

# PATIENT INFORMATION LEAFLET

## SCHEDULING STATUS

To be assigned

## PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

EASY SLEEP 40 WINX Capsules

## Read all of this leaflet carefully before you start taking EASY SLEEP 40 WINX

EASY SLEEP 40 WINX is available without a doctor's prescription, for you to treat a mild condition.

Nevertheless you still need to use EASY SLEEP 40 WINX carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share EASY SLEEP 40 WINX with any other person
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

## WHAT EASY SLEEP 40 WINX CONTAINS

EASY SLEEP 40 WINX is comprised of 2 Components:

### Component 1:

#### Each Clear Evening Capsule contains:

Calcium (derived from Calcium Carbonate)	80 mg
Chamomile (as Chamomile Powder)	50 mg
L-Arginine (derived from L-Arginine Hydrochloride)	10 mg
L-Glutamine (as L-Glutamine)	10 mg
L-Ornithine (as L-Ornithine)	10 mg
Magnesium (derived from Magnesium Oxide)	80 mg
Passion Flower (as Passion Flower 4:1 Extract)	25 mg
Valerian Root (as Valerian Root 4:1 Extract)	25 mg
Vitamin D3 (as Cholecalciferol)	200 IU

The other ingredients are hard-gel vegetable capsule, magnesium stearate (vegetable), maize starch and silicon dioxide.

### Component 2:

#### Each White Multi-Vitamin Capsule contains:

Vitamin A (derived from Vitamin A Acetate)	500 IU
Vitamin B1 (derived from Thiamine Hydrochloride)	5 mg
Vitamin B2 (as Riboflavin)	5 mg
Vitamin B3 (as Nicotinamide)	10 mg
Vitamin B5 (derived from Calcium-D-Pantothenate)	10 mg
Vitamin B6 (derived from Pyridoxine Hydrochloride)	10 mg
Vitamin B12 (derived from Cyanocobalamin)	10 µg
Vitamin C (as Ascorbic Acid)	150 mg
Vitamin E (as dl- $\alpha$ -Tocopherol)	10 IU
Biotin (as Biotin)	25 µg
Folic Acid (as Folic Acid)	500 µg
Iron (derived from Iron Amino Acid Chelate)	15 mg
Inositol (as Myo-Inositol)	25 mg

The other ingredients are hard-gel vegetable capsule, magnesium stearate (vegetable), maize starch and silicon dioxide.

## WHAT EASY SLEEP 40 WINX IS USED FOR

EASY SLEEP 40 WINX is indicated for the relief of mild symptoms of mental stress and to aid sleep.

Easy Sleep 40 WINX is designed to improve sleep and relaxation at night and give you an energetic start to the day.

## BEFORE YOU TAKE EASY SLEEP 40 WINX

### Do not take EASY SLEEP 40 WINX if:

- Hypersensitive (allergic) to any of the ingredients of EASY SLEEP 40 WINX.
- You are younger than 18 years old.
- You suffer from chronic kidney disease or if you have high levels of calcium in either your blood or urine.
- You suffer from renal osteodystrophy with hyperphosphataemia (a bone disease caused by incorrect functioning of the kidneys).

## Take special care with EASY SLEEP 40 WINX:

Take EASY SLEEP 40 WINX 2 hours before or after taking any medication.

Consult your healthcare professional if you are following a low protein diet.

Consult a Doctor if sleeplessness persists for more than 3 weeks, if symptoms persist or worsen.

Consumption with alcohol, other medications or natural health products with sedative properties is not recommended.

## Taking EASY SLEEP 40 WINX with food and drink:

EASY SLEEP 40 WINX should be taken with food.

## Pregnancy and breastfeeding:

It is not recommended to take EASY SLEEP 40 WINX while pregnant or breastfeeding.

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

## Driving and using machinery:

The evening capsules of EASY SLEEP 40 WINX may make you feel drowsy.

## Taking other medicines with EASY SLEEP 40 WINX:

Always tell your healthcare professional if you are taking any other medicine.

This includes complementary or traditional medicines.

**Bisphosphonates (used in the treatment of osteoporosis):** calcium may reduce absorption of etidronate.

**4-Quinolones (a group of antibiotics):** calcium and magnesium may reduce absorption of 4-quinolones.

**Tamoxifen (used in the prevention and treatment of breast cancer):** calcium supplements may increase the risk of hypercalcaemia (high levels of calcium in the blood).

**Tetracyclines (a type of antibiotic):** calcium and magnesium may reduce absorption of tetracyclines.

**Iron:** calcium carbonate or calcium phosphate may reduce absorption of iron.

**Zinc:** calcium may reduce absorption of zinc.

**Calcitonin (a hormone):** vitamin D may work against the effect of calcitonin.

**Digoxin (a medicine used to treat heart failure):** high calcium levels in the blood caused by vitamin D may increase the effects of digoxin, resulting in cardiac arrhythmias (abnormal heart rhythm).

**Thiazide diuretics (a medicine used to treat high blood pressure and water retention/swelling):** vitamin D may increase the risk of hypercalcaemia (high levels of calcium in the blood).

**Vitamin D analogues (alfacalcidol, calcitriol, dihydrotachysterol):** increased risk of toxicity with vitamin D supplements.

## HOW TO TAKE EASY SLEEP 40 WINX

Do not share medicines with any other person.

You should check with your doctor or pharmacist if you are unsure on how to use EASY SLEEP 40 WINX.

The usual dose is one clear evening capsule at night about an hour before bedtime and then one white multi-vitamin capsule in the morning with breakfast.

Take 2 hours before or after taking other medications.

## If you take more EASY SLEEP 40 WINX than you should:

In the event of an overdose, consult your doctor or pharmacist.

If neither is available, contact the nearest hospital or poison control centre.

## If you missed a dose of EASY SLEEP 40 WINX:

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

## POSSIBLE SIDE-EFFECTS

EASY SLEEP 40 WINX can have side effects.

Not all side effects reported for EASY SLEEP 40 WINX 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.

You may (in exceptional cases) experience nausea, diarrhoea, constipation, indigestion, bloating and flatulence while taking EASY SLEEP 40 WINX.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

## STORING AND DISPOSING OF EASY SLEEP 40 WINX

Store all medicines out of reach of children.

Store at or below 25 °C.

Protect from light and moisture.

Keep the blister strips in the outer carton.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

## PRESENTATION OF EASY SLEEP 40 WINX

A cardboard carton containing blister strips of 30 Clear Evening Capsules and 30 White Multi-Vitamin Capsules.

## IDENTIFICATION OF EASY SLEEP 40 WINX

**Component 1:** Clear Capsule filled with a beige coloured powder.

**Component 2:** White Capsule filled with a beige coloured powder.

## REGISTRATION NUMBER:

To be assigned

## NAME AND ADDRESS OF REGISTRATION HOLDER

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This medicine has not been evaluated by the Medicines Control Council.

This medicine is not intended to diagnose, treat, cure or prevent any disease.