

PATIENT INFORMATION LEAFLET: SFERA NMN

SCHEDULING STATUS S0

PRODUCT NAME, STRENGTH AND PHARMACEUTICAL FORM

SFERA NMN. Each capsule contains: 500 mg β-NMN (β-Nicotinamide mononucleotide). Suitable for vegetarians and vegans.
No added sugar.

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

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 NMN is available without a doctor's prescription, for you to use to supplement treatment of a mild illness. Nevertheless, you still need to use SFERA NMN carefully to get the best results from it.

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

Contents of this leaflet

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

1. What SFERA NMN is and what it is used for

SFERA NMN contributes to healthy psychological function. SFERA NMN contributes to the reduction of tiredness and fatigue. SFERA NMN assists in glucose and carbohydrate metabolism. SFERA NMN may help to promote cognitive performance and mental endurance. SFERA NMN is an antioxidant.

2. What you need to know before you use SFERA NMN

Do not take SFERA NMN

- If you are hypersensitive (allergic) to any of the ingredients of SFERA NMN (see section 6).

Warnings and precautions

Take special care with SFERA NMN

- if you have a medical condition or are taking prescription medication.

Consult a health care provider if symptoms persist or worsen.

Children and adolescents

Children and adolescents under the age of 18 years should not take SFERA NMN.

Other medicines and SFERA NMN

Always tell your health care provider if you are taking any other medicine (this includes all complementary or traditional medicines). Consult a health care provider prior to use if you are taking blood thinners (anti-coagulants).

SFERA NMN with food and drink

Take SFERA NMN with liquid before a meal.

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 to advise before taking SFERA NMN.

Driving and using machinery

It is not always possible to predict to what extent SFERA NMN 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 NMN affects them.

3. How to take SFERA NMN

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

Always take SFERA NMN 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) capsule orally per day, in the morning or as directed by your health care provider.

If you take more SFERA NMN than you should

In the event of an 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 NMN

Take your next dose at the normal time. Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

SFERA NMN can have side effects. Not all side effect reported for SFERA NMN are included in this leaflet. Tell your doctor if you notice any of the following:

- Side effect occurring less frequently: insomnia, fatigue, or anxiety. Digestive disorders such as nausea, diarrhoea, and stomach discomfort. Should your general health worsen or if you experience any untoward effects while taking SFERA NMN, please consult your health care provider for advice. If any of the following happens, stop taking SFERA NMN 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 NMN. 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 experience 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 NMN.

5. How to store SFERA NMN

- 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 NMN contains

The active substances are: Each capsule contains: 500 mg β-NMN (β-Nicotinamide mononucleotide).

The other ingredients are: Vegetarian capsule, microcrystalline cellulose, and natural flowing agent.

What SFERA NMN looks like and contents of the pack

SFERA NMN capsules are clear size "0" capsules filled with a white powder. SFERA NMN: 60 Capsules are packed into amber glass bottles, with golden 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 NMN

SKEDULERING STATUS SO

PRODUKNAAM, STERKTE EN DOSEERVORM

SFERA NMN. Elke kapsule bevat 500 mg β -NMN (β -Nikotinamied mononukleotied). Geskik vir vegetariërs en vegane. Geen suiker bygevoeg.

KOMPLEMENTÊRE MEDISYNE: GESONDHEIDS AANVULLING

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 NMN is beskikbaar sonder 'n dokter se voorskrif, vir u om te gebruik as ondersteuning vir behandeling van 'n ligte siekte. Nogtans moet **SFERA NMN** met versigtigheid te gebruik word om die beste resultate daaruit te verkry.

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

Inhoud van hierdie blaadjie

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

1. Wat is SFERA NMN en waarvoor word dit gebruik

SFERA NMN dra by tot gesonde psigiese funksie.

SFERA NMN dra by tot die vermindering van moegheid en uitputting.

SFERA NMN help met glukose- en koolhidraatmetabolisme.

SFERA NMN kan help om kognitiewe prestasie en geestelike uithouvermoë te bevorder.

SFERA NMN is 'n anti-oksidant.

2. Wat u moet weet voordat u SFERA NMN gebruik

Moenie SFERA NMN neem nie:

- indien u hipersensitief (allergies) is vir enige van die bestandele van **SFERA NMN** (sien afdeling 6).

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met NMN:

- indien u 'n mediese siekte het of voorskrif medisyne neem

Raadpleeg u gesondheidsorgverskaffer indien die simptome aanhou of vererger.

Kinders en adolessente

Kinders en adolessente onder die ouderdom van 18 jaar moet nie **SFERA NMN** gebruik nie.

Ander medisyne en SFERA NMN

Vertel altyd jou gesondheidsorgverskaffer as u enige ander medisyne gebruik (dit sluit alles in komplementêre of tradisionele medisyne). Raadpleeg 'n gesondheidsorgverskaffer voor gebruik indien u bloed verdunners (anti-koagulant) gebruik.

SFERA NMN saam met voedsel en vloeistowwe:

Neem **SFERA NMN** met vloeistof saam voor 'n maaltyd.

Swangerskap en borsvoeding

As u swanger is of borsvoed, dink dat u dalk swanger is, of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer om advies te gee voordat u **SFERA NMN** gebruik.

Bestuur en gebruik van masjinerie

Dit is nie altyd moontlik om te voorspel in watter mate **SFERA NMN** 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 NMN** hulle beïnvloed.

3. Hoe om SFERA NMN te gebruik

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

Neem altyd **SFERA NMN** 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:

Volwassenes: Neem een (1) kapsule oraal per dag, in die oggend of soos aangedui deur u gesondheidsorgverskaffer.

Indien u meer SFERA NMN 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 NMN te neem

Neem u volgende dosis op die gewone tyd.

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

4. Moontlike nuwe-effekte

SFERA NMN kan nuwe-effekte hê. Nie alle nuwe-effekte wat vir **SFERA NMN** gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Stel u dokter in kennis as enige van die volgende nuwe effekte voorkom: Nuwe-effekte wat minder gereeld voorkom: slapeloosheid, moegheid of angs. Spysverteringssteurnisse soos naarheid, diarree en maag ongemak. Raadpleeg u gesondheidsorgverskaffer vir advies indien u algemene gesondheid vererger of as u enige ongewenste effekte ervaar wanneer u **SFERA NMN** neem. As enige van die volgende gebeur, moet u ophou om **SFERA NMN** te neem en u dokter onmiddellik inlig of na die ongevalle-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 NMN** 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**", aantlyn deur 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 NMN** voorsien.

5. HOE OM SFERA NMN 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 NMN bevat

- Die aktiewe bestanddele is: Elke kapsule bevat 500 mg β -NMN (β -Nikotinamied mononukleotied)
- Die ander bestanddele is: Vegetariese kapsules, mikrokristallyne sellulose en natuurlike vloeï agent.

Hoe SFERA NMN lyk en die inhoud van die verpakking

SFERA NMN kapsules is deursigtige grootte "0" kapsules gevul met 'n wit poeier.

SFERA NMN: 60 kapsules word verpak in 'n amber glasbottel, met 'n goudkleurige deksel met 'n druk-seël voering, silika jel sakkie en 'n beskermende sellofaan krimp-seël voering.

Houer van Registrasiesertifikaat

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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

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