PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
To be assigned

Easy Sleep 40winx® Vegetarian Capsules
Sucrose, Lactose, Gluten and Tartrazine Free

Complementary Medicine – Discipline Specific Supplement

Read this leaflet carefully because it contains important information for you.

Easy Sleep 40winx® is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Easy Sleep 40winx® carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share Easy Sleep 40winx® with any other person.
- Ask your healthcare professional or pharmacist if you need more information or advice.

What is in this leaflet

1. What Easy Sleep 40winx® is and what it is used for.
2. What you need to know before you take Easy Sleep 40winx®.
3. How to take Easy Sleep 40winx®.
4. Possible side effects.
5. How to store Easy Sleep 40winx®.
6. Contents of the pack and other information.

1. What Easy Sleep 40winx® is and what it is used for

Easy Sleep 40winx® is a health supplement for adults intended to help improve sleep and relaxation at night and give you an energetic start to the day. Easy Sleep 40winx® may also be helpful for the relief of mild symptoms of mental stress.

2. What you need to know before you take Easy Sleep 40winx®

Do not take Easy Sleep 40winx® if:
You experience a Hypersensitivity (allergic reaction) to any of the ingredients contained in Easy Sleep 40winx® (as listed below in section 6).

You suffer from:
- chronic kidney disease or if you have high levels of Calcium in either your blood or urine.
- renal osteodystrophy with hyperphosphataemia (a bone disease caused by incorrect functioning of the kidneys).

Other medicines and Easy Sleep 40winx®
Always tell your healthcare professional if you are taking any other medicines. This includes complementary or traditional medicines.

Consult your healthcare professional if:
- your symptoms worsen;
- your sleeplessness persists for more than 3 weeks;
- you are following a low protein diet;
- you are taking antidepressant medication.

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

Vitamin D may increase the risk of hypercalcaemia.

Take Easy Sleep 40winx® 2 hours before or after taking other medications including other natural health products.

Fertility, Pregnancy and Breastfeeding
If you are pregnant or breastfeeding, think you may be pregnant or planning to have a baby, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

The ingredients as contained in the Easy Sleep 40winx® Light Blue Sleep Capsule is not recommended to take while pregnant or breastfeeding.

The ingredients as contained in the Easy Sleep 40winx® White Multivitamin Capsule is commonly used in pregnancy products.

Driving and using machines
The Easy Sleep 40winx® Light Blue Sleep Capsule may cause drowsiness and have an effect on the ability to drive or the use of machinery.

The Easy Sleep 40winx® White Multivitamin Capsule does not have any effect on the ability to drive or the use of machinery.

3. How to take Easy Sleep 40winx®

Do not share medicines with any other person.
Always take Easy Sleep 40winx® exactly as described in this leaflet or as your doctor, pharmacist, or healthcare professional has told you. Check with your doctor or pharmacist if you are not sure.

For oral use.

The usual dose of Easy Sleep 40winx® is One Light Blue Capsule at Night an hour before bedtime and then One White Multivitamin Capsule in the Morning.
Easy Sleep 40winx® must be taken with a meal.

In cases of severe sleeplessness, two Light Blue Sleep Capsules may be taken at Night for the first 14 days.

Easy Sleep 40winx® should be taken daily for as long as your healthcare professional indicates you to use it.

The indicated daily dosage should not be exceeded.

Easy Sleep 40winx® should not be given to children below the age of 18 years (due to the Amino Acid, Passion Flower, and Valerian content) unless under the direct supervision of a qualified healthcare professional.

If you take more Easy Sleep 40winx® than you should
In the event of an overdosage, consult your doctor or pharmacist. If neither is available, contact your nearest hospital or poison centre.

If an overdose is suspected, Easy Sleep 40winx® should be stopped immediately.

Treatment is generally symptomatic and supportive.

If you forget to take Easy Sleep 40winx®
Do not take a double dose of Easy Sleep 40winx® to make up for a forgotten individual dose.

4. Possible side effects

Easy Sleep 40winx® can have side effects in exceptional instances.

Not all side effects reported for Easy Sleep 40winx® are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Easy Sleep 40winx®, please consult your healthcare professional for advice.

Less frequent side effects:
- nausea (feeling sick)
- diarrhoea
- constipation
- indigestion
- bloating
- flatulence

Reporting of adverse reactions:
Should you notice any side effects not mentioned in this leaflet, please report it to AnaStellar Brands (Pty) Ltd. via pharmacist@anastellar.co.za, (011) 792 4601 or https://anastellar.co.za.
By reporting side effects, you can help provide more information on the safety of Easy Sleep 40winx®.

5. How to store Easy Sleep 40winx®

Store all medicines out of reach of children.
Store at or below 25 °C.
Protect from light and moisture.
Store in the original container.
Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6. Contents of the pack and other information

What Easy Sleep 40winx® contains

Easy Sleep 40winx® is comprised of 2 Components:

Component 1:

Each Light Blue Sleep Capsule contains:

Chamomile [Herb] derived from *Matricaria recutita*	**50**	**mg**
Passion Flower [Herb 4:1 Extract] derived from *Passiflora incarnata*	**25**	**mg**
Valerian Root [Root 4:1 Extract] derived from *Valeriana officinalis*	**25**	**mg**
Calcium derived from Calcium Carbonate 200 mg	**80**	**mg**
Magnesium derived from Magnesium Oxide 133 mg	**80**	**mg**
L-Arginine derived from L-Arginine Hydrochloride 12 mg	**10**	**mg**
L-Glutamine	**10**	**mg**
L-Ornithine derived from L-Ornithine Hydrochloride 13 mg	**10**	**mg**
Vitamin D3 derived from Cholecalciferol 2 mg	**200**	**IU**

All minerals are expressed in their elemental and non-elemental forms.

Hard Capsule Shell of Vegetarian Origin.

The other ingredients are Magnesium Stearate and Microcrystalline Cellulose.

Component 2:

Each White Multivitamin Capsule contains:

Vitamin A derived from Vitamin A Acetate Complex 3 mg	**1 000**	**IU**
Vitamin B1 derived from Thiamine Mononitrate 6 mg	**5**	**mg**
Vitamin B2 derived from Riboflavin 2 mg	**2**	**mg**
Vitamin B3 derived from Nicotinamide 15 mg	**15**	**mg**
Vitamin B5 derived from Calcium-d-Pantothenate 5 mg	**5**	**mg**
Vitamin B6 derived from Pyridoxal-5-Phosphate Monohydrate 5 mg	**5**	**mg**
Vitamin B12 derived from Methylcobalamin 5 µg	**5**	**µg**
Vitamin C derived from Ascorbic Acid 100 mg	**100**	**mg**
Vitamin E derived from dl-α-Tocopheryl Acetate 20 mg	**10**	**IU**
Biotin	**100**	**µg**
Folate derived from (6S)-5-Methyltetrahydrofolate 565 µg	**500**	**µg**
Inositol derived from Myo-Inositol 100 mg	**100**	**mg**
Iron derived from Ferrous Bisglycinate 120 mg	**24**	**mg**

All minerals are expressed in their elemental and non-elemental form.

Hard Capsule Shell of Vegetarian Origin.

The other ingredients are Magnesium Stearate and Microcrystalline Cellulose.

What Easy Sleep 40winx® looks like and contents of the pack

Easy Sleep 40winx® is a 2 Component product.

Component 1
Each Size 0 Hard Shell Vegetarian Capsule has a Light Blue body and Light Blue cap filled with a Beige coloured powder.

Component 2
Each Size 0 Hard Shell Vegetarian Capsule has a White body and White cap filled with a Beige coloured powder

Packed product:
Each pack contains 3 x PVC/PVDC/Aluminium blister strips each containing 10 x Light Blue Hard Shell Vegetarian Capsules and 3 x PVC/PVDC/Aluminium blister strips each containing 10 x White Hard Shell Vegetarian Capsules enclosed within a cardboard carton.

Unit Carton with 1 x Tamper Proof Seal on each side of the lid openings.

Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd.
PO Box 639
Fontainebleau
2032
South Africa
+27 (0)11 792 4601

Registration Number

To be assigned

This leaflet was last revised in January 2025

The Professional Information leaflet is available on https://anastellar.co.za

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

PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSTATUS
Moet toegeken word

Easy Sleep 40winx® Vegetariese Kapsules
Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Middels – Dissipline-spesifiek

Lees hierdie pamflet sorgvuldig deur, want dit bevat belangrike inligting vir jou.

Easy Sleep 40winx® is sonder 'n doktersvoorskrif aan jou beskikbaar om jou gesondheid in stand te hou. Nogtans moet jy bedagsaam wees wanneer jy Easy Sleep 40winx® gebruik om die beste resultate daarvan te kry.

- Hou hierdie pamflet, want dit mag nodig wees om dit weer te lees.
- Moenie Easy Sleep 40winx® met iemand anders deel nie.
- Vra jou gesondheidspraktisyn of apteker as jy meer inligting of advies benodig.

Wat is in hierdie pamflet

1. Wat Easy Sleep 40winx® is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy Easy Sleep 40winx® neem.
3. Hoe om Easy Sleep 40winx® te neem.
4. Moontlike newe-effekte.
5. Hoe om Easy Sleep 40winx® te bewaar.
6. Die inhoud van die kartondosie en ander inligting.

1. Wat Easy Sleep 40winx® is en waarvoor dit gebruik word

Easy Sleep 40winx® is 'n gesondheidsaanvulling vir volwassenes, wat help om slaap en ontspanning gedurende die nag te verbeter en jou 'n energieke hupstoot vir die dag te gee. Easy Sleep 40winx® kan ook nuttig wees om matige simptome van stres te help verlig.

2. Wat jy moet weet voordat jy Easy Sleep 40winx® neem

Moenie Easy Sleep 40winx® gebruik indien:
Jy 'n Hipersensitiwiteit (allergiese reaksie) vir enige van die bestanddele van Easy Sleep 40winx® toon nie (soos aangegee in afdeling 6).

Indien jy ly aan:

- kroniese niersiekte of as jy hoë Kalsiumvlakke in jou bloed of jou urine het;
- nier-osteodistrofie met hiperfosfatemie ('n beensiekte veroorsaak deur verkeerde funksionering van die niere).

Ander medisyne en Easy Sleep 40winx®
Vertel altyd vir jou gesondheidsdeskundige as jy enige ander medisyne neem. Dit sluit gesondheidsaanvullings of tradisionele medisyne in.

Raadpleeg jou gesondheidsdeskundige indien:

- jou simptome vererger;
- jou slaaploosheid vir langer as 3 weke voortduur;
- jy 'n lae proteïendieet volg;
- jy antidepressant medikasie neem.

Die gebruik van alkohol, ander medikasies of natuurlike gesondheidsprodukte met kalmerende eienskappe word nie aanbeveel nie.

Vitamien D mag die risiko van hiperkalsemie verhoog.

Neem Easy Sleep 40winx® 2 ure voor of na ander medikasies insluitend ander natuurlike produkte.

Vrugbaarheid, Swangerskap en Borsvoeding
As jy swanger is of borsvoed, dink dat jy swanger mag wees of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsdeskundige vir advies voordat jy hierdie medisyne gebruik.

Die bestanddele wat bevat word in die Easy Sleep 40winx® Ligte Blou Slaapkapsule, word nie aanbeveel tydens swangerskap of borsvoeding nie.

Die bestanddele wat bevat word in die Easy Sleep 40winx® Wit Multivitamien Kapsule, word algemeen in swangerskapprodukte gebruik.

Motorbestuur en die gebruik van masjinerie
Die Easy Sleep 40winx® Ligte Blou Slaapkapsule kan lomerigheid veroorsaak en die vermoë om te bestuur of masjinerie te gebruik affekteer.

Die Easy Sleep 40winx® Wit Multivitamien Kapsule het nie 'n effek op die vermoë om te bestuur of wanneer 'n persoon masjinerie hanteer nie.

3. Hoe om Easy Sleep 40winx® te neem

Moenie medisyne met enige ander persoon deel nie.

Neem Easy Sleep 40winx® altyd presies soos in hierdie pamflet beskryf of soos jou dokter, apteker of ander gesondheidsdeskundige jou aanbeveel het. Vra jou dokter of apteker as jy nie seker is nie.

Vir mondelikse gebruik.

Die gewone dosis van Easy Sleep 40winx® is Een Ligte Blou Kapsule Saans 'n uur voor slapenstyd en dan Een Wit Multivitamien Kapsule in die Oggend.

Easy Sleep 40winx® moet saam met 'n maaltyd geneem word.

In gevalle van ernstige slaaploosheid kan twee Ligte Blou Slaapkapsules Saans geneem word vir die eerste 14 dae.

Easy Sleep 40winx® moet daagliks geneem word vir so lank as wat jou gesondheidsdeskundige dit aanbeveel.

Moenie die daaglikse dosis wat aangedui word oorskry nie.

Easy Sleep 40winx® behoort nie aan kinders jonger as 18 jaar gegee te word nie (vanweë die Aminosuur-, Passieblom-, en Valeriaaninhoud) tensy onder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige.

As jy meer Easy Sleep 40winx® neem as wat jy moes
In die geval van 'n oordosering, raadpleeg jou dokter of apteker. As nie een van die twee beskikbaar is nie, kontak jou naaste hospitaal of gifbeheersentrum.

As 'n oordosis vermoed word, moet Easy Sleep 40winx® dadelik gestaak word.

Behandeling is oor die algemeen simptomaties en ondersteunend.

As jy vergeet om Easy Sleep 40winx® te neem
Moenie 'n dubbele dosis van Easy Sleep 40winx® neem om te vergoed vir 'n individuele dosis wat jy vergeet het nie.

4. Moontlike newe-effekte

Easy Sleep 40winx® kan in uitsonderlike gevalle newe-effekte hê.

Nie alle newe-effekte wat vir Easy Sleep 40winx® vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid versleg of as jy enige ongewenste newe-effekte ondervind terwyl jy Easy Sleep 40winx® neem, vra asseblief jou gesondheidsdeskundige vir advies.

<u>Minder dikwelse newe-effekte:</u>

- naarheid (voel mislik)
- diarree
- hardlywigheid
- slegte spysvertering
- opgeblaasde maag
- winderigheid

<u>Aanmelding van newe-effekte:</u>
As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, meld dit asseblief by AnaStellar Brands (Edms) Bpk aan by pharmacist@anastellar.co.za, (011) 792 4601 of https://anastellar.co.za.
Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Easy Sleep 40winx® te verskaf.

5. Hoe om Easy Sleep 40winx® te bewaar

Hou alle medisyne buite kinders se bereik.
Bewaar teen 25 °C of benede.
Beskerm teen lig en vogtigheid.
Bewaar in die oorspronklike houer.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Die inhoud van die kartondosie en ander inligting

Wat Easy Sleep 40winx® bevat

Easy Sleep 40winx® bestaan uit 2 Komponente:

Komponent 1:

Elke Ligte Blou Slaapkapsule bevat:

Kamille [Kruid] afgelei van *Matricaria recutita*	**50**	**mg**
Passieblom [Kruid 4:1 Ekstrak] afgelei van *Passiflora incarnata*	**25**	**mg**
Valeriaanwortel [Wortel 4:1 Ekstrak] afgelei van *Valeriana officinalis*	**25**	**mg**
Kalsium afgelei van Kalsiumkarbonaat 200 mg	**80**	**mg**
Magnesium afgelei van Magnesiumoksied 133 mg	**80**	**mg**
L-Arginien afgelei van L-Arginienhidrochloried 12 mg	**10**	**mg**
L-Glutamien	**10**	**mg**
L-Ornitien afgelei van L-Ornitienhidrochloried 13 mg	**10**	**mg**
Vitamien D3 afgelei van Cholekalsiferol 2 mg	**200**	**IE**

Alle minerale word in hul element- en nie-element vorm aangegee.

Harde Kapsule-dop van Vegetariese Oorsprong.

Die ander bestanddele is Magnesiumstearaat en Mikrokristallyne Sellulose.

Komponent 2:

Elke Wit Multivitamien Kapsule bevat:

Vitamien A afgelei van Vitamien A Asetaatkompleks 3 mg	**1 000**	**IE**
Vitamien B1 afgelei van Tiamienmononitraat 6 mg	**5**	**mg**
Vitamien B2 afgelei van Riboflavien 2 mg	**2**	**mg**
Vitamien B3 afgelei van Nikotinamied 15 mg	**15**	**mg**
Vitamien B5 afgelei van Kalsium-d-Pantotenaat 5 mg	**5**	**mg**
Vitamien B6 afgelei van Piridoksale-5-Fosfaatmonohidraat 5 mg	**5**	**mg**
Vitamien B12 afgelei van Metielkobalamien 5 µg	**5**	**µg**
Vitamien C afgelei van Askorbiensuur 100 mg	**100**	**mg**
Vitamien E afgelei van dl-α-Tokoferielasetaat 20 mg	**10**	**IE**
Biotien	**100**	**µg**
Folaat afgelei van (6S)-5-Metieltetrahidrofolaat 565 µg	**500**	**µg**
Inositol afgelei van Mioïnositol 100 mg	**100**	**mg**
Yster afgelei van Ferrobisglisinaat 120 mg	**24**	**mg**

Alle minerale word in hul element- en nie-element vorm aangegee.

Harde Kapsule-dop van Vegetariese Oorsprong.

Die ander bestanddele is Magnesiumstearaat en Mikrokristallyne Sellulose.

Hoe Easy Sleep 40winx® lyk en die inhoud van die kartondosie

<u>Komponent 1</u>
Elke Grootte 0 Harde-dop Vegetariese Kapsule het 'n Ligte Blou romp en Ligte Blou doppie gevul met 'n ligte Geelbruin poeier.

<u>Komponent 2</u>
Elke Grootte 0 Harde-dop Vegetariese Kapsule het 'n Wit romp en Wit doppie gevul met 'n ligte Geelbruin poeier.

<u>Verpakte produk:</u>
Elke pakkie bevat 3 x PVC/PVDC/Aluminium stulpstroke wat elk 10 x Ligte Blou Harde-dop Vegetariese Kapsules het, en 3 x PVC/PVDC/Aluminium stulpstroke wat elk 10 x Wit Harde-dop Vegetariese Kapsules binne-in 'n kartondosie het.

Kartondosie het 1 x Peuterbestande Seël aan weerskante van die boks-openinge.

Houer van die Registrasiesertifikaat

AnaStellar Brands (Edms) Bpk.
Posbus 639
Fontainebleau
2032
Suid-Afrika
+27 (0)11 792 4601

Registrasienommer

Moet toegeken word

Hierdie pamflet is laas in Januarie 2025 hersien

Die Professionele Inligtingspamflet is beskikbaar by https://anastellar.co.za

Hierdie ongeregistreerde middel is nie deur die SAHPRA vir sy gehalte, veiligheid of beoogde gebruik geëvalueer nie.

ES/LF/02