

PATIENT INFORMATION LEAFLET: SFERA MEMORYCARE

SCHEDULING STATUS **[S0]**

PRODUCT NAME, STRENGTH AND PHARMACEUTICAL DOSAGE FORM

SFERA MEMORYCARE. 150 mg *Hericum erinaceus* (Lion's Mane mushroom) [fruiting body extract 10:1], 80 mg *Bacopa monnieri* (Brahmi) [whole herb extract], 80 mg *Centella Asiatica* (Gotu kola) [leaves extract], 80 mg *Ginkgo Biloba* (Ginkgo) [leaves extract], 50 mg *Boswellia serrata* (Indian frankincense) [Gum resin exudate extract] and 100 mg L-Theanine.

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 MEMORYCARE** is available without a doctor's prescription, for you to treat mild illness. Nevertheless, you still need to use **SFERA MEMORYCARE** carefully to get the best results from it.

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

What is in this leaflet

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

1. WHAT SFERA MEMORYCARE IS AND WHAT IT IS USED FOR

SFERA MEMORYCARE helps to enhance cognitive function and memory in adults. **SFERA MEMORYCARE** helps to temporarily promote relaxation. **SFERA MEMORYCARE** provides antioxidants that help protect cells against the oxidative damage caused by free radicals.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SFERA MEMORYCARE

Do not take Memorycare:

- if you are hypersensitive (allergic) to any of the ingredients of **SFERA MEMORYCARE**.
- if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding.
- if you are pregnant or breastfeeding.

Warnings and precautions:

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

Take special care with SFERA MEMORYCARE

- if you are taking medications for diabetes, high blood pressure or seizures.
- Consult a healthcare provider for use beyond 6 months.

Children and adolescents: Children and adolescents under the age of 18 years should not take **SFERA MEMORYCARE**.

Other medicines and SFERA MEMORYCARE:

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

Consult your doctor, pharmacist or other healthcare professional prior to use if you are taking medications for diabetes, high blood pressure or seizures. Do not use **SFERA MEMORYCARE** if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding.

SFERA MEMORYCARE with food and drink:

Take **SFERA MEMORYCARE** 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 MEMORYCARE** 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 MEMORYCARE** affects them.

3. HOW TO TAKE SFERA MEMORYCARE

Do not share medicines you are taking with any other person.

Always take **SFERA MEMORYCARE** exactly as described in this leaflet or as your doctor, pharmacist or healthcare provider told you. Check with your doctor, pharmacist or healthcare provider if you are not sure.

Take two (2) capsules daily orally with a meal, or as directed by your health care provider. Consult a healthcare provider for use beyond 6 months.

If you take more SFERA MEMORYCARE 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 missed a dose of SFERA MEMORYCARE:

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

4. POSSIBLE SIDE EFFECTS

SFERA MEMORYCARE can have side effects. Not all side effect reported for **SFERA MEMORYCARE** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **SFERA MEMORYCARE**, please consult your healthcare provider for advice. If any of the following happens, stop taking **SFERA MEMORYCARE** 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 MEMORYCARE**. 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 pharmacist@sfera-nutrition.co.za or 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>. By reporting side effects, you can help provide more information on the safety of **SFERA MEMORYCARE**.

5. HOW TO STORE SFERA MEMORYCARE

- 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 MEMORYCARE contains

- The active substances are: Each capsule contains 150 mg *Hericum erinaceus* (Lion's Mane mushroom) [fruiting body extract 10:1], 80 mg *Bacopa monnieri* (Brahmi) [whole herb extract], 80 mg *Centella Asiatica* (Gotu kola) [leaves extract], 80 mg *Ginkgo Biloba* (Ginkgo) [leaves extract], 50 mg *Boswellia serrata* (Indian frankincense) [Gum resin exudate extract] and 100 mg L-Theanine.
- The other ingredients are: A vegetarian capsule and microcrystalline cellulose.

What SFERA MEMORYCARE looks like and contents of the pack

SFERA MEMORYCARE capsules are clear size "00" capsules filled with a brown powder. **SFERA MEMORYCARE:** 60 capsules are packed into an amber glass bottle, with a golden plastic childproof 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

PASIENT INLIGTINGSBLAD: SFERA MEMORYCARE

SKEDULERING STATUS SO

PRODUKNAAM, STERKTE EN DOSEERVORM

SFERA MEMORYCARE. Elke kapsule bevat 150 mg *Hericum erinaceus* (Lion's Mane sampioen) [vrug deel ekstrak 10:1], 80 mg *Bacopa monnieri* (Brahmi) [hele krui ekstrak], 80 mg *Centella Asiatica* (Gotu kola) [blare ekstrak], 80 mg *Ginkgo Biloba* (Ginkgo) [blare ekstrak], 50 mg *Boswellia serrata* (Indiese wierook) [gom hars eksudaat, ekstrak] en 100 mg L-Theanien. Kapsules.
Geen suiker bygevoeg.
Geskik vir vegetariërs en vegane.

KOMPLEMENTÊRE MEDISYNE: WESTERSE KRUIE MEDISYNE

Hierdie ongeregistreerde 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 MEMORYCARE is beskikbaar sonder 'n dokter se voorskrif, vir u om te gebruik om 'n minder ernstige siekte te behandel. Nogtans behoort u **SFERA MEMORYCARE** met versigtigheid te gebruik om die beste resultate daaruit te verkry.

- Hou hierdie blaadjie. U mag dit weer wil lees.
- Moenie **SFERA MEMORYCARE** deel met enige ander persoon nie.
- Vra u gesondheidsorgverskaffer of apteaker indien u meer inligting of advies benodig.

Wat is in hierdie blaadjie

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

1. WAT IS SFERA MEMORYCARE EN WAARVOOR WORD DIT GEBRUIK

SFERA MEMORYCARE help om kognitiewe funksie en geheue by volwassenes te verbeter. **SFERA MEMORYCARE** help om tydelik ontspanning te bevorder en ondersteun die handhawing van gesonde slaap.

SFERA MEMORYCARE voorsien antioksidante wat selle help beskerm teen die oksidatiewe skade wat deur vrye radikale veroorsaak word.

2. WAT U MOET WEET VOORDAT U SFERA MEMORYCARE BEGIN GEBRUIK

Moenie **SFERA MEMORYCARE** neem nie:

- indien u hipersensitief (allergies) is vir enige van die bestanddele van **SFERA MEMORYCARE**.
- indien u gesondheidsprodukte gebruik wat bloedstolling beïnvloed, aangesien dit die risiko van spontane bloeding kan verhoog.
- indien u swanger is of borsvoed.

Waarskuwings en voorsorgmaatreëls:

Raadpleeg u dokter voordat u **SFERA BACOPIN** begin gebruik, veral as u 'n mediese toestand het of voorskryfmedisyne gebruik.

Neem spesiale sorg met SFERA MEMORYCARE

- as u medikasie neem vir diabetes, hoë bloeddruk of epilepsie.
- Raadpleeg 'n gesondheidsorgkundige vir gebruik langer as 6 maande.

Kinders en adollesente

Kinders en adollesente onder die ouderdom van 18 jaar moet nie **SFERA MEMORYCARE** gebruik nie.

Raadpleeg u dokter voor gebruik, veral as u 'n mediese toestand het of voorskryf medikasie gebruik.

Ander medisyne en SFERA MEMORYCARE:

Vertel altyd vir u gesondheidsorgverskaffer as u enige ander medisyne gebruik. (Dit sluit alle aanvullende of tradisionele medisyne in). Raadpleeg u dokter, apteaker of ander gesondheidsorgkundige voor gebruik as u medikasie neem vir diabetes, hoë bloeddruk of epilepsie. Moet nie **SFERA MEMORYCARE** gebruik indien u gesondheidsprodukte gebruik wat bloedstolling beïnvloed, aangesien dit die risiko van spontane bloeding kan verhoog.

SFERA MEMORYCARE saam met voedsel en vloeistowwe:

Neem **SFERA MEMORYCARE** 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, apteaker 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 MEMORYCARE** 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 MEMORYCARE** hulle beïnvloed.

3. HOE OM SFERA MEMORYCARE TE GEBRUIK

Moenie medisyne wat u neem met enige ander persoon deel nie. Neem altyd **SFERA MEMORYCARE** presies soos voorgeskryf in hierdie pamflet of soos u dokter, apteaker of gesondheidsorgverskaffer vir u gesê het. Raadpleeg u dokter, apteaker of gesondheidsorgverskaffer as u nie seker is nie. Die gewone dosis is:

Volwassenes: Neem twee (2) kapsules oraal daagliks met water op met 'n maaltyd, of soos aangedui deur u gesondheidsorgverskaffer. Raadpleeg 'n gesondheidsorgverskaffer vir gebruik langer as 6 maande.

Indien u meer SFERA MEMORYCARE neem as wat u behoort te neem:

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

Indien u vergeet om 'n dosis SFERA MEMORYCARE te neem:

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

4. MOONTLIKE NUWE EFFEKTE

SFERA MEMORYCARE kan nuwe effekte hê. Nie alle nuwe-effekte wat vir **SFERA MEMORYCARE** gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Raadpleeg u gesondheidsorgverskaffer vir advies indien u algemene gesondheid vererger of as u enige ongewenste effekte ervaar wanneer u **SFERA MEMORYCARE** neem. As enige van die volgende gebeur, moet u ophou om **SFERA MEMORYCARE** te neem en u dokter onmiddellik inlig of na die ongevallen-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.
- Floute ervaar.

Dit is alles baie ernstige nuwe-effekte. As u dit het, kan u 'n ernstige reaksie op **SFERA MEMORYCARE** hê. U mag dringend mediese hulp of hospitalisasie benodig. Stel u dokter of apteaker 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 apteaker praat. U kan ook nuwe-effekte aan pharmacists@sfera-nutrition.co.za of SAHPRA rapporteer via die **"6.04 Adverse Drug Reaction Reporting Form"**, aanlyn onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van **SFERA MEMORYCARE** te voorsien.

5. HOE OM SFERA MEMORYCARE TE BERG

- Hou alle medisyne buite bereik van kinders.
- Berg by of benede 25 °C.
- Beskerm teen vog.
- Berg in die oorspronklike houder totdat gereed is 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 apteaker toe.
- Moenie ongebruikte medisyne in dreine of rioelstelsels (bv. toilette) weggooi nie.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

Wat SFERA MEMORYCARE bevat

- Die aktiewe bestanddele is: Elke kapsule bevat 150 mg *Hericum erinaceus* (Lion's Mane sampioen) [vrug deel ekstrak 10:1], 80 mg *Bacopa monnieri* (Brahmi) [hele kruid ekstrak], 80 mg *Centella Asiatica* (Gotu kola) [blare ekstrak], 80 mg *Ginkgo Biloba* (Ginkgo) [blare ekstrak], 50 mg *Boswellia serrata* (Indiese wierook) [gom hars eksudaat ekstrak] en 100 mg L-Theanien.
- Die ander bestanddele is: 'n Vegetariese kapsule en mikrokristallyne sellulose.

Hoe SFERA MEMORYCARE lyk en die inhoud van die verpakking

SFERA MEMORYCARE kapsules is deursigtige grootte "00" kapsules gevul met 'n bruin poeier.

SFERA MEMORYCARE: 60 kapsules word verpak in 'n amber glasbottel, met 'n goue deksel met 'n druk-sleë voering, droogmiddel sakkie en 'n beskermende krimp-omhulsel om die deksel.

Houer van Registrasiesertifikaat

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

Hierdie pamflet is laas hersien in

Januarie 2024.

Registrasienommer

Sal geallokeer word deur SAHPRA tydens registrasie.

Toegang tot die ooreenstemmende professionele inligting

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