PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0.
Category D: Complementary medicine.
Discipline: Discipline specific
33.6 Western Herbal Medicine

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

EXHILARIN®, 60 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **EXHILARIN® is** available without a doctor's prescription.
- Nevertheless, you still need to use **EXHILARIN®** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **EXHILARIN®** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

WHAT EXHILARIN® CONTAINS

Each two (2) tablets of EXHILARIN® contain 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 (Emblica 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)

WHAT EXHILARIN® IS AND WHAT IT IS USED FOR

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

BEFORE YOU TAKE EXHILARIN®

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. 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.
This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, consult with your healthcare professional before use. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare professional before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **EXHILARIN®** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **EXHILARIN®** may affect you.

TAKING OTHER MEDICINES WITH EXHILARIN®

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner

HOW TO TAKE EXHILARIN®

Do not share medicines prescribed for you with any other person. Always take **EXHILARIN®** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.
Caution: Consult your healthcare practitioner before use.

Directions for use:
Adults : Take two (2) tablets daily or as advised by your healthcare practitioner.
Do no take more than the recommended dose.

IF YOU TAKE MORE EXHILARIN® THAN YOU SHOULD

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE EXHILARIN®

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

EXHILARIN® may have side effects.
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 practitioner before taking: 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.

Not all side effects and interactions reported for **EXHILARIN®** are included in this leaflet.
Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "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 **EXHILARIN®.**

STORAGE AND DISPOSING OF EXHILARIN®

Store all medicines out of the reach of children.
Store in a cool, dark place, below 25 °C.
Protect from direct sunlight and heat.
Store in the original packaging.
Do not use after the expiry date stated on the bottle.
Do not use **EXHILARIN®** if you notice visible signs of deterioration.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF EXHILARIN®

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

IDENTIFICATION OF EXHILARIN®

Brown speckled, oval, coated tablet.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration**.**

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

19 December 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:
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PASIËNT INLIGTINGSBLAD

SKEDULERINGSTATUS: S0

Kategorie D: Komplementêre medisyne.
Dissipline: Dissipline spesifiek
33.6 Westerse kruiemedisyne

HANDELSNAAM EN DOSEERVORM**,**

EXHILARIN®, 60 Tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

- **EXHILARIN®** is beskikbaar sonder doktersvoorskrif**.**
- U moet steeds **EXHILARIN®** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **EXHILARIN®** met enige ander persoon deel nie**.**
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **EXHILARIN®** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **EXHILARIN®** neem**.**
- Hoe om **EXHILARIN®** te neem.
- Moontlike newe-effekte.
- Hoe om **EXHILARIN®** te bêre.
- Inhoud van die pak en ander inligting

WAT EXHILARIN® BEVAT

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

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 (Emblica officinalis) [Vrugte 5: 1 Uittreksel (bevat tanniene)]	50 mg

Onaktiewe bestanddele: sellulose, bedekking (hidroksipropylsellulose, hipromellose en mediumketting trigliseriede), croscarmellose-natrium, mikrokristallyne sellulose, silika en steariensuur (groente).
Hierdie produk is geskik vir vegetariërs, nie-GGO. (Suikervry)

WAT IS EXHILARIN® KAPSULES EN WAARVOOR WORD DIT GEBRUIK

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

VOORDAT JY EXHILARIN® NEEM

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

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **EXHILARIN®** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **EXHILARIN®** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET EXHILARIN®

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie.

HOE OM EXHILARIN® TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **EXHILARIN®** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.
Aanwysings vir gebruik:
Volwassenes: Neem daagliks twee (2) tablette of soos aanbeveel deur jou gesondheidspraktisyn.
Moenie meer as die aanbevole dosis neem nie.
AS JY MEER EXHILARIN® NEEM AS WAT JY MOET
In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM EXHILARIN® TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NEWE-EFFEKTE

EXHILARIN® kan newe-effekte hê.
Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Outo-immuun siektes (bv. lupus, rumatoïede 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, Antikoagulante/Antiplaatjies, Barbiturate, Kalmeermiddels/Anxiolytika, 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 ongevalle-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 mag dalk dringende mediese hulp of hospitalisasie nodig hê.
Newe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan u gesondheidsorgpraktisyn as dit voortduur):

- maagpyn, opgeblasenheid, diarree

Nie alle newe-effekte en interaksies wat vir **EXHILARIN®** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. 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.

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook newe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:
https://www.sahpra.org.za/Publications/Index/8. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **EXHILARIN®.**

HOE OM EXHILARIN® TE BERÊ

Bêre alle medisyne buite bereik van kinders.
Bêre in 'n koel, donker plek, onder 25 °C.
Beskerm teen direkte sonlig en hitte.
Bêre in die oorspronklike verpakking.
Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.
Moenie **EXHILARIN®** gebruik as u sigbare tekens van agteruitgang opmerk nie.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN EXHILARIN®

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

IDENTIFIKASIE VAN EXHILARIN®

Bruin gespikkelde, ovaal, bedekte tablet.

REGISTRATION NOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

19 Desember 2024

NAAM EN ADRES VAN REGISTRASIEHOUER

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