

## PATIENT INFORMATION LEAFLET FOR STRESS-LESS

### SCHEDULING STATUS:

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### PROPRIETARY NAME AND DOSAGE FORM:

STRESS-LESS tablets

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

- **STRESS-LESS** is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use **STRESS-LESS** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **STRESS-LESS** with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

### 1. WHAT STRESS-LESS CONTAINS:

The active substances are:

Each tablet contains:

Passion Flower (*Passiflora incarnata* L. extract equivalent to) ..... 36 mg

Valerian Root (*Valeriana officinalis* L. extract equivalent to) ..... 44 mg

*Sugar free.*

The other ingredients are:

Crospovidone, dicalcium phosphate dihydrate, magnesium stearate, microcrystalline cellulose.

### 2. WHAT STRESS-LESS IS USED FOR:

- **STRESS-LESS** may assist in relieving and improving nervousness, restlessness and sleeplessness.

### 3. BEFORE YOU TAKE STRESS-LESS:

**Do not take STRESS-LESS:**

- If you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of **STRESS-LESS** (see “**WHAT STRESS-LESS CONTAINS**”).

**Take special care with STRESS-LESS:**

- If you are taking any other medicines or natural products that can make you sleepy or drowsy since it might worsen the effect.
- If you are pregnant or breastfeeding your baby (see “**PREGNANCY AND BREASTFEEDING**”).

**Taking STRESS-LESS with food and drink:**

- Do not take alcohol when you are taking **STRESS-LESS**.
- **STRESS-LESS** should be taken with food.

**Pregnancy and Breastfeeding:**

- Do not take **STRESS-LESS** if you are pregnant or breastfeeding your baby.
- If you are pregnant or breastfeeding your baby please consult your healthcare provider for advice before taking this medicine.

**Driving and using machinery:**

- **STRESS-LESS** might make you feel sleepy or drowsy.
- Do not drive because **STRESS-LESS** could interfere with your ability to drive safely.
- Do not operate any tools or machines.

**Important information about some of the ingredients of STRESS-LESS:**

- Sugar free.

**Taking other medicines with STRESS-LESS:**

- Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines).

**4. HOW TO TAKE STRESS-LESS:**

- Do not share medicines prescribed to you with any other person.
- Always take **STRESS-LESS** exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.
- Do not exceed the recommended dosage.
- For oral use only.
- Always take **STRESS-LESS** with enough liquid (water).

**The usual dose is:****When using STRESS-LESS to assist to make you less nervous:**

- Adults: Take 1 tablet in the morning, 1 in the afternoon and 1 at night, with food, or as prescribed by a healthcare provider.

**When using STRESS-LESS to assist to make you fall asleep:**

- Adults: Take 2 tablets at dinnertime with food, then take 2 tablets at bedtime, or as prescribed by a healthcare provider.

**If you take more STRESS-LESS than you should:**

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

**If you forget to take/missed a dose of STRESS-LESS:**

- Take the missed dose as soon as you remember.
- Do not take a double dose to make up for forgotten individual doses.

**5. POSSIBLE SIDE EFFECTS:**

- **STRESS-LESS** can have side effects.

Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare provider for advice.

**If any of the following happens, stop taking STRESS-LESS and tell your doctor immediately or go to the casualty department at your nearest hospital:**

- Swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **STRESS-LESS**. You may need urgent medical attention or hospitalisation.

**Tell your doctor if you notice any of the following:**

- *Frequency unknown*: Headaches.
- *Frequency unknown*: Excitability.
- *Frequency unknown*: Uneasiness.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### **6. STORING AND DISPOSING OF STRESS-LESS:**

- STORE ALL MEDICINE OUT OF REACH OF CHILDREN.
- Store at or below 25 °C.
- Store in the original package/container.
- Protect from light and moisture.
- Do not store in the bathroom.
- Keep tightly closed.
- Do not use after the expiry date stated on the container.
- Do not use **STRESS-LESS** if you notice any discolouration of the tablets.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

#### **7. PRESENTATION OF STRESS-LESS:**

60 tablets, packed inside a white plastic container with a silver screw cap.

#### **8. IDENTIFICATION OF STRESS-LESS:**

Oblong, grey tablets.

#### **9. REGISTRATION NUMBER/REFERENCE NUMBER:**

To be allocated upon registration.

#### **10. NAME AND ADDRESS OF REGISTRATION HOLDER:**

Brunel Laboratoria (Pty) Ltd  
1 Van Tonder Street  
Sunderland Ridge  
Centurion  
0157  
info@brunel.co.za  
www.brunel.co.za

#### **11. DATE OF PUBLICATION:**

To be allocated upon registration.

**12. DATE OF REGISTRATION:**

To be allocated upon registration.

**13. COMPLEMENTARY MEDICINE:**

Complementary Medicine – Western Herbal Medicine.

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

The Professional Information for **STRESS-LESS** is available on <http://www.brunel.co.za/stress-less-tablets-60/> or can be requested from the contact details above.

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