wat u neem met enige ander persoon deel nie.

Neem altyd SFERA FULL SPECTRUM MUSHROOM COMPLEX presies soos voorgeskryf in hierdie pamflet of soos u dokter, apteker of gesondheidsorgverskaffer vir u gesê het.

Raadpleeg u dokter, apteker of gesondheidsorgverskaffer as u nie seker is nie.

Die gewone dosis is:

Volwasse: Neem een (1) tot drie (3) kapsules oraal daagliks, of soos aangedui deur u gesondheidsorgverskaffer.

Indien u meer SFERA FULL SPECTRUM MUSHROOM COMPLEX neem as wat u behoort te neem:

In die geval van 'n oordosis, raadpleeg u dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gif hulp sentrum.

Indien u vergeet om 'n dosis SFERA FULL SPECTRUM MUSHROOM COMPLEX te neem:

Moenie 'n dubbele dosis neem om die vergete enkel dosis in te haal nie.

4. MOONTLIKE NUWE EFFEKTE

SFERA FULL SPECTRUM MUSHROOM COMPLEX kan nuwe effekte hê. Nie alle nuwe-effekte wat vir SFERA FULL SPECTRUM MUSHROOM COMPLEX gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Stel u dokter in kennis as enige van die volgende nuwe effekte voorkom: Die mees algemene nuwe-effekte van SFERA FULL SPECTRUM MUSHROOM COMPLEX is duiseligheid, naartoe, diarree, braking, abdominale ongemak, ongekrapte maag, jeuk, uitslag en droë mond. Raadpleeg u gesondheidsorgverskaffer vir advies indien u algemene gesondheid vererger of as u enige ongewenste effekte ervaar wanneer u SFERA FULL SPECTRUM MUSHROOM COMPLEX neem. As enige van die volgende gebeur, moet u ophou om SFERA FULL SPECTRUM MUSHROOM COMPLEX te neem en u dokter onmiddellik inlig of na die ongewante afdeling in u naaste hospitaal gaan:

- Swelling van die hande, voete, enkels, gesig, lippe, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
- Uitslag of jeuk.
- Flou word.

Dit is alles baie ernstige nuwe-effekte. As u dit het, kan u 'n ernstige reaksie op SFERA FULL SPECTRUM MUSHROOM COMPLEX gehad het. U mag dringend mediese hulp of hospitalisasie benodig. Stel u dokter of apteker in kennis as u nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie.

Rapportering van nuwe-effekte

As u nuwe-effekte kry, moet u met u dokter of apteker praat. U kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reaction Reporting Form", aanlyn onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8> of by pharmacist@sfera-nutrition.co.za. Deur nuwe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van SFERA FULL SPECTRUM MUSHROOM COMPLEX te versoen.

5. HOE OM SFERA FULL SPECTRUM MUSHROOM COMPLEX TE BERG

- Hou alle medisyne buite bereik van kinders.
- Berg by of benede 25 °C.
- Beskerm teen vog.
- Berg in die oorspronklike houer totdat gereed vir gebruik.
- Moenie in 'n badkamer berg nie.
- Moenie gebruik na die vervaldatum soos op die bottel aangedui nie.
- Neem alle ongebruikte medisyne terug na u apteker toe.
- Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

Wat SFERA FULL SPECTRUM MUSHROOM COMPLEX bevat

- Die aktiewe bestanddele is: Elke kapsule bevat 100 mg *Lentinula edodes* (Shiitake sampioen) [vrug deel, water etanol ekstrak 10:1], 100 mg *Cordyceps sinensis* (Cordyceps sampioen) [hele sampioen, water etanol ekstrak 10:1], 100 mg *Ganoderma lucidum* (Reishi sampioen) [vrug deel, water etanol ekstrak 10:1], 100 mg *Grifola frondosa* (Maitake sampioen) [vrug deel, water etanol ekstrak 10:1], 100 mg *Herichium erinaceus* (Lion's Mane sampioen) [vrug deel, water etanol ekstrak 10:1].
- Die ander bestanddele is: 'n Vegetariese kapsule en mikrokristallyne sellulose.

Hoe SFERA FULL SPECTRUM MUSHROOM COMPLEX lyk en die inhoud van die verpakking

SFERA FULL SPECTRUM MUSHROOM COMPLEX kapsules is deursigtige "0" grootte kapsules gevul met 'n bruin poeier.

SFERA FULL SPECTRUM MUSHROOM COMPLEX: 60 kapsules word verpak in 'n amberkleurige glasbottel, met 'n goue deksel met 'n druk-seël voering, droogmiddelsakkie en 'n beskermende krimp-omhulsel om die deksel.

Houer van Registrasiesertifikaat

Sfera Bio Nutrition (Pty) Ltd.

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Hierdie pamflet is laas hersien in

Januarie 2024.

Toegang tot die ooreenstemmende professionele inligting

Gedetailleerde inligting oor hierdie medisyne is beskikbaar by pharmacist@sfera-nutrition.co.za of www.sfera-nutrition.co.za