

## PATIENT INFORMATION LEAFLET SCHEDULING STATUS:

SO

**NUTRILITE™ LESS STRESS, MORE YES - powder**  
Each 1,5 g powder contains:  
**Melissa officinalis (L.) (Lemon balm).....240 mg**  
(Leaf, 10:1 extract powder providing 2,4 g dried herbal equivalent)  
**Magnesium citrate.....858 mg**  
**equivalent to Magnesium (elemental).....130 mg**  
**Riboflavin (Vitamin B2).....1,4 mg**  
**Pteroylmonoglutamic acid (Folic acid).....200 µg**  
**Potassium iodide.....218 µg**  
**equivalent to Iodine (elemental) .....150 µg**  
**Sugar free**

### D34.7 COMBINATION PRODUCT COMPLEMENTARY MEDICINE – WESTERN HAERBAL MEDICINE AND HEALTH SUPPLEMENT

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

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

NUTRILITE™ LESS STRESS, MORE YES is available without a doctor's prescription for you for your calming and relaxation support. Nevertheless, you still need to use NUTRILITE™ LESS STRESS, MORE YES carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ LESS STRESS, MORE YES with any other person.
- Ask your health care provider or pharmacist if you need more information or advice

#### What is in this leaflet

1. What NUTRILITE™ LESS STRESS, MORE YES is and what it is used for
2. What you need to know before you take NUTRILITE™ LESS STRESS, MORE YES
3. How to take NUTRILITE™ LESS STRESS, MORE YES
4. Possible side-effects
5. How to store NUTRILITE™ LESS STRESS, MORE YES
6. Contents of the pack and other information

#### 1. What is NUTRILITE™ LESS STRESS, MORE YES and what it is used for?

NUTRILITE™ LESS STRESS, MORE YES contains vitamin B2, folic acid, magnesium, iodine, and lemon balm extract for your calming and relaxation support. Vitamin B2, iodine and magnesium contribute to normal functioning of the nervous system. Vitamin B2 and magnesium contributes to tiredness and fatigue reduction. Lemon balm extract may help temporary relieve mild symptoms of stress. This is exclusively based on use as a long-standing western traditional herbal medicine. "A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance."

#### 2. What you need to know before you take NUTRILITE™ LESS STRESS, MORE YES

##### Do not take NUTRILITE™ LESS STRESS, MORE YES

- If you are hypersensitive (allergic) to any of the ingredients, (See listed in section 6.0).
- If you are pregnant and breastfeeding your baby.
- If you are allergic to the asteraceae/compositae (daisy) family.

NUTRILITE™ LESS STRESS, MORE YES is not suitable for children under 12 years of age.

#### Warnings and precautions

Take special care with NUTRILITE™ LESS STRESS, MORE YES. Consult your relevant health care provider prior to use:

- If you are taking medicines for any thyroid conditions.
- If you have diarrhoea, as it has magnesium which may cause loosen stool.
- If you have ever had any surgery on your stomach.
- If you are taking alcohol, medicines for sleeplessness (insomnia), medicines for anxiety, antidepressants, medicines with sedative effects and over-the-counter medicines that cause drowsiness.

Stop use if hypersensitivity/allergy occurs.

Do not exceed daily dose without consulting a relevant healthcare provider.

Consult your relevant healthcare provider if symptoms persist for more than 2 weeks or worsen.

#### Children and Adolescents

NUTRILITE™ LESS STRESS, MORE YES is not recommended for children under 12 years of age.

#### Other medicines and NUTRILITE™ LESS STRESS, MORE YES

There is no known interaction of NUTRILITE™ LESS STRESS, MORE YES and other medicines.

Always tell your healthcare provider if you are taking any other medicine including all complementary or traditional medicines. This is particularly important if you are taking any of the following medicines as they may interact with NUTRILITE™ LESS STRESS, MORE YES:

- Medicines used to treat anxiety, depression, and other medicines with sedative effects: Lemon balm may increase the sedative effects of these medicines. This includes alcohol, over-the-counter medicines or prescription medicines like Seroquel, clonazepam, lorazepam, phenobarbitone and zolpidem.
- Medicines for thyroid: lemon balm extract may interact with medicines for regulating your thyroid. Lemon balm extract may inhibit the activity of thyroid stimulating hormone (TSH). Thyroid medicines like levothyroxine and liothyronine.
- HIV medicines: Lemon balm may interact with antiretroviral medicines. Avoid use of supplements containing lemon balm if you are taking medicines for HIV

Folic acid tablets may reduce the effect of medicines used to treat epilepsy such as phenytoin, phenobarbitone or primidone.

Magnesium may interfere with the following medicines. You must allow a time interval of 3-4 hours between taking NUTRILITE™ LESS STRESS, MORE YES and the following medicines.

- Cellulose sodium phosphate, used to prevent kidney stones
- EDTA, used in hospital for high calcium levels
- Fluorides, used for preventing tooth decay
- Tetracyclines, antibiotics to treat infections
- Aminoquinolines, medicines to treat malaria
- Quinidine and quinidine derivatives, medicines to treat heart rhythm disorders
- Nitrofurantoin, Nitroxoline, antibiotics to treat infections
- Penicillamine, medicine used to treat severe rheumatoid arthritis and used in Wilson's disease
- Iron supplements
- Bisphosphonates, to treat osteoporosis e.g., alendronate, risedronate
- Eltrombopag, to correct bleeding deficiency

You should check with doctor, pharmacist, or your healthcare provider if you are unsure.

#### NUTRILITE™ LESS STRESS, MORE YES with food, drink and alcohol

Take NUTRILITE™ LESS STRESS, MORE YES preferably as recommended (See Section 3) with and water. Avoid use with alcohol.

#### Pregnancy and breast-feeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other health care provider for advice before taking this complementary medicine. Safety in pregnancy and breastfeeding has not been established.

#### Driving and using machines

NUTRILITE™ LESS STRESS, MORE YES may cause drowsiness. Lemon balm leaf extract in NUTRILITE™ LESS STRESS, MORE YES may impair ability to drive and use machines. Affected persons should not drive or operate machinery.

#### Important information about some of the ingredients of NUTRILITE™ LESS STRESS, MORE YES:

NUTRILITE™ LESS STRESS, MORE YES Contains maltodextrin (60 mg per 1,5 g of powder).  
NUTRILITE™ LESS STRESS, MORE YES Contains maltodextrin which may have an effect on the control of your blood sugar if you have diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking NUTRILITE™ LESS STRESS, MORE YES.  
NUTRILITE™ LESS STRESS, MORE YES Contains steviol glycosides as stevia used as sweetener (25 mg per 1,5 g powder).

#### 3. How to take NUTRILITE™ LESS STRESS, MORE YES

Always take NUTRILITE™ LESS STRESS, MORE YES exactly as described in this leaflet or as your doctor or pharmacist. Check with your doctor or pharmacist if you are not sure. The usual dose for Adults and children 12 years and over: Take one (1) powder stickpack per day. Tear open the stickpack, sprinkle the content into 200 ml water. Stir until dissolve and drink. Do not exceed the recommended daily dose unless directed by your doctor.

#### If you take more NUTRILITE™ LESS STRESS, MORE YES than you should

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

#### If you forget to take NUTRILITE™ LESS STRESS, MORE YES

Do not take a double dose to make up for forgotten individual doses.

#### 4. Possible side-effects

NUTRILITE™ LESS STRESS, MORE YES can have side effects. Not all side effects reported for NUTRILITE™ LESS STRESS, MORE YES are included in this leaflet. Should your general health worsen or if you experience any untoward

effects while taking NUTRILITE™ LESS STRESS, MORE YES, please consult your health care provider for advice. If any of the following happens, stop taking NUTRILITE™ LESS STRESS, MORE YES, and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, mouth or throat, which may cause difficulty in swallowing or breathing.
- swelling in your neck or throat (enlarged thyroid, or goiter);
- numbness, tingling, pain, weakness, or swelling in your hands or feet;
- bloody or tarry stools, coughing up blood or vomit that looks like coffee grounds
- rash or itching.
- fainting.
- yellowing of your skin and eyes, also called jaundice.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction. You may need urgent medical attention or hospitalisation. Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- chest pain
- angina
- seizures
- confusion
- diarrhoea
- changes in the way your heart beats, for example, if you notice it beating faster, difficulty breathing,
- signs of recurrent infections such as fever or sore throat,
- less urine than is normal for you,

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

#### Reporting of side-effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under:

SAHPRA's publications: SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form",

<https://www.sahpra.org.za/Publications/Index/8>.

Botswana's s publications: BOMRA via Suspected Adverse Drug Reactions Reporting Form, <https://www.bomra.co.bw/index.php/suspected-adverse-drug-reactions-reporting-form>

Namibia's publication: Adverse Medicine Reaction (Safety Yellow Form) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbbf343-3cf8-dba3-7ec1-50b881fdab26>

May also report to Amway South Africa Pty Limited using the following email: [Regulatory\\_Department@Amway.com](mailto:Regulatory_Department@Amway.com). By reporting side effects, you can help provide more information on the safety of NUTRILITE™ LESS STRESS, MORE YES.

#### 5. How to store NUTRILITE™ LESS STRESS, MORE YES

Store all medicines out of the reach and sight of children. Store in the original container.

Store at or below 25 °C. Keep in enclosed box to protect from sunlight, heat and moisture.

Do not use NUTRILITE™ LESS STRESS, MORE YES after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ LESS STRESS, MORE YES, if you notice the powder have changed colour.

#### Disposal of NUTRILITE™ LESS STRESS, MORE YES

Return all unused medicines 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 NUTRILITE™ LESS STRESS, MORE YES contains:

The active substances in each powder are *Melissa officinalis* (L.) (Lemon balm) leaf extract, magnesium, vitamin B2, folic acid and iodine.

The other ingredients are citric acid (E330), orange flavour, apricot flavour, maltodextrin, sweetener (steviol glycosides as Stevia).

##### What NUTRILITE™ LESS STRESS, MORE YES looks like and contents of the pack:

White free flowing powder, with an orange and apricot flavour. It is available in a paper box carton with lift 'n' peel tamper-proof seal containing 1,5 g powder individually packed in 20 mm x 95 mm paper-aluminium-surlyn multi-laminate sachet. Pack size: 30 powder stickpacks.

##### Registration Number

This product has not yet been allocated by the regulatory authority.

##### Name and Address of Applicant/Holder of Certificate of Registration

Amway South Africa Pty Limited, Unit B1, 33 Brussels Road, Spartan, Isando 1619.

##### Date of Publication

To be allocated by the regulatory authority.

##### Access to the corresponding Professional Information

[www.Amway.co.za](http://www.Amway.co.za)

## PASIËNTINLIGTINGSTUK SKEDULERINGSSTATUS:

SO

**NUTRILITE™ LESS STRESS, MORE YES - poeier**  
**Elke 1,5 g poeier bevat:**  
**Melissa officinalis (L.) (Suurlemoenbalsem)....240 mg**  
**(Blaar, 10:1 ekstrakpoeier wat 2,4 g gedroogde krui**  
**ekwivalent verskaf)**  
**Magnesiumsitraat.....858 mg**  
**ekwivalent aan Magnesium (elementaal)....130 mg**  
**Riboflavin (Vitamiën B2) .....1,4 mg**  
**Pteroylmonoglutamiensuur (Foliensuur).....200 µg**  
**Kaliumjodied.....218 µg**  
**ekwivalent aan Jodium (elementaal).....150 µg**  
**Suikervry**

### D34.7 KOMBINASIE PRODUK KOMPLEMENTÊRE MEDISYNE - WESTERSE KRUIEMEDISYNE EN GESONDHEIDSAANVULLING

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

#### Lees hierdie hele inligtingstuk sorgvuldig aangesien dit belangrike inligting vir jou bevat.

NUTRILITE™ LESS STRESS, MORE YES is beskikbaar sonder 'n doktersvoorskrif ter kalmering en ontspanning te ondersteun. Nietemin, moet jy steeds NUTRILITE™ LESS STRESS, MORE YES versigtig gebruik om die beste resultate daarvan te kry.

- Hou hierdie inligtingstuk. Dit mag nodig wees dat jy dit weer moet lees.
- Moet nie NUTRILITE™ LESS STRESS, MORE YES met enige persoon deel nie.
- Vra jou gesondheidswerker of apteker indien jy meer inligting of advies benodig.

#### Wat is in hierdie pamflet:

- Wat NUTRILITE™ LESS STRESS, MORE YES is en waarvoor dit gebruik word
- Wat jy moet weet voordat jy NUTRILITE™ LESS STRESS, MORE YES neem
- Hoe om NUTRILITE™ LESS STRESS, MORE YES te gebruik
- Moontlike nuwe effekte
- Hoe om NUTRILITE™ LESS STRESS, MORE YES te stoor
- Inhoud van die verpakking en ander inligting

#### 1. Wat NUTRILITE™ LESS STRESS, MORE YES is en waarvoor dit gebruik word?

NUTRILITE™ LESS STRESS, MORE YES bevat vitamien B2, foliensuur, magnesium, jodium en suurlemoen balsem ekstrak ter kalmering en ontspanning te ondersteun. Vitamiën B2, jodium en magnesium dra by tot die normale funksie van die senuweestelsel. Vitamiën B2 en magnesium dra by tot 'n vermindering van moegheid en uitputting. Suurlemoen balsem blaarekstrak kan help om ligte simptome van stres tydelik te verlig. Dit is uitsluitlik gebaseer op gebruik as 'n lang bestaande westerse tradisionele kruiemedisyne.

“n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisieke prestasie te bereik.”

#### 2. Wat jy moet weet voordat jy NUTRILITE™ LESS STRESS, MORE YES neem

##### Moenie NUTRILITE™ LESS STRESS, MORE YES gebruik

- As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0).
- Indien jy swanger is of jou baba borsvoed.
- Indien jy allergies is vir die asteraceae-/compositae-(madeliefie-) familie.

NUTRILITE™ LESS STRESS, MORE YES is nie geskik vir kinders van 12 jaar nie.

##### Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met NUTRILITE™ LESS STRESS, MORE YES. Raadpleeg jou gesondheidsorgwerker voor gebruik:

- Indien jy medisyne vir enige skildklier kondisies neem.
- Indien jy diarree het, omdat dit magnesium bevat wat 'n los stoelgang kan veroorsaak.
- Indien jy ooit enige chirurgie op jou maag gehad het.
- Indien jy alkohol gebruik of medisyne vir slapeloosheid (slaapgebrek), medisyne vir angs, antidepressante, medisyne met 'n kalmerende effek en oor die toonbank medisyne wat lomerigheid veroorsaak, neem.

Stop gebruik as hipersensitiwiteit/allergieë voorkom.

Moenie die aanbevole daaglikse dosis oorskry sonder om 'n gesondheidsorgverskaffer te raadpleeg nie. Raadpleeg jou gesondheidsorgverskaffer as simptome vir meer as 2 weke aanhou of erger word.

##### Kinders en Adollesente

NUTRILITE™ LESS STRESS, MORE YES is nie geskik vir kinders of adollesente onder die ouderdom van 12 jaar nie.

##### Ander medisyne en NUTRILITE™ LESS STRESS, MORE YES

Daar is geen bekende interaksies van NUTRILITE™ LESS STRESS, MORE YES met ander medisyne nie.

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander

medisyne neem, insluitend alle komplementêre of tradisionele medisyne. Dit is veral belangrik indien jy enige van die volgende medisyne neem, aangesien NUTRILITE™ LESS STRESS, MORE YES interaksies daarmee kan hê.:

- Medisyne wat gebruik word om angs, depressie te behandel en ander medisyne met 'n kalmerende effek: Suurlemoen balsem kan die kalmerende effek van hierdie medisyne verhoog. Dit sluit alkohol, oor die toonbank medisyne of voorskryf medisyne soos Seroquel, klonasepaam, lorasepaam, fenobarbitoon en zolpidem in.
- Skildklier medisyne: suurlemoen balsem ekstrak kan met medisyne reageer wat jou skildklier reguleer. Suurlemoen balsem ekstrak kan die aktiwiteit van skildklierstimulerende hormoon (TSH) inhibeer. Skildklier medisyne soos levotiroksien en liotironien.
- HIV-medisyne: Suurlemoen balsem ekstrak kan met antiretrovirale medisyne reageer. Vermoed gebruik van aanvullings wat suurlemoen balsem bevat as jy medisyne vir HIV neem.

Foliensuur tablette kan die effek van medisyne wat gebruik word om epilepsie te behandel te verminder, soos fenitoïen, fenobarbitoon of primidoon.

Magnesium kan met die volgende medisyne in te veer: Jy moet 'n tyd van 3-4 ure toelaat tussen die neem van NUTRILITE™ LESS STRESS, MORE YES en die volgende medisyne.

- Sellulosenatriumfosfaat, word gebruik om nierstene te voorkom
- EDTA, word gebruik in hospitaale vir hoë kalsiumvlakke
- Fluoriedes, word gebruik vir die voorkoming van tandbederf
- Tetrasikliene, antibiotika vir die behandeling van infeksies
- Aminokinoliene, medisyne wat gebruik word om malaria te behandel
- Kinidien en kinidienderivate, medisyne wat gebruik word om hartritme afwykings se behandel
- Nitrofurantoiën, nitroxolien, antibiotika vir die behandeling van infeksies
- Penisillamien, medisyne wat gebruik word om ernstige rumatoïede artritis te behandel en word in Wilson se siekte gebruik
- Ysteraanvullings
- Bisfosfonate, vir die behandeling van osteoporose, bv. alendronaat, risedronaat
- Eltrombopag, vir die regstelling van bloedingstekorte

Vra jou dokter, apteker of gesondheidsorgverskaffer as jy onseker is.

#### NUTRILITE™ LESS STRESS, MORE YES with food, drink and alcohol

Neem NUTRILITE™ LESS STRESS, MORE YES verkieslik soos aanbeveel (sien afdeling 3) met kos en water. Vermoed gebruik saam met alkohol.

#### Swangerskap, borsvoeding en fertiliteit

Indien jy swanger is of borsvoed, of dink dat jy swanger is of beplan om swanger te raak, raadpleeg asseblief jou gesondheidswerker vir advies voordat jy hierdie komplementêre medisyne neem. Veiligheid in swangerskap is nog nie vasgestel nie.

#### Bestuur en gebruik van masjinerie

NUTRILITE™ LESS STRESS, MORE YES kan lomerigheid veroorsaak. Suurlemoen balsem in NUTRILITE™ LESS STRESS, MORE YES kan die vermoë om te bestuur en masjiene te gebruik, benadeel. Geaffekteerde persone moet nie bestuur of masjinerie gebruik nie.

#### Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ LESS STRESS, MORE YES:

NUTRILITE™ LESS STRESS, MORE YES Bevat maltodekstriën (60 mg per 1,5 g poeier). NUTRILITE™ LESS STRESS, MORE YES Bevat maltodekstriën wat 'n effek op die beheer van jou bloedsuiker kan hê as jy diabetes mellitus het. Indien jou dokter vir jou gesê het dat jy 'n intoleransie het vir sekere suikers, moet jy jou dokter kontak voordat jy NUTRILITE™ LESS STRESS, MORE YES neem. NUTRILITE™ LESS STRESS, MORE YES bevat steviol glikosied as stevia wat gebruik word as versoeter (25 mg per 1,5 g poeier).

#### 3. Hoe om NUTRILITE™ LESS STRESS, MORE YES te neem

Neem NUTRILITE™ LESS STRESS, MORE YES altyd presies soos aangedui op die etiket of soos deur jou dokter of apteker aangedui. Raadpleeg jou dokter, apteker of verpleegster indien jy nie seker is nie. Die gewone dosis vir Volwassenes en kinder 12 jaar en ouer is: Neem 1 poeiersakkie per dag. Skeur die poeiersakkie oop, sprinkel inhoud in 200 ml water. Roer tot opgelos en drink. Moenie die aanbevole daaglikse dosis oorskry nie behalwe deur jou dokter aanbeveel.

#### As jy meer NUTRILITE™ LESS STRESS, MORE YES geneem het as wat jy moet

In geval van 'n oordosis, raadpleeg jou dokter of apteker. As daar nie een beskikbaar is nie, kontak die naaste hospitaal of vergiftigingsentrum.

#### As jy vergeet het om NUTRILITE™ LESS STRESS, MORE YES te neem

Moenie 'n dubbele dosis neem om die vergete dosis in te haal nie.

#### 4. Moontlike nuwe effekte

NUTRILITE™ LESS STRESS, MORE YES kan nuwe effekte hê. Nie al die nuwe effekte is gerapporteer van NUTRILITE™ LESS STRESS, MORE YES en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ LESS STRESS, MORE YES gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies.

Indien enige van die volgende gebeur, stop dadelik om NUTRILITE™ LESS STRESS, MORE YES te neem, en vertel jou dokter dadelik of gaan na jou naaste noodafdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
- uitslag of jeuk.
- flouheid.
- Vergelying van jou vel en oë, ook genoem geelsug.

Hierdie is alles baie ernstige nuwe effekte. Indien jy hulle het, kan jy 'n ernstige allergiese reaksie gehad het. Jy benodig dringende mediese aandag of hospitalisasie. Vertel jou dokter dadelik of gaan na die naaste noodafdeling by jou naaste hospitaal indien jy enige van die volgende opmerk:

- borskaspyne
- angina
- veranderinge in die manier wat jou hart klop, soos byvoorbeeld, indien jy opmerk dit vinniger klop, moeilike asemhaling
- tekens van herhaalde infeksies soos 'n seerkeel of koors,
- minder uriene as normaal vir jou,

Hierdie is almal ernstige nuwe effekte. Jy mag dringende mediese aandag benodig. Vertel jou dokter so gou as moontlik indien jy die volgende opmerk:

- naarheid
- abdominale krampe of maagpyn,
- hoofpyn,
- duiseligheid,
- moegheid,
- lighoofdigheid,
- droë hoës,
- spierkrampe,
- winderigheid of winde,
- diarree,
- verlies van aptyt.

As u enige nuwe -effekte opmerk wat nie in hierdie pamflet genoem word nie, moet u u dokter of apteker daarvan in kennis stel.

#### Rapportering van nuwe effekte

Praat met jou dokter, apteker of verpleegster as jy nuwe effekte ervaar. Jy kan ook nuwe effekte by SAHPRA aanmeld: SAHPRA publikasies: SAHPRA via die “6.04 Adverse Drug Reaction Reporting Form”, wat aanlyn gevind kan word <https://www.sahpra.org.za/Publications/Index/8>. Botswana publikasies: <https://www.bomra.co.bw/index.php/services/patient-safety-monitoring>.

Nambias publikasies: Rapporteer vorm vir ongewenste geneesmiddelreaksies (Veiligheidsgeel vorm) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbbf343-3cf8-dba3-7ec1-50b881fdab26>. Mag ook aan Amway South Africa Pty Limited rapporteer deur die volgende e-pos te gebruik: [Regulatory\\_Department@Amway.com](mailto:Regulatory_Department@Amway.com).

Deur nuwe effekte te rapporteer, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ LESS STRESS, MORE YES.

#### 5. Hoe om NUTRILITE™ LESS STRESS, MORE YES te stoor

Stoor alle medisyne buite die bereik en sig van kinders.

Stoor in die oorspronklike verpakking/houer.

Stoor teen of benede 25 °C.

Hou die houer dig toe en beskerm teen lig en vog.

Moenie NUTRILITE™ LESS STRESS, MORE YES gebruik na die vervaldatum op die etiket nie.

Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ LESS STRESS, MORE YES gebruik, indien die poeier van kleur of vorm verander het nie.

#### Wegdoening van NUTRILITE™ LESS STRESS, MORE YES

Neem alle ongebruikte medisyne terug na u apteker. Moenie ongebruikte medisyne in dreine of rioolsisteme (bv.toilette) weggooi nie.

#### 6. Inhoud van die verpakking en ander inligting

##### Wat NUTRILITE™ LESS STRESS, MORE YES bevat

Die aktiewe bestanddele is *Melissa officinalis* (L.) (Suurlemoen balsem) blaar ekstrak, magnesium, vitamien B2, foliensuur en jodium. Die ander bestanddele is sitroensuur (E330), lemoengeur, appelkoosgeur, maltodekstriën, versoeter (steviol-glikosiede as stevia).

##### Hoe NUTRILITE™ LESS STRESS, MORE YES lyk en die inhoud van die houer

Wit vryvloeiende poeier met 'n lomoen en appelkoosgeur. Dit is beskikbaar in 'n wit kartonboks met 'n lig-en-trek-af-peuterbestande seël wat 1,5 g poeier bevat wat individueel in papier-aluminium-surlyn- multigelamineerde sakkies van 20 mm x 95 mm verpak is. Pakgrootte: 30 poeiersakkies

##### Registrasie Nommer:

Hierdie produk is nog nie deur plaaslike owerheid geëvalueer nie.

##### Naam en besigheidsadres van die houer van die registrasiesertifikaat

Amway Suid Afrika (Edms) Beperk, Eenheid B1, Brussels weg 33, Spartan, Isando 1619.

##### Datum van Publikasie:

Moet toegedien word deur die plaaslike owerheid.

**Toegang tot die ooreenstemmende Professionele inligting:** [www.Amway.co.za](http://www.Amway.co.za)