



TABLETS

STRESS

NO

MORE

SCHEDULING STATUS:
Schedule 0

COMPOSITION:

Each tablet contains:	
Valeriana officinalis 10:1	36 mg
(root, as 360 mg of a 10:1 extract standardised to Valerian root)	
Passiflora incarnata	45 mg
(grass, as 4% flavones extract standardised to Passion flower)	
Pyridoxine HCL (Vitamin B6)	430 µg
L-Theanine	100 mg

Inactive: Microcrystalline cellulose, Polyethylene Glycol, Magnesium Stearate, Silicone dioxide.

Sugar free

PHARMACOLOGICAL CLASSIFICATION:

Health supplement
Category D Complementary Medicine
D33.7 Combination product.

PHARMACOLOGICAL ACTION:

Stress: The ingredients induce a calming effect believed to stimulate neurotransmitter production. The calming effect of STRESS NO MORE® can be felt in less than 20 minutes.

Sleeplessness: STRESS NO MORE® is not a tranquiliser. Instead, the ingredients help you fall asleep when your aim is to sleep. Due to the calming effects that the ingredients have, clinical studies show that you will fall asleep faster and the duration of continuous sleep will be longer.

INDICATIONS:

STRESS NO MORE® supports in the maintenance of healthy sleep and relaxation. STRESS NO MORE® can assist in inducing a calming effect during stressful periods.

CONTRAINDICATIONS:

STRESS NO MORE® is contraindicated in:
Patients with hypersensitivity to any of the ingredients contained as illustrated under "COMPOSITION".

WARNING AND SPECIAL PRECAUTIONS:

STRESS NO MORE® may enhance the effects of anti-hypertensive medicines. In patients with hypertension or hypotension, blood pressure should be monitored constantly. This medicine is not intended to replace any prescribed medication and should not be taken as a replacement for any prescribed medication.

EFFECTS ON THE ABILITY TO DRIVE OR USE MACHINERY:

STRESS NO MORE® should not have any effect on a patient's ability to drive or use heavy machinery.

INTERACTIONS:

The ingredients contained in STRESS NO MORE® could potentially enhance the effects and working of anti-hypertensive medication. STRESS NO MORE® should be used under supervision of a healthcare professional and blood pressure should be monitored constantly.

PREGNANCY AND LACTATION:

Safety in pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE:

Acute symptoms (continuous use):

Take 1 tablet 2 times per day or as directed by your healthcare professional.

Sudden or stress flare-ups:

Take 2 tablets as and when required or as directed by your healthcare professional.

Sleeplessness:

Take 2 tablets 30 minutes before bed or as directed by your healthcare professional.

Always take STRESS NO MORE® with at least 250 ml of water.
Do not exceed the recommended dosage.

SIDE-EFFECTS:

Hypersensitivity to any of the ingredients listed under "COMPOSITION".
No other side-effects have been reported.

KNOWN SYMPTOMS OF OVERDOSAGE AND TREATMENT:

No symptoms of overdose have been reported. Should you have adverse side-effects after taking an overdose of STRESS NO MORE® please contact your doctor immediately.

IDENTIFICATION:

Orange tablet.

PRESENTATION:

STRESS NO MORE® 30:

1 secure container containing 30 orange tablets in an outer carton.

STRESS NO MORE® 60:

1 secure container containing 60 orange tablets in an outer carton.

STORAGE INSTRUCTIONS:

Store in a cool, dry place at or below 25°C.
Keep out of direct sunlight.
KEEP OUT OF REACH OF CHILDREN.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF

REGISTRATION:
MANUFACTURED FOR:
DB Pharmaceuticals (Pty) Ltd
36 Sovereign Drive
Route 21 Corporate Park
Nellmapius Drive, Irene
Pretoria, 0157
Helpline: 012 111 8313

DATE OF PUBLICATION OF THIS PACKAGE INSERT:

January 2022

REGISTRATION NUMBER:

Will be allocated on registration.

NAPPI CODE:

STRESS NO MORE® 30 Tablets - 3004031003
STRESS NO MORE® 60 Tablets - 3004031004

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

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Schedule 0

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:

STRESS NO MORE®—Capsules

Read all of this leaflet carefully as it contains important information about the product and its use.

STRESS NO MORE® is available without a doctor's prescription, for you to treat a mild condition of stress and/or sleeplessness. Nevertheless, you still need to use STRESS NO MORE® correctly to get the best results from it.

- Keep this leaflet, you may need to read it again.
- Always tell your healthcare professional if you are taking any other medicine.
- If you are pregnant or breastfeeding your baby please consult your healthcare professional for advice before taking this medicine.
- Do not share medicines prescribed for you with any other person.
- A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

WHAT STRESS NO MORE® CONTAINS:

Each tablet contains:	
Valerian Root Extract 10:1	36 mg
Passion Flower Extract	45 mg
Pyridoxine HCL (Vitamin B6)	430 µg
L-Theanine	100 mg

Inactive: Microcrystalline cellulose, Polyethylene Glycol, Magnesium Stearate, Silicone dioxide.

Sugar free

PHARMACOLOGICAL CLASSIFICATION:

Health supplement
Category D Complementary Medicine
D33.7 Combination product.

WHAT STRESS NO MORE® IS USED FOR:

STRESS NO MORE® supports in the maintenance of healthy sleep and relaxation. STRESS NO MORE® can assist in inducing a calming effect during stressful periods.

BEFORE YOU TAKE STRESS® NO MORE:

Do NOT take STRESS NO MORE® if you are allergic to any of the ingredients listed under "COMPOSITION".

TAKING STRESS NO MORE® WITH FOOD AND DRINK

STRESS NO MORE® should be taken with at least 250 ml of water, but does not have to be taken with food.

PREGNANCY AND BREASTFEEDING:

Safety during pregnancy and lactation has not been established.
Consult your doctor before using STRESS NO MORE® during pregnancy or lactation.

DRIVING AND USING MACHINERY:

It is unlikely that STRESS NO MORE® will have any adverse effect on your ability to drive or operate heavy machinery.

TAKING OTHER MEDICINES WITH STRESS NO MORE®:

Always inform your healthcare professional if you are taking other medicine. STRESS NO MORE® is a natural supplement and should not replace any medicines prescribed by your doctor. STRESS NO MORE® may influence patients taking blood pressure medication or patients who are on mood stabilising medication. Consult your doctor before use.

HOW TO TAKE STRESS NO MORE®:

STRESS NO MORE® should be taken in accordance with the recommended dosages.
Ask your doctor or pharmacist if you are unsure of how to use STRESS NO MORE®.

Acute Symptoms (continuous use):

Take 1 tablet 2 times per day or as directed by your healthcare professional.

Sudden Anxiety or Stress Flare-Ups:

Take 2 tablets or as directed by your healthcare professional.

Sleeplessness:

Take 2 tablets 30 minutes before bed or as directed by your healthcare professional.

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

POSSIBLE SIDE-EFFECTS:

Not all side-effects reported for STRESS NO MORE® are included in this leaflet. Should your general health worsen or if you experience any adverse effects while taking STRESS NO MORE®, 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 or pharmacist.

STORING AND DISPOSING OF STRESS NO MORE®:

Store in a cool, dry place at or below 25°C out of direct sunlight. Keep out of direct sunlight.

KEEP OUT OF REACH OF CHILDREN

Do not use after expiry date stated on the packaging material.

Return all unused medicine to your pharmacist.

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

IDENTIFICATION:

Orange tablet.

PRESENTATION:**STRESS NO MORE® 30:**

1 secure container containing 30 orange tablets in an outer carton.

STRESS NO MORE® 60:

1 secure container containing 60 orange tablets in an outer carton.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:**MANUFACTURED FOR:**

DB Pharmaceuticals (Pty) Ltd
36 Sovereign Drive
Route 21 Corporate Park
Nellmapius Drive, Irene
Pretoria, 0157
Helpline: 012 111 8313

DATE OF PUBLICATION OF THIS PACKAGE INSERT:

August 2019

REGISTRATION NUMBER:

Will be allocated on registration.

NAPPI CODE:

STRESS NO MORE® 30 Tablets - 3004031003

STRESS NO MORE® 60 Tablets - 3004031004

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

PASIENT INLIGTINGSTUK**SKEDULERING STATUS:**

Skedule 0

EIENDOMSNAAM (EN DOSEERVORM):

STRESS NO MORE® — Tablette

Lees hierdie voubljef noukeurig deur aangesien dit belangrike inligting oor die produk en die gebruik daarvan bevat. STRESS NO MORE® is beskikbaar sonder 'n voorskrif, om 'n ligte toestand van stres en/of slapeloosheid te behandel. Nietemin moet u STRESS NO MORE® steeds korrek gebruik om die beste resultate daaruit te verkry:

- Hou hierdie voubljef, u sal dit dalk weer moet lees.
- Vertel altyd u gesondheidsorgwerker as u enige ander medisyne neem.
- Indien u swanger is of u baba borsvoed, raadpleeg asseblief u gesondheidsorgwerker vir advies voordat u hierdie medisyne gebruik.
- Moenie medisyne wat vir u voorgeskryf is met enige ander persoon deel nie.
- 'n Gevarieerde dieet is die mees effektiewe en veilige manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese welstand te bereik.

STRESS NO MORE® BEVAT:

Elke tablet bevat:

Valerian Root Ekstrak	10:1	36 mg
Passion Flower Ekstrak		45 mg
Pyridoxine HCL (Vitamiën B6)		430 µg
L-Theanien		100 mg

Onaktiewe: Mikrokrystallyne sellulose, poliëtiënglikol, magnesiumstearaat, silikoondioksied

Suikervry

FARMAKOLOGIES KLASSIFIKASIE:

Gesondheidsaanvulling

Kategorie D Komplimentêre medisyne

D33.7 Kombinasie produk.

WAARVOOR WORD STRESS NO MORE® GEBRUIK:

STRESS NO MORE® is 'n natuurlike aanvulling wat aangewys is om stres en slapeloosheid simptome te verminder.

VOORDAT U STRESS NO MORE® GEBRUIK:

Moet nie STRESS NO MORE® gebruik as u allergies is vir enige van die bestanddele bevat in STRESS NO MORE®.

STRESS NO MORE® MET KOS EN WATER:

STRESS NO MORE® moet met ten minste 300 ml water geneem word. STRESS NO MORE® hoef nie saam met kos geneem te word nie.

SWANGERSKAP EN BORSVOEDING:

Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. Raadpleeg u dokter voordat u STRESS NO MORE® tydens swangerskap of laktasie gebruik nie.

BESTUUR EN GEBRUIK VAN MASJINERIE:

Dit is onwaarskynlik dat STRESS NO MORE® 'n nadelige uitwerking sal hê op u vermoë om te bestuur of swaar masjinerie te gebruik.

NEEM VAN ANDER MEDISYNE SAAM MET STRESS NO MORE®:

Stel u gesondheidsorgwerker altyd in kennis as u nuwe of bykomende medisyne gebruik.

STRESS NO MORE® is 'n aanvulling en moet nie enige medisyne, wat deur u dokter voorgeskryf is, vervang nie. Indien u medisyne neem om u bloeddruk te verlaag, kan dit nodig wees om u bloeddruk meer gereeld te monitor indien u STRESS NO MORE® op 'n gereelde basis neem. STRESS NO MORE® kan die effekte van medisyne, kruie en aanvullings wat bloeddruk verlaag, versterk.

HOE OM STRESS NO MORE® TE NEEM:

Neem STRESS NO MORE® altyd presies soos aangedui. U moet met u apteker bevestig indien u onseker is.

Chroniese simptome (voor of durende gebruik):

Neem 1 tablet 2 maal per dag of soos aangedui deur u geneesheer.

Skielike angstigheid of stres:

Neem 2 tablette soos benodig word of soos aangedui deur u geneesheer.

Slaapeloosheid:

Neem 2 tablette 30 minute voor u gaan slaap of soos aangedui deur u geneesheer.

In die geval van oordosering, raadpleeg u dokter of apteker. Indien geeneen van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

MOONTLIKE NEWE-EFFEKTE:

Nie alle nuwe-effekte wat vir STRESS NO MORE® gemeld is, is in hierdie inligtingstuk vervat nie. Indien u algemene gesondheid agteruitgaan of indien u enige ongewenste effekte ervaar terwyl u STRESS NO MORE® neem, raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker vir advies. STRESS NO MORE® kan nuwe-effekte hê. Geen nuwe-effekte is egter al met die gebruik die bestanddele van STRESS NO MORE® aangemeld nie. Indien u enige nuwe-effekte opmerk wat nie in hierdie inligtingstuk vervat is nie, stel asseblief u dokter of apteker in kennis.

BERGING VAN STRESS NO MORE®:

Berg op 'n koel, droë plek teen of benede 25°C weg van direkte sonlig.

HOU ALLE MEDISYNE BIJTE BEREIK VAN KINDERS.

Moet nie na die vervaldatum op die verpakkingsmateriaal gebruik nie.

Neem alle ongebruikte medisyne terug na u apteker.

Moet nie ongebruikte medisyne in afvoertyppe of rioolsisteme (bv. toilette) weggooi nie.

AANBIEDING:

Oranje tablet

IDENTIFIKASIE:**STRESS NO MORE® 30:**

1 veilige verpakkingshouer wat 30 oranje tablette bevat in 'n karton boks.

STRESS NO MORE® 60:

1 veilige verpakkingshouer wat 60 oranje tablette bevat in 'n karton boks.

NAAM EN BESIGHEIDSADRES VAN DIE REGISTRASIEHOUER:

Vervaaardig vir:
DB Pharmaceuticals (Pty) Ltd
36 Sovereign Drive
Route 21 Corporate Park
Nellmapius Drive, Irene
Pretoria, 0157
Helpline: 012 111 8313

DATUM VAN PUBLIKASIE:

Julie 2022

REGISTRASIEOMMER:

Sal toegeken word by registrasie.

NAPPI CODE:

STRESS NO MORE® 30 Tablette - 3004031003

STRESS NO MORE® 60 Tablette - 3004031004

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