

PROFESSIONAL INFORMATION

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Discipline specific

33.6 Western Herbal Medicine

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

EXHILARIN[®], 60 Tablets

COMPOSITION

Each two (2) tablets of EXHILARIN[®] contains the following actives:

Holy Basil (Ocimum sanctum) [Leaf 8:1 Extract (containing ursolic acid)]	200 mg
Ashwagandha (Withania somnifera) [Root 15:1 Extract (containing withanolides)]	200 mg
Bacopa (Bacopa monniera) [Whole plant 8:1 Extract (containing bacosides A & B)]	165 mg
Amla (Embilca officinalis) [Fruit 5:1 Extract (containing tannins)]	50 mg

Inactive Ingredients: Cellulose, Coating (hydroxypropylcellulose, hypromellose and medium-chain triglycerides), croscarmellose sodium, micro-crystalline cellulose, silica, and stearic acid (vegetable).

This product is suitable for Vegetarians, non-GMO (Sugar free)

PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine

INDICATION & PHARMACOLOGICAL ACTION

EXHILARIN[®] provides a proprietary blend of herbal extracts traditionally used to support energy levels and promote resilience during times of occasional stress.

Active Ingredient	Uses for ingredient
Holy Basil (Ocimum sanctum)	Reduces stress and anxiety (adaptogenic properties). Supports immune function and reduces inflammation.
Ashwagandha (Withania somnifera)	Reduces stress and cortisol levels (adaptogen). Enhances cognitive function and physical endurance.
Bacopa (Bacopa monniera)	Improves memory, focus, and cognitive performance. Acts as an adaptogen to reduce stress.
Amla (Embilca officinalis)	Powerful antioxidant supporting overall health.

CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take EXHILARIN[®] if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement.

WARNING AND SPECIAL PRECAUTIONS

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Autoimmune diseases (e.g., lupus, rheumatoid arthritis, multiple sclerosis), Bradycardia (may further reduce heart rate), Hypoglycemia, People with bleeding disorders. If you are taking the following medication, please consult with your healthcare professional before taking: oral diabetes medicine, medicines that reduce stomach acid.

Antidiabetic medication, Anticoagulants/Antiplatelets, Barbiturates, Sedatives/Anxiolytics, Thyroid medication, Immunosuppressants, Anticholinergic medication, Calcium channel blockers or beta-blockers, Statins. If any of the following happens, stop using EXHILARIN[®] and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions— rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing;



These are all very serious effects. If you have them, you may have had a serious reaction to EXHILARIN[®]. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- stomach pain, bloating, diarrhea

These are all very serious effects. If you have them, you may have had a serious reaction to EXHILARIN[®]. You may need urgent medical attention or hospitalisation.

Seek advice from a healthcare professional if you have any medical condition. Discontinue use immediately should any adverse reaction occur.

Read this leaflet carefully because it contains important information for you. This product is available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.
- Do not share medication with any other person.
- Ask your pharmacist if you need more information or advice.
- You must consult a doctor should your condition worsen or does not improve.

DO NOT USE THIS PRODUCT:

- If you are hypersensitive (allergic) to any of the ingredients listed.
- Do not accept this package if seals are broken.

INTERACTIONS

Always tell your healthcare professional if you are taking any other medicine. It is possible that exposure of certain supplement ingredients may interfere with certain medications. (See **Warnings & Special precautions**)

DOSAGE AND DIRECTIONS FOR USE

Adults : Take two (2) tablets daily or as advised by your healthcare practitioner.

Do not take more than the recommended dose.

SIDE EFFECTS

Should your general health worsen, or if you experience any untoward effects while being exposed to this product, please consult your doctor, pharmacist or other healthcare professional for advice.

KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT

See side-effects.

Treatment:

Discontinue use and consult your doctor, pharmacist or other healthcare professional for advice.

STORAGE INSTRUCTION

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original bottle.

Keep the bottle tightly closed.

Replace the protective cap after each use.

Do not use after the expiry date stated on the bottle.

Do not use EXHILARIN[®] if you notice visible signs of deterioration.

IDENTIFICATION

Brown speckled, oval, coated tablet.

PRESENTATION

A white 250 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

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

NAME AND BUSINESS ADDRESS OF APPLICANT

Distributed by:

Amipro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,
Sandton, 2146

Tel: 011-802-8101

DATE OF PUBLICATION

To be allocated by the regulatory authority.

PROFESIONELE INLIGTINGSBLAD

SKEDULERINGSSTATUS: **50**

Kategorie D: Komplementêre medisyne.

Dissipline: Dissipline spesifiek

33.6 Westerse kruie-medisyne

HANDELSNAAM EN DOSEERVORM,

EXHILARIN®, 60 Tablette

SAMESTELING

Elke twee (2) tablet EXHILARIN® bevat die volgende aktiewe stowwe:

Heilige basiliekruid (Ocimum sanctum) [Blaar 8:1 Uittreksel (bevat ursolzuur)]	200 mg
Ashwagandha (Withania somnifera) [Wortel 15:1 Uittreksel (bevat withanolides)]	200 mg
Bacopa (Bacopa monniera) [Hele plant 8:1 Uittreksel (bevat bacosides A & B)]	165 mg
Amla (Embllica officinalis) [Vrugte 5: 1 Uittreksel (bevat tanniene)]	50 mg

Onaktiewe bestanddele: sellulose, bedekking (hidroksipropylsellulose, hipromellose en mediumkettig trigliseriede), croscarmellose-natrium, mikrokristallyne sellulose, silika en steariensuur (groente).

Hierdie produk is geskik vir vegetariërs, nie-GGO. (Suikervry)

FARMAKOLOGIESE KLASSIFIKASIE

Komplementêre medisyne

AANDUIDING EN FARMAKOLOGIESE WERKING

EXHILARIN® bied 'n nie mengsel van kruie-ekstrakte wat tradisioneel gebruik word om energievlakke te ondersteun en veerkragtigheid te bevorder tydens tye van af en toe stres.

Aktiewe bestanddeel	Gebruike vir bestanddeel
Heilige basiliekruid (Ocimum sanctum)	Verminder stres en angs (adaptogene eienskappe). Ondersteun immuunfunksie en verminder inflammasie.
Ashwagandha (Withania somnifera)	Verminder stres en kortisolvlakke (adaptogeen). Verbeter kognitiewe funksie en fisiese uithouvermoë.
Bacopa (Bacopa monniera)	Verbeter geheue, fokus en kognitiewe prestasie. Dien as 'n adaptogeen om stres te verminder.
Amla (Embllica officinalis)	Kragtige antioksidant wat algemene gesondheid ondersteun.

KONTRA-INDIKASIES:

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie EXHILARIN® neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem.

WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Oto-immuun siektes (bv. lupus, rumatiede artritis, veelvuldige sklerose), Bradikardie (kan hartklop verder verlaag), hipoglukemie, Mense met bloedingsversteurings. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Antidiabetiese medisyne, antikoagulant / bloedplaatjies, barbiturate, kalmeermiddels / angswerende middels, skildklier medisyne, immuunonderdrukkers, anticholinergiese medisyne, kalsiumkanaalblokkers of betablokkers, statiene. As enige van die volgende gebeur, hou op om EXHILARIN® te gebruik en vertel jou dokter of gaan na die ongevale-afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling.

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op EXHILARIN® gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê.

Nowe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan jou gesondheidsorgpraktisyn as hulle voortduur):

- maagpyn, oorgeblasenheid, diarree
- Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op EXHILARIN® gehad. Miskien het u dringende mediese hulp of hospitalisasie nodig.
- Raadpleeg 'n gesondheidsorgpraktisyn as u enige mediese toestand het. Staak gebruik onmiddellik indien enige nadelige reaksie plaasvind.
- Lees hierdie inligtingsblad aandagtig deur, want dit bevat belangrike inligting vir u. Hierdie produk is beskikbaar sonder doktersvoorskrif.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
 - Moenie medisyne met enige ander persoon deel nie.
 - Vra jou apteker of jy meer inligting of advies benodig.
 - Jy moet 'n dokter raadpleeg indien jou toestand vererger of nie verbeter nie.

MOENIE HIERDIE PRODUK GEBRUIK NIE:

As jy hipersensitief (allergies) is vir enige van die bestanddele wat gelys word.

Jy moet nie hierdie produk aanvaar as seëls gebreek word nie.

INTERAKSIES

Vertel altyd jou gesondheidsorgpraktisyn as jy enige ander medisyne gebruik. Dit is moontlik dat blootstelling van sekere aanvullingsbestanddele met sekere medisyne 'n interaksie mag hê. (Sien **Waarskuwings en Spesiale voorsorgmaatreëls**)

DOSIS EN AANWYSINGS VIR GEBRUIK

Volwassenes: Neem twee (2) tablette daaglik of soos aanbeveel deur jou gesondheidspraktisyn.

Moenie meer as die aanbevole dosis neem nie.

NEWE-EFFEKTE

Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige newe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Sien newe-effekte.

Behandeling:

Staak gebruik en raadpleeg jou dokter, apteker of ander gesondheidsorgpraktisyn vir advies.

BERGING INSTRUKSIE

Bêre in 'n koel, donker plek, onder 25 °C.

Beskerm teen direkte sonlig en hitte.

Bêre n die oorspronklike bottel.

Hou die bottel styf toe.

Vervang die beskermende dop na elke gebruik.

Moet nie gebruik word na die vervaldatum wat op die bottel aangeduid word nie.

Moenie EXHILARIN® gebruik as u sigbare tekens van agteruitgang opmerk nie.

IDENTIFIKASIE

Bruin gespikkelde, ovaal, bedekte tablet.

AANBEDIING

'n Wit 250 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpseël, spons en silikagelsakkie.

REGISTRASIE NOMMER

Om by registrasie deur SAHPRA toegeken te word.

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

NAAM EN BESIGHEIDSADRES VAN APPLIKANT

Versprei deur:

Amipro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road,
Eastgate Extension,
Sandton, 2146,
Tel: 011-802-8101

DATUM VAN PUBLIKASIE

Om deur die regulerende owerheid toegeken te word.