

# PATIENT INFORMATION LEAFLET

## SCHEDULING STATUS

To be assigned.

## Stellar Activ-FOLATE® Film-coated Tablets Sucrose, Lactose, Gluten and Tartrazine Free

Complementary Medicine – Health Supplement

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

Stellar Activ-FOLATE® is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Stellar Activ-FOLATE® carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Stellar Activ-FOLATE® with any other person.
- Ask your healthcare professional or pharmacist if you need more information or advice.

### What is in this leaflet?

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

#### 1. What Stellar Activ-FOLATE® is and what it is used for

Stellar Activ-FOLATE® is a health supplement for adults intended as nutritional support where Folate deficiency is at highest risk, for example, prior to conception, during pregnancy or where the medication you are taking interferes with folate metabolism or absorption.

#### 2. What you need to know before you take Stellar Activ-FOLATE®

##### Do not take Stellar Activ-FOLATE® if:

You experience a Hypersensitivity (allergic reaction) to any of the ingredients of Stellar Activ-FOLATE® (as listed below in section 6).

##### Other medicines and Stellar Activ-FOLATE®

Always tell your healthcare professional if you are taking any other medicines. This includes complementary or traditional medicines.

Take Stellar Activ-FOLATE® 2 hours before or after taking other medications or natural health products.

##### Fertility, 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 healthcare professional for advice before taking this medicine.

The ingredients in Stellar Activ-FOLATE® are safe to use during fertility, pregnancy, and breastfeeding.

##### Driving and using machines

Stellar Activ-FOLATE® does not have any effect on the ability to drive or the use of machinery.

#### 3. How to take Stellar Activ-FOLATE®

Do not share medicines with any other person.

Always take Stellar Activ-FOLATE® 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.

The usual dose is one Peach Film-coated Tablet daily after a meal, or as recommended by your Healthcare Professional.

Stellar Activ-FOLATE® should be taken daily for as long as your healthcare professional indicates you to use it.

Stellar Active-FOLATE® should not be given to children below the age of 14 years (due to the high Folate content) unless under the direct supervision of a qualified healthcare professional.

##### If you take more Stellar Activ-FOLATE® 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, Stellar Activ-FOLATE® should be stopped immediately.

Treatment is generally symptomatic and supportive.

##### If you forget to take Stellar Activ-FOLATE®

Do not take a double dose of Stellar Activ-FOLATE® to make up for a forgotten individual dose.

#### 4. Possible side effects

Stellar Activ-FOLATE® can have side effects in exceptional instances.

Not all side effects reported for Stellar Activ-FOLATE® are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Stellar Activ-FOLATE® 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](mailto: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 Stellar Activ-FOLATE®.

#### 5. How to store Stellar Activ-FOLATE®

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 Stellar Activ-FOLATE® contains

Each Peach Tablet contains:

<b>Folate</b> derived from (6S)-5-Methyltetrahydrofolate 565 µg	<b>500</b>	<b>µg</b>
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The other ingredients are:

**Tablet Core:** Calcium Carbonate, Magnesium Stearate, Microcrystalline Cellulose, and Silicon Dioxide.

**Tablet Coating:** Castor Oil, Flexicoat Peach, and Shellac.

##### What Stellar Activ-FOLATE® looks like and contents of the pack

Stellar Activ-FOLATE® is available in a pack of 30 and 120 Peach Round Film-coated Tablets.

Each **pack of 30's** contains 3 x PVC/PVDC/Aluminium blister strips with 10 x Film-coated Tablets contained in each strip.

The 3 x blister strips are enclosed within a cardboard carton.

Each **pack of 120's** contains 12 x PVC/PVDC/Aluminium blister strips with 10 x Film-coated Tablets contained in each strip.

The 12 x blister strips are enclosed within a cardboard carton.

##### Holder of Certificate of Registration

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##### Registration Number

To be assigned

##### This leaflet was last revised in January 2024

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.

SAF/LF/02

# PASIËNT-INLIGTINGSPAMFLET

## SKEDULERINGSSTATUS

Moet toegeken word.

## Stellar Activ-FOLATE® Filmbedekte Tablette Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Middels – Gesondheidsaanvulling

### Lees hierdie pamflet sorgvuldig want dit bevat belangrike inligting vir jou

Stellar Activ-FOLATE® is sonder 'n doktersvoorskrif aan jou beskikbaar om jou gesondheid in stand te hou. Nogtans moet jy bedagsaam wees wanneer jy Stellar Activ-FOLATE® gebruik om die beste resultate daarvan te kry.

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

### Wat is in hierdie pamflet?

1. Wat Stellar Activ-FOLATE® is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy Stellar Activ-FOLATE® neem.
3. Hoe om Stellar Activ-FOLATE® te neem.
4. Moontlike nuwe-effekte.
5. Hoe om Stellar Activ-FOLATE® te bewaar.
6. Die inhoud van die kartondosie en ander inligting.

### 1. Wat Stellar Activ-FOLATE® is en waarvoor dit gebruik word

Stellar Activ-FOLATE® is 'n gesondheidsaanvulling wat voedingsondersteuning bied aan volwassenes waar daar 'n folaattekort is wat 'n hoë risiko scenario skep, byvoorbeeld voor bevrugting, gedurende swangerskap, of waar die medikasie wat jy neem folaatmetabolisme of folaatopname beïnvloed.

### 2. Wat jy moet weet voordat jy Stellar Activ-FOLATE® neem

#### Moenie Stellar Activ-FOLATE® gebruik indien:

Jy 'n Hipersensitiwiteit (allergiese reaksie) vir enige van die bestanddele van Stellar Activ-FOLATE® toon nie (word in afdeling 6 aangegee).

#### Ander medisyne en Stellar Activ-FOLATE®

Vertel altyd vir jou gesondheidsdeskundige as jy enige ander medisyne neem. Dit sluit gesondheidsaanvullings of tradisionele medisyne in.

Neem Stellar Activ-FOLATE® 2 uur voor of na jy enige ander medikasies of natuurlike gesondheidsprodukte geneem het.

#### Swangerskap, Borsvoeding en Vrugbaarheid

Indien jy swanger is of borsvoed, dink dat jy swanger mag wees of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of enige ander gesondheidsdeskundige voordat jy hierdie medisyne neem.

Die bestanddele in Stellar Activ-FOLATE® is veilig om gedurende vrugbaarheid, swangerskap en borsvoeding te gebruik.

#### Motorbestuur en die gebruik van masjinerie

Stellar Activ-FOLATE® het nie 'n effek op die vermoë om te bestuur of wanneer 'n persoon masjinerie hanteer nie.

### 3. Hoe om Stellar Activ-FOLATE® te neem

Moenie enige medisyne met iemand anders deel nie. Neem Stellar Activ-FOLATE® altyd presies soos in hierdie pamflet beskryf of soos jou dokter, apteker of enige ander gesondheidsdeskundige vir jou aanbeveel het. Vra jou dokter of apteker as jy nie seker is nie.

Die gewone dosis is een Appelkooskleurige Filmbedekte Tablet daaglik na 'n maaltyd, of soos deur jou gesondheidsdeskundige aanbeveel.

Stellar Activ-FOLATE® behoort daaglik geneem te word vir so lank as wat jou gesondheidsdeskundige dit vir jou aanbeveel het.

Stellar Activ-FOLATE® behoort nie aan kinders onder die ouderdom van 14 jaar gegee te word nie (vanweë die hoë Folaatinhoud) tensy onder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige.

#### As jy meer Stellar Activ-FOLATE® 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, behoort Stellar Activ-FOLATE® dadelik gestaak te word.

Behandeling is oor die algemeen simptomaties en ondersteunend.

#### As jy vergeet om Stellar Activ-FOLATE® te neem

Moenie 'n dubbele dosis van Stellar Activ-FOLATE® neem om te vergoed vir 'n individuele dosis wat jy vergeet het nie.

### 4. Moontlike nuwe-effekte

Stellar Activ-FOLATE® kan in buitengewone gevalle nuwe-effekte hê.

Nie alle nuwe-effekte wat vir Stellar Activ-FOLATE® vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid versleg of as jy enige ongewenste nuwe-effekte ondervind terwyl jy Stellar Activ-FOLATE® neem, vra asseblief jou gesondheidsdeskundige vir advies.

#### Minder dikwelse nuwe-effekte:

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

#### Aanmelding van nuwe-effekte:

As jy enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, meld dit asseblief by AnaStellar Brands (Edms) Bpk aan by [pharmacist@anastellar.co.za](mailto:pharmacist@anastellar.co.za), (011) 792 4601 of <https://anastellar.co.za>. Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Stellar Activ-FOLATE® te verskaf.

### 5. Hoe om Stellar Activ-FOLATE® te bewaar

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

### 6. Die inhoud van die kartondosie en ander inligting

#### Wat Stellar Activ-FOLATE® bevat

Elke Appelkooskleur Tablet bevat:

<b>Folaat</b> afgelei van (6S)-5-Metieltetrahydrofolaat 565 µg	<b>500</b>	<b>µg</b>
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Die ander bestanddele is:

**Tabletkern:** Kalsiumkarbonaat, Magnesiumstearaat, Mikrokrystallyne Sellulose, Silikondioksied.

**Tabletbedekking:** Kasterolie, Flexicoat Peach, Skellak.

#### Hoe Stellar Activ-FOLATE® lyk en die inhoud van die kartondosie

Stellar Activ-FOLATE® is in kartondosies van 30 en 120 Appelkooskleurige Ronde Filmbedekte Tablette te kry.

Elke **kartondosie van 30's** bevat 3 x PVC/PVDC/Aluminium stulpstrokke wat elk 10 x Filmbedekte Tablette per stulpstrook bevat. Daar is 3 x stulpstrokke binne-in 'n kartondosie.

Elke **kartondosie van 120's** bevat 12 x PVC/PVDC/Aluminium stulpstrokke wat elk 10 x Filmbedekte Tablette per stulpstrook bevat. Daar is 12 x stulpstrokke binne-in 'n kartondosie.

#### Houer van die Registrasiesertifikaat

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

#### Registrasienumer

Moet toegeken word

#### Hierdie pamflet is laas in Januarie 2024 hersien

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

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