PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.
Discipline: Discipline specific
33.6 Western Herbal Medicine

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

ADRESET®+, 60 Capsules

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

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

WHAT IS IN THIS LEAFLET

WHAT ADRESET®+CONTAINS

Each one (1) capsule of ADRESET®+ contains the following actives:

Cordyceps mycelium (*Cordyceps sinensis*) [extract] [standardised to 7% (16 mg) cordycepic acids]	228 mg
Korean Ginseng (*Panax ginseng*) [Leaf and root extract] [standardised to 24% (16 mg) ginsenosides]	66,5 mg
Rhodiola root extract (*Rhodiola rosea*) [standardised to 3% rosavins (1.5 mg) and to 1% (0.5 mg) salidroside]	50 mg

Inactive Ingredients: Hydroxypropyl methylcellulose, magnesium stearate, microcrystalline cellulose, silicon dioxide.
This product is suitable for vegetarians, gluten free (Sugar Free)

WHAT ADRESET®+ IS USED FOR

ADRESET®+ is designed to support resilience and mental stamina in individuals who are feeling mild weakness and fatigue caused by stress.

BEFORE YOU TAKE ADRESET®+

If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Do not take **ADRESET®+** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare practitioner before taking this supplement.
This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, consult with your healthcare practitioner before use. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare practitioner before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **ADRESET®+** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **ADRESET®+** may affect you.

TAKING OTHER MEDICINES WITH ADRESET®+

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner.

HOW TO TAKE ADRESET®+

Do not share medicines prescribed for you with any other person. Always take **ADRESET®+** exactly as described in this leaflet, or as your doctor, healthcare practitioner has instructed you. You should check with your doctor, pharmacist or healthcare practitioner if you are unsure.

Directions for use:

Adult: Take one (1) to two (2) tablets with food daily or as directed by your healthcare practitioner.
Surgery: ADRESET®+ might increase the risk of bleeding during surgery. Stop taking **ADRESET®+** 2 weeks before surgery.
Do no take more than the recommended dose.

IF YOU TAKE MORE ADRESET®+ THAN YOU SHOULD

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE ADRESET®+

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

Should you have any of the following diagnosed conditions, consult with your healthcare practitioner before use: Autoimmune disorder, Bleeding conditions, Heart conditions, Hormone sensitive conditions, Insomnia, Schizophrenia. If you are taking the following medication, please consult with your healthcare practitioner before taking: Immunosuppressants, Anticoagulants, Caffeine, Insulin, medication for depression, Antidiabetic medication, Oestrogens. If any of the following happens, stop using **ADRESET®+** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions— rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing;

These are all very serious effects. If you have them, you may have had a serious reaction to **ADRESET®+**. You may need urgent medical attention or hospitalisation.
Side effects that usually do not require medical attention (report to your healthcare practitioner if they continue):

- Stomach discomfort, Diarrhoea, Constipation, Sleeplessness

Not all side effects and interactions reported for **ADRESET®+** 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 practitioner for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare practitioner.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare practitioner. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8.
By reporting side effects, you can help provide more information on the safety of **ADRESET®+.**

STORAGE AND DISPOSING OF ADRESET®+

Store all medicines out of the reach of children.
Store in a cool, dark place, below 25 °C.
Protect from direct sunlight and heat.
Store in the original packaging.
Do not use after the expiry date stated on the bottle.
Do not use **ADRESET®+** if you notice visible signs of deterioration.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF ADRESET®+

A white 250 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

IDENTIFICATION OF ADRESET®+

Size 0 transparent capsule filled with brown powder.
REGISTRATION NUMBER - To be allocated by SAHPRA upon registration.
ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION
Scan QR code.
THIS LEAFLET WAS LAST REVISED ON
15 October 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:
Amipro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension, Sandton, 2146
Tel: 011-802-8101

PASIËNT INLIGTINGSBLAD

SKEDULERINGSTATUS: S0

Kategorie D: Komplementêre medisyne.
Dissipline: Dissipline spesifiek
33.6 Westerse Kruiemedisyne

HANDELSNAAM EN DOSEERVORM**,**

ADRESET®+, 60 kapsules

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

- **ADRESET®+** is beskikbaar sonder doktersvoorskrif**.**
- U moet steeds **ADRESET®+** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **ADRESET®+** met enige ander persoon deel nie**.**
- Vra jou apteker ofgesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **ADRESET®+** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **ADRESET®+** neem**.**
- Hoe om **ADRESET®+** te neem.
- Moontlike newe-effekte.
- Hoe om **ADRESET®+** te bêre.
- Inhoud van die pak en ander inligting

WAT ADRESET®+ BEVAT

Elke een (1) kapsule ADRESET®+ bevat die volgende aktiewe:

Cordyceps mycelium (*Cordyceps sinensis*) [ekstrak] [gestandaardiseer tot 7% (16 mg) cordycepic sure]	228 mg
Koreaanse Ginseng (*Panax ginseng*) [Blaar- en wortelekstrak] [gestandaardiseer na 24% (16 mg) ginsenosides]	66,5 mg
Rhodiola wortel ekstrak (*Rhodiola rosea*) [gestandaardiseer na 3% rosaviene (1,5 mg) en tot 1% (0,5 mg) salidrosied]	50 mg

Onaktiewe bestanddele: Hydroksipropiel-methielsellulose, magnesiumstearaat, mikrokristallyn-sellulose, silikondioksied.
Hierdie produk is geskik vir vegetariërs, glutenvry (suikervry)

WAT IS ADRESET®+ EN WAARVOOR WORD DIT GEBRUIK

ADRESET®+ is ontwerp om veerkragtigheid en verstandelike stamina te ondersteun by individue wat matige swakheid en moegheid ondervind, wat deur stres veroorsaak word.

VOORDAT JY ADRESET®+ NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **ADRESET®+** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan praat voordat jy hierdie aanvulling neem**.** Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As jy swanger is of borsvoed, dink jy kan swanger wees of beplan 'n baba te hê, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy hierdie medisyne neem.

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **ADRESET®+** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **ADRESET®+** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET ADRESET®+

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne kan 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou mediese praktisyn te raadpleeg nie.

HOE OM ADRESET®+ TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **ADRESET®+** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, of gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwasse: Neem een (1) tot twee (2) tablette daagliks met etes of soos aanbeveel deur jou gesondheidsorgpraktisyn.
Chirurgie: ADRESET®+ kan die risiko van bloeding tydens die operasie verhoog. Hou op om **ADRESET®+ 2** weke voor die operasie te neem.
Moenie meer as die aanbevole dosis neem nie.
AS JY MEER ADRESET®+ NEEM AS WAT JY MOET
In die geval van oordosering, raadpleeg u dokter, apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM ADRESET®+ TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie

MOONTLIKE NEWE-EFFEKTE

ADRESET®+ kan newe-effekte hê.
As jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Outo-immuunversteuring, bloedingstoestande, harttoestande, hormoonsensitiewe toestande, slapeloosheid, skisofrenie. As jy die volgende medikasie neem, raadpleeg asseblief jou gesondheidswerker voordat jy neem: Immuunonderdrukkers, Antikoagulante, Kafeïen, Insulien, medikasie vir depressie, Antidiabetiese medikasie, Estrogeen. As enige van die volgende gebeur, hou op om **ADRESET®+** te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk/swelling (veral van die gesig/tong/keel), erge duiseligheid, probleme met asemhaling;

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **ADRESET®+** gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê.
Newe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan jou gesondheidsorgpraktisyn as hulle voortduur):

- Maagongemak, diarree, hardlywigheid, slapeloosheid

Nie alle newe-effekte en interaksies wat vir **ADRESET®+** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige newe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn . U kan ook newe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies: https://www.sahpra.org.za/Publications/Index/8. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **ADRESET®+.**

HOE OM ADRESET®+ TE BERÊ

Bêre alle medisyne buite bereik van kinders.
Bêre in 'n koel, donker plek, onder 25 °C.
Beskerm teen direkte sonlig en hitte.
Bêre in die oorspronklike verpakking.
Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.
Moenie **ADRESET®+** gebruik as u sigbare tekens van agteruitgang opmerk nie.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN ADRESET®+

'n Wit 250 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpseël, spons en silikagelsakkie.
IDENTIFIKASIE VAN ADRESET®+
Grootte 0 deursigtige kapsule gevul met bruin poeier.

REGISTRATION NOMMER - Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING
Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP
15 Oktober 2024

NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:
Amipro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension, Sandton, 2146, Tel: 011-802-8101