

# PATIENT INFORMATION LEAFLET

## SCHEDULING STATUS

To be assigned

## NEUROXCEL® 3-in-1 Vegetarian Capsules, Film-coated Tablets and Soft-Gel Capsules Sucrose, Lactose, Gluten and Tartrazine free

Complementary Medicine – Health Supplement

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

NEUROXCEL® 3-in-1 is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use NEUROXCEL® 3-in-1 carefully to get the best results from it.

- Keep this leaflet as you may need to read it again.
- Do not share NEUROXCEL® 3-in-1 with any other person.
- Ask your healthcare professional or pharmacist if you need more information or advice.

### What is in this leaflet

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

### 1. What NEUROXCEL® 3-in-1 is and what it is used for

NEUROXCEL® 3-in-1 is a health supplement used by adults intended to support healthy brain and nervous system functioning, recovery, and relaxation.

### 2. What you need to know before you take NEUROXCEL® 3-in-1

#### Do not take NEUROXCEL® 3-in-1 if you have:

A hypersensitivity (*allergic reaction*) to any of the ingredients of NEUROXCEL® 3-in-1 (as listed below in section 6).

NEUROXCEL® 3-in-1 should not be used by persons suffering from:

- conditions associated with hypercalcaemia and hypercalciuria;
- renal impairment (*chronic*);
- renal osteodystrophy with hyperphosphataemia (*risk of metastatic calcification*);
- a Fish Allergy (*due to the Omega-3 Fish Oil*).

### Warnings and Precautions

The indicated daily dose should not be exceeded.

Consult your Healthcare Professional if:

- you suffer from a bleeding disorder;
- you are taking blood thinners;
- you are asthmatic with sensitivity to aspirin;
- your symptoms worsen.

NEUROXCEL® 3-in-1 should not be given to children below the age of 18 years (*due to the L-Theanine content*) unless under the direct supervision of a qualified healthcare professional.

### Other medicines and NEUROXCEL® 3-in-1

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

Take NEUROXCEL® 3-in-1 2 hours before or after taking other medications including other natural health products.

A high dose Vitamin D may increase the risk of hypercalcaemia.

### Fertility, Pregnancy and Breastfeeding

If you are pregnant or breastfeeding, think that 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 safety of L-Theanine as contained in NEUROXCEL® 3-in-1 listed below in section 6 during pregnancy has not been established.

### Driving and using machines

NEUROXCEL® 3-in-1 does not have any effect on the ability to drive or the use of machinery.

### 3. How to take NEUROXCEL® 3-in-1

Do not share medicines with any other person.

Always take NEUROXCEL® 3-in-1 exactly as described in this leaflet or as your doctor, pharmacist or other healthcare professional has advised you. Check with your doctor or pharmacist if you are not sure.

For oral use only.

The usual NEUROXCEL® 3-in-1 dosage is one White Hard Shell Vegetarian Capsule daily in the morning with Breakfast and one Light Blue Film-coated Tablet with an Omega-3 Soft-Gel Capsule at night after Dinner.

NEUROXCEL® 3-in-1 must always be taken after meals.

NEUROXCEL® 3-in-1 should be taken daily for as long as your healthcare professional indicates for you to use it.

#### If you take more NEUROXCEL® 3-in-1 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 overdosage is suspected, NEUROXCEL® 3-in-1 should be stopped immediately.

Treatment is generally symptomatic and supportive.

#### If you forget to take NEUROXCEL® 3-in-1

Do not take a double dose of NEUROXCEL® 3-in-1 to make up for a forgotten individual dose.

### 4. Possible side effects

NEUROXCEL® 3-in-1 can have side effects in exceptional instances.

Not all side effects reported for NEUROXCEL® 3-in-1 are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NEUROXCEL® 3-in-1, please consult your healthcare professional for advice.

#### Less Frequent side effects:

- nausea (feeling sick)
- diarrhoea
- constipation
- indigestion
- bloating
- flatulence

#### Frequent side effects:

- bright yellow urine

#### Reporting of adverse reactions:

Should you notice any side effects not mentioned in this leaflet, 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 NEUROXCEL® 3-in-1.

### 5. How to store NEUROXCEL® 3-in-1

Store all medicines out of reach of children.

Store at or below 25 °C.

Do not refrigerate or freeze.

Protect from light and moisture.

Store in the original container.

Do not decant tablets and capsules into pill boxes as they may react with the moisture in the air.

Do not store in a Bathroom or Kitchen.

Return all unused medicine to your pharmacist.

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

### 6. Contents of the pack and other information

#### What NEUROXCEL® 3-in-1 contains

NEUROXCEL® 3-in-1 is comprised of 3 Components:

#### Component 1

Each Capsule contains:

<b>Vitamin B1 (Active)</b> derived from Thiamine Pyrophosphate 25 mg	25	mg
<b>Vitamin B6 (Active)</b> derived from Pyridoxal-5-Phosphate Monohydrate 54 mg	50	mg
<b>Vitamin B12 (Active)</b> derived from Methylcobalamin 50 µg	50	µg
<b>Folate (Active)</b> derived from (6S)-5-Methyltetrahydrofolate 556 µg	400	µg
<b>Vitamin D3</b> derived from Cholecalciferol 10 mg	1 000	IU

Hard Capsule Shell of Vegetarian Origin.

The other ingredients are Magnesium Stearate, Microcrystalline Cellulose, and Silicon Dioxide.

#### Component 2

Each Light Blue Tablet contains:

<b>Magnesium</b> derived from Magnesium-L-Threonate 1 111 mg	80	mg
<b>L-Theanine</b>	200	mg

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

The other ingredients are:

**Tablet Core:** Magnesium Stearate, Microcrystalline Cellulose, Povidone, Silicon Dioxide, Sodium Starch Glycolate, and Solvent 45

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

#### Component 3

Each Soft-Gel Omega-3 Capsule contains:

<b>Docosahexaenoic Acid (DHA)</b>	400	mg
<b>Eicosapentaenoic Acid (EPA)</b> derived from Fish Oil Triglyceride 800 mg	80	mg

Soft-Gel Capsule Shell of Bovine Origin.

The other ingredients are:

**Capsule contents:** d-α-Tocopherol

**Capsule shell:** Gelatin (Bovine origin) and Glycerol

#### What NEUROXCEL® 3-in-1 looks like and the contents of the pack

NEUROXCEL® 3-in-1 contains Hard Vegetarian Capsules with a White body and White cap filled with an Off-White coloured powder, together with Light Blue Film-coated Tablets and Yellow Soft-Gel Capsules filled with a clear Yellow oil.

#### Packed product:

Each pack contains 5x White Vegetarian Capsules of Component 1, 5x Light Blue Film-coated Tablets of Component 2 and 5x Omega-3 Soft-Gel Capsules of Component 3 contained in one PVC/PVDC/Aluminium blister strip. 6x Blister strips enclosed within a cardboard carton. Unit Carton with 1x Tamper Proof Seal on the lid opening.

#### Holder of Certificate of Registration

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#### Registration Number

To be assigned

This leaflet was last revised in September 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

## NEUROXCEL® 3-in-1 Vegetariese Kapsules, Filmbedekte Tablette en Sagte-Jel Kapsules Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Medisyne – Gesondheidsaanvulling

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

NEUROXCEL® 3-in-1 is sonder 'n doktersvoorskrif aan jou beskikbaar om jou gesondheid in stand te hou. Nogtans moet jy bedagsaam wees wanneer jy NEUROXCEL® 3-in-1 gebruik om die beste resultate daarvan te kry.

- Hou hierdie pamflet, want dit mag nodig wees om dit weer te lees.
- Moenie NEUROXCEL® 3-in-1 met iemand anders deel nie.
- Vra jou gesondheidspraktisyn of apteker as jy meer inligting of advies benodig.

### Wat is in hierdie pamflet

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

### 1. Wat NEUROXCEL® 3-in-1 is en waarvoor dit gebruik word

NEUROXCEL® 3-in-1 is 'n gesondheidsaanvulling wat deur volwassenes gebruik word om gesonde brein- en sensustelfunksie, asook herstel en ontspanning te ondersteun.

### 2. Wat jy moet weet voordat jy NEUROXCEL® 3-in-1 neem

#### Moenie NEUROXCEL® 3-in-1 gebruik indien

Jy 'n hipersensitiwiteit (*allergiese reaksie*) vir enige van die bestanddele van NEUROXCEL® 3-in-1 toon nie (*word in afdeling 6 aangegee*).

NEUROXCEL® 3-in-1 behoort nie gebruik te word deur persone wat ly aan:

- toestande geassosieer met hiperkalsemie en hiperkalsiurie;
- nierontoereikendheid (*kronies*);
- nier-osteodistrofie met hiperfosfatemie (*risiko van metastatiese kalsifisering*);
- 'n Visallergie (*weens die Omega-3 Visolie*).

#### Waarskuwings en Voorsorgmaatreëls

Die daaglikse dosis soos aangedui moet nie oorskry word nie.

Raadpleeg jou Gesondheidsdeskundige indien:

- jy aan 'n bloedingaandoening ly;
- jy bloedverdunders gebruik;
- jy asmaties is met sensitiwiteit vir aspirien;
- jou simptome erger word.

NEUROXCEL® 3-in-1 behoort nie aan kinders jonger as 18 jaar gegee te word nie (*vanweë die L-Teanieninhoud*) tensy onder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige.

#### Ander medisyne en NEUROXCEL® 3-in-1

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

Neem NEUROXCEL® 3-in-1 2 uur voor of na jy ander medikasies geneem het, insluitend ander natuurlike gesondheidsprodukte.

'n Hoë dosis Vitamien D mag die risiko van hiperkalsemie verhoog.

#### Vrugbaarheid, Swangerskap, en Borsvoeding

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 ander gesondheidsdeskundige voordat jy hierdie medisyne neem.

Die veiligheid van L-Teanien soos deur NEUROXCEL® 3-in-1 bevat en in afdeling 6 aangegee, is nie bepaal tydens swangerskap nie.

#### Motorbestuur en die gebruik van masjinerie

NEUROXCEL® 3-in-1 het nie 'n effek op die vermoë om te bestuur of wanneer 'n persoon masjinerie hanteer nie.

### 3. Hoe om NEUROXCEL® 3-in-1 te neem

Moenie enige medisyne met iemand anders deel nie.

Neem NEUROXCEL® 3-in-1 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.

Slegs vir mondelike gebruik.

Die gewone NEUROXCEL® 3-in-1 dosering is een Wit Harde-Dop Vegetariese Kapsule daaglik in die oggend saam met Ontbyt en een Ligblou Filmbedekte Tablette met 'n Omega-3 Sagte-Jel Kapsule saans na Aandete.

NEUROXCEL® 3-in-1 moet altyd na maaltye geneem word.

NEUROXCEL® 3-in-1 moet daaglik geneem word vir so lank as wat jou gesondheidsdeskundige dit aanbeveel.

#### As jy meer NEUROXCEL® 3-in-1 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 NEUROXCEL® 3-in-1 dadelik gestaak word.

Behandeling is oor die algemeen simptomaties en ondersteunend.

#### As jy vergeet om NEUROXCEL® 3-in-1 te neem

Moenie 'n dubbele dosis van NEUROXCEL® 3-in-1 neem om te vergoed vir 'n individuele dosis wat jy vergeet het nie.

### 4. Moontlike nuwe-effekte

NEUROXCEL® 3-in-1 kan in uitsonderlike gevalle nuwe-effekte hê.

Nie alle nuwe-effekte wat vir NEUROXCEL® 3-in-1 vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid versleg of as jy enige nuwe-effekte ervaar terwyl jy NEUROXCEL® 3-in-1 neem, vra asseblief jou gesondheidsdeskundige vir advies.

#### Minder Dikwelse nuwe effekte:

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

#### Dikwelse nuwe-effekte:

- heldergeel urine

#### 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 NEUROXCEL® 3-in-1 te verkaf.

### 5. Hoe om NEUROXCEL® 3-in-1 te bewaar

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Moenie in 'n yskas verkoel of vries nie.

Beskerm teen lig en vogtigheid.

Bewaar in die oorspronklike houër.

Moenie tablette en kapsules in pilosies uitgooi nie, hulle mag met vogtigheid in die lug reageer.

Moenie in 'n Badkamer of Kombuis bêre nie.

Neem alle ongebruikte medisyne terug na jou apteker.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

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

#### Wat NEUROXCEL® 3-in-1 bevat

NEUROXCEL® 3-in-1 bestaan uit 3 Komponente:

##### Komponent 1

Elke Kapsule bevat:

<b>Vitamien B1 (Aktief)</b> afgelei van Tiamienpifosfaat 25 mg	<b>25</b>	<b>mg</b>
<b>Vitamien B6 (Aktief)</b> afgelei van Piridoksale-5-Fosfaatmonohidraat 54 mg	<b>50</b>	<b>mg</b>
<b>Vitamien B12 (Aktief)</b> afgelei van Metielkobalamien 50 µg	<b>50</b>	<b>µg</b>
<b>Folaat (Aktief)</b> afgelei van (6S)-5-Metieltetrahydrofolaat 556 µg	<b>400</b>	<b>µg</b>
<b>Vitamien D3</b> afgelei van Cholekalsiferol 10 mg	<b>1 000</b>	<b>IE</b>

Harde Kapsuledop van Vegetariese Oorsprong.

Die ander bestanddele is Magnesiumstearaat, Mikro-kristallyne Sellulose en Silikondioksied.

##### Komponent 2

Elke Ligblou Tablette bevat:

<b>Magnesium</b> afgelei van Magnesium-L-Treonaat 1 111 mg	<b>80</b>	<b>mg</b>
<b>L-Teanien</b>	<b>200</b>	<b>mg</b>

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

Die ander bestanddele is:

**Tabletkern:** Magnesiumstearaat, Mikro-kristallyne Sellulose, Natriumstyselglukolaat, Oplosmiddel 45, Povidoon en Silikondioksied

**Tabletbedekking:** Kasterolie, Flexicoat en Skellak

##### Komponent 3

Elke Sagte-Jel Omega-3 Kapsule bevat:

<b>Dokosaheksaënoësuur (DHA)</b>	<b>400</b>	<b>mg</b>
<b>Eikosapentaënoësuur (EPA)</b> afgelei van Visolie-Triglisieried 800 mg	<b>80</b>	<b>mg</b>

Sagte-Jel Kapsuledop van Beesoorsprong.

Die ander bestanddele is:

**Kapsule-inhoud:** d-α-Tokoferol

**Kapsuledop:** Gelatien (Beesoorsprong) en Gliserol

### Hoe NEUROXCEL® 3-in-1 lyk en die inhoud van die kartondosie

NEUROXCEL® 3-in-1 is Harde Vegetariese Kapsules met 'n Wit romp en Wit doppie gevul met 'n Naaswit poeier, tesame met Ligblou Filmbedekte Tablette en Geel Sagte-Jel Kapsules gevul met 'n helder Geel olie.

#### Verpakte produk:

Elke kartondosie bevat 5x Wit Vegetariese Kapsules van Komponent 1, 5x Ligblou Filmbedekte Tablette van Komponent 2 en 5x Omega-3 Sagte-Jel Kapsules van Komponent 3 in een PVC/PVDC/Aluminium stulpstrook. Die 6x Stulpstrokke is binne-in 'n kartondosie. Kartondosie met 1x Peutervrye Seël op die boks-opening.

#### Houer van die Registrasiesertifikaat

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#### Registrasienuommer

Moet toegeken word

#### Hierdie pamflet is laas in September 2025 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.