

## Afrasia Health Stress Support

### PROFESSIONAL INFORMATION

#### SCHEDULING STATUS

Unscheduled

#### PROPRIETARY NAME AND DOSAGE FORM

Afrasia Health Stress Support capsules

#### COMPOSITION

Each capsule contains:

Withania somnifera (Ashwagandha)	250 mg
Ocimum tenuiflorum (Holy Basil) (leaf extract)	50 mg
Bacopa monnieri (Bacopa/Brahmi) (10% bacoside)	50 mg

Other excipients: Microcrystalline cellulose, silicon dioxide, magnesium stearate.

Capsules are free of gluten, sugar and lactose.

#### PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

33.8 Other Herbal

#### PHARMACOLOGICAL ACTION

Ashwagandha as a traditional use medicine is reported to have sedative and adaptogenic properties.

Bacopa as a traditional use medicine is used for its antioxidant, adaptogenic, anxiolytic and possible cognitive-enhancing effect.

Holy Basil is a traditional medicinal herb, which acts on the central nervous system to bring about a mild anxiolytic action.

#### INDICATIONS

Afrasia Health Stress Support is used as a traditional supplement to assist in relief of occasional stress.

#### CONTRAINDICATIONS

Hypersensitivity (allergy) to any of the ingredients in the formulation. Ashwagandha is contraindicated with immuno-suppressant medication.

#### WARNINGS AND SPECIAL PRECAUTIONS

If your general health worsens while taking Afrasia Health Stress Support, please consult your healthcare provider.

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

#### INTERACTIONS

Ashwagandha is contraindicated with immuno-suppressant medication. It may have an additive effect with barbiturates, and use in combination with sedatives should be avoided.

#### PREGNANCY AND LACTATION

The safety and efficacy of Afrasia Health Stress Support capsules during pregnancy and lactation have not been established. This medicine should therefore not be taken during pregnancy and lactation.

#### EFFECTS ON ABILITY TO DRIVE AND USE MACHINES

It is unlikely that Afrasia Health Stress Support capsules will affect the ability to drive or operate machines.

#### DOSAGE AND DIRECTIONS FOR USE

As a traditional herbal dietary supplement for adults, take one capsule twice daily with water before meals, or as directed by your healthcare provider.

#### SIDE EFFECTS

Ashwagandha: Frequent side effects include mild to moderate and transient drowsiness, upper GI discomfort and diarrhoea.

Bacopa: Frequent side effects may include flu-like symptoms, GI irritation, nausea, dry mouth, increased intestinal motility and muscle fatigue.

#### KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is symptomatic and supportive.

#### IDENTIFICATION

White vegecap.

#### PRESENTATION

Pack size of 60 white capsules in a white plastic bottle, in a carton.

Pack size of 20 white capsules, made up of 2 x blister strips each with 10 capsules per blister enclosed in a cardboard carton.

#### STORAGE INSTRUCTIONS

Store in a cool dry place (at or below 25°C) and keep away from direct light. Keep the container tightly closed.

#### KEEP OUT OF REACH OF CHILDREN REGISTRATION NUMBER

TBA

#### DATE OF REGISTRATION

TBA

#### NAME AND BUSINESS ADDRESS OF THE APPLICANT

Grischo (Pty) Ltd  
Unit A, 3 Williams Road, Bedfordview, 2007

#### CUSTOMER CARE

info@afrasiahealth.co.za

#### DATE OF PUBLICATION OF THIS PACKAGE INSERT

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