biodelta NUTRACEUTICALS	**Alpha Pharm - Alpha Calm 20's_Insert** **Redesign Artwork Version: 018/13-06-2019**		
	Colours: Black	**Dimensions Insert: (H x Wmm)** **296 x 188 mm**	

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Item	Date	Person Resp.
Spelling:		
Grammar:		
Legislation & Claims:		
Packaging Size:		

Alpha Pharm
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ALPHA PHARM ALPHA CALM

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
ALPHA PHARM ALPHA CALM, Capsules.

COMPOSITION

Each capsule contains:		*%NRV
Valeriana officinalis, root	100 mg	**

*NRV (Nutrient Reference Values)
** NRV = not established

PHARMACOLOGICAL CLASSIFICATION
Complementary Medicine
Category D
Discipline: Herbal Medicine
A.32.2 Other
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

INDICATIONS
A herbal supplement which may cause a mild sedative action.

CONTRAINDICATIONS
Contraindicated in patients with an allergic hypersensitivity to any of these ingredients.

WARNINGS AND SPECIAL PRECAUTIONS
Unless otherwise prescribed, do not exceed the stated dose. Do not use in combination with any other medication working on the central nervous system. Do not use when working with machinery as it may cause a sedative effect.

INTERACTIONS
Do not use in combination with any other medication working on the central nervous system.

PREGNANCY AND LACTATION
Do not use during pregnancy and lactation. Safety in pregnancy and or lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE
Take one capsule two or three times a day after a meal with a full glass of water, or as directed by your Doctor or Pharmacist.

SIDE EFFECTS AND SPECIAL PRECAUTIONS
Allergic reactions have been reported with herbal plant use and include rash and pruritus. Do not take if allergic to any of the ingredients. Dizziness, depression and in rare cases, excessive perspiration may occur. Should any side effects occur discontinue use immediately.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment is supportive and symptomatic.

IDENTIFICATIONS
White capsules.

PRESENTATION
20 Capsules in a blister and carton.

STORAGE INSTRUCTIONS
Keep in a dry, cool place below 25 °C.
KEEP OUT OF REACH OF CHILDREN.

MANUFACTURED FOR
Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel.: +27 12 643 5840
Manufactured in South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT
February 2015

CATEGORY D
Discipline: Herbal Medicine.
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

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ALPHA PHARM ALPHA CALM

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA CALM, Kapsules.

SAMESTELLLING

Elke Kapsule bevat:		*%NRV
Valeriana officinalis, root	100 mg	**

*NRV (Nutrient Reference Values)
** NRV = Nog nie vasgestel nie

PHARMAKOLOGIESE KLASSIFIKASIE
Komplimentere Medisyne
Kategorie D:
Dissipline: Kruie Medisyne
A.32.2. Ander
Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie.

INDIKASIE
'n Kombinasie van kruie produkte en aminosure wat 'n ligte kalmeerende effek mag veroorsaak.

KONTRA INDIKASIES
Bekende hipersensitiwiteit teenoor enige van die bestandele.

WAARSKUWING EN SPESIALE VOORSORGMAATREELS
Tensy anders voorgeskryf, moenie die aanbevele dosis oorskry nie. Moenie neem in kombinasie met enige ander medikasie wat op die sentrale senuweestelsel werk nie. Moenie werk met masjinerie of bestuur nie want dit kan lomerigheid veroorsaak.

INTERAKSIE
Moenie neem in kombinasie met enige ander medikasie wat op die sentrale senuweestelsel werk nie.

SWANGERSKAP EN LAKTASIE
Moenie gebruik word tydend swangerskap en laktasie nie. Veiligheid in swangerskap en laktasie is nie vasgestel nie.

DOSIS EN GEBRUIKSAANWYSINGS
Neem een kapsule twee of drie keer 'n dag nadat 'n maaltyd met 'n vol glas water, of soos voorgeskryf deur jou dokter of apteker.

NEWE EFFEKTE EN SPESIALE VOORSORGMAATREELS
Allergiese reaksies is aangemeld met gebruik van kruie plante insluitend pruritus en veluitslag. Moenie die produk gebruik as bewus is van hipersensitiwiteit teenoor enige van die bestandele nie.
Duiseligheid, depressie en in sommige gevalle kan oormatige sweet voorkom. Indien enige newe-effekte voorkom staak onmiddellik die gebruik van produk.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN
Behandeling is ondersteunend en simptomaties.

IDENTIFIKASIE
Wit kapsules.

AANBIEDING
20 Kapsules in 'n blister en karton.

BERGINGSAANWYSINGS
Bewaar op 'n koel, droë plek benede 25 °C.
HOU BUITE BEREIK VAN KINDERS.

VERVAARDIG VIR
Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel.: +27 12 643 5840
Manufactured in South Africa

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET
Februarie 2015

KATEGORIE D
Dissipline: Kruie Medisyne
Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie.

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PATIENT INFORMATION LEAFLET

ALPHA PHARM ALPHA CALM

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
ALPHA PHARM ALPHA CALM, Capsules.

COMPOSITION

Each capsule contains:		*%NRV
Valeriana officinalis, root	100 mg	**

*NRV (Nutrient Reference Values)
** NRV = not established

GENERAL INFORMATION
If you have any questions about this product, please talk with your Doctor or Pharmacist.
It is to be used only by the patient for whom it is prescribed. Do not share it with other people.
If your symptoms do not improve or if they become worse, check with your Doctor. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about the product. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this product. This information is not specific medical advice and does not replace information you receive from your Doctor or Pharmacist. You must talk with your Doctor or Pharmacist for complete information about the risks and benefits of using the product.

INDICATION AND USE
A herbal product which may cause a mild sedative action.

INSTRUCTIONS BEFORE TAKING THE MEDICINE
Always tell your Doctor or Pharmacist if you are taking any other medication. If you are pregnant or breast feeding your baby please consult your Doctor or Pharmacist for advice before taking this medicine.
Some medical conditions may interact with the product. Tell your Doctor or Pharmacist if you have any medical conditions, especially if any of the following apply to you:
- if you are pregnant, planning to become pregnant, or are breast-feeding
- if you are taking any prescription or nonprescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have liver problems, or metabolism problems

CONTRAINDICATIONS
Do not use this product if you are allergic to any of the ingredients.
Contact your Doctor or Pharmacist right away if this applies to you.
WARNINGS AND SPECIAL PRECAUTIONS
Do not use in combination with any other medication working on the central nervous system. Do not use when working with machinery as it may cause a sedative effect.
INTERACTIONS
Do not use in combination with any other medication working on the central nervous system.
This is not a complete list of all interactions that may occur. Ask your Doctor or Pharmacist if this product may interact with other medicines that you take. Check with your Doctor or Pharmacist before you start, stop, or change the dose of any medicine.

PREGNANCY AND LACTATION
Do not use during pregnancy and lactation. Safety in pregnancy has not been established.

INSTRUCTIONS ON HOW TO TAKE THE MEDICINE
Do not share medicines prescribed for you with any other person. In the event of over dosage, consult your Doctor or Pharmacist. If neither is available, contact the nearest hospital or poison control centre.

DOSAGE AND DIRECTIONS FOR USE
Take one capsule two or three times a day after a meal with a full glass of water, or as directed by your Doctor or Pharmacist.
Use as directed by your Doctor or Pharmacist. Check the label on the medicine for exact dosing instructions.
Take by mouth with food.
If you miss a dose for 1 or more days, there is no cause for concern. If your Doctor or Pharmacist recommends that you take it, try to remember your dose every day.
Ask your Doctor or Pharmacist any questions you may have about how to use the product.
SIDE EFFECTS
Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen while taking this medicine, please consult your Doctor or Pharmacist for advice.

Allergic reactions have been reported with herbal plant use and include rash and pruritus. Dizziness, depression and in rare cases, excessive perspiration may occur. Should any side effects occur discontinue use immediately.
All medicines may cause side effects, but many people have no, or minor, side effects. No common side effects have been reported with this product.
Seek medical attention right away if the following side effects occur: Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue).
This is not a complete list of all side effects that may occur. If you have questions about side effects, contact your Doctor or Pharmacist.
KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment is supportive and symptomatic. Should accidental overdose occurs, discontinue use and consult a Doctor or Pharmacist.

STORAGE AND DISPOSAL
Keep in a dry, cool place below 25 °C. Protect from light.
STORE ALL MEDICINE OUT OF REACH OF CHILDREN.
Check with your pharmacist about how to dispose safely of unused medicine.

PRESENTATION
20 Capsules in a blister and carton.

IDENTIFICATIONS
White capsules

MANUFACTURED FOR
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DATE OF PUBLICATION OF THIS PACKAGE INSERT
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DISCIPLINE
CATEGORY D
Discipline: Herbal Medicine
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PASIENT INFORMASIE BROSJURE

ALPHA PHARM ALPHA CALM

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA CALM, Kapsules.

SAMESTELLING

Elke Kapsule bevat:		*%NRV
Valeriana officinalis, root	100 mg	**

*NRV (Nutrient Reference Values)
** NRV = Nog nie vasgestel nie

ALGEMENE INFORMASIE
As jy enige vrae oor hierdie produk het, praat met jou dokter, apteker of ander gesondheidsorg verskaffer. Dit moet slegs gebruik word deur die pasiënt vir wie dit voorgeskryf is en jy moenie dit met ander mense deel nie.
As jou simptome nie verbeter nie, of as hulle erger raak, gaan praat met jou dokter, apteker of ander gesondheidsorg verskaffer. Hierdie inligting onderskryf nie enige medisyne as veilig, doeltreffend of goedgekeur vir enige pasiënt of gesondheid toestand behandeling nie. Dit is net 'n kort opsomming van algemene inligting oor die produk en word nie onderskryf om te diagnoseer, behandel, genees of om enige siekte toetsand te verhoed nie. Dit sluit nie al die inligting in, oor die moontlike gebruike, aanwysings, waarskuwings, voorsorgmaatreëls, interaksies, newe-effekte, of risiko's wat van toepassing is op hierdie produk nie. Hierdie inligting is nie spesifieke mediese advies nie, en vervang nie inligting wat jy van jou dokter, apteker of gesondheidsorg diensverskaffer ontvang nie. Vra jou dokter, apteker of gesondheidsorg diensverskaffer vir volledige inligting oor die risiko's en voordele van die gebruik van die produk.

INDIKASIE EN GEBRUIK
'n Kruie produk wat 'n ligte kalmeerende effek mag veroorsaak.

INSTRUKSIES VOOR DIE MEDISYNE GENEEM MOET WORD
Vertel altyd u gesondheids praktisyn indien u enige ander medikasie neem. Indien u swanger is of u baba borsvoed, konsulteer asseblief eers met u dokter, apteker of ander mediese gesondheids praktisyn voordat u die medikasie neem.
Sommige mediese toestande kan 'n interaksie met hierdie produk he. Raadpleeg jou dokter of apteker indien u enige van die volgende mediese toestande op u van toepassing is:
- As jy swanger is, beplan om swanger te raak, of borsvoed
- Indien u enige voorskrif of nie voorgeskrewe medisyne, kruie of ander annvullings neem.
- As jy allergieë tot medisyne, kos of enige ander stowwe het.
- As jy lewer probleme, of metabolisme probleme het.

KONTRA-INDIKASIES
Bekende hipersensitiwiteit teenoor enige van die bestandele. Hierdie is 'n vitamien aanvulling en die intensie is nie om dit vir 'n spesifieke vitamien tekort te gebruik nie.
WAARSKUWING EN SPESIALE VOORSORGMAATREELS
Moenie neem in kombinasie met enige ander medikasie wat op die sentrale senuweestelsel werk nie. Moenie werk met masjinerie of bestuur nie want dit kan lomerigheid veroorsaak.
INTERAKSIES
Moenie neem in kombinasie met enige ander medikasie wat op die sentrale senuweestelsel werk nie.
Dit is nie 'n volledige lys van alle interaksies wat mag voorkom nie. Raadpleeg jou dokter, apteker of gesondheidsorg diensverskaffer indien interaksie met ander medisyne mag voorkom. Raadpleeg hulle voordat jy begin, stop, of die dosis van enige ander medisyne wat jy neem verander.

SWANGERSKAP EN LAKTASIE
Moenie gebruik word tydend swangerskap en laktasie nie. Veiligheid in swangerskap en laktasie is nie vasgestel nie.

INSTRUKSIES OOR HOE OM DIE MEDIKASIE TE GEBRUIK
Moet nooit jou medisyne wat vir jou voorgeskryf is met 'n ander persoon deel nie. In die geval van oordosering raadpleeg u dokter of apteker. Indien geen een beskikbaar is nie kontak die naaste hospitaal of gif behandeling sentrum.

DOSIS EN GEBRUIKSAANWYSINGS
Neem een kapsule twee of drie keer 'n dag nadat 'n maaltyd met 'n vol glas water, of soos voorgeskryf deur jou dokter of apteker.
Gebruik soos voorgeskryf. Gaan die etiket op die medisyne na vir die presiese dosering instruksies. Neem deur die mond met kos. As jy 'n dosis vir 1 of meer dae mis, is daar geen rede tot kommer nie, maar probeer onthou om jou dosis elke dag te neem soos voorgeskryf. Vra jou dokter, apteker of gesondheidsorg diensverskaffer enige vrae wat jy mag hê oor hoe om die produk te gebruik.

NEWE EFFEKTE
Nie alle newe effekte soos gerapporteer is in die voubiljet ingesluit nie. Indien u algemene gesondheid agteruitgang tervyl u die medikasie neem, raadpleeg asseblief u dokter, apteker of ander mediese gesondheids versorger.
Allergiese reaksies is aangemeld met kruie gebruik en sluit in uitslag en jeuk. Duiseligheid, depressie en in sommige gevalle kan oormatige sweet voorkom. Indien enige newe-effekte voorkom staak onmiddellik die gebruik van produk.
Alle medisyne kan newe-effekte veroorsaak, maar baie mense het geen, of min, newe-effekte. Geen algemene newe-effekte is aangemeld, met gebruik van hierdie produk nie.
Kry mediese hulp dadelik as enige van hierdie ernstige newe-effekte voorkom: Erge allergiese reaksies (veluitslag, korwe, jeuk, moeilike asemhaling; benoudheid in die bors; swelsel van die mond, gesig, lippe of tong).
Dit is nie 'n volledige lys van al die newe-effekte wat mag voorkom nie. As jy vrae het oor die newe-effekte, kontak jou dokter, apteker of gesondheidsorg diensverskaffer.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN
Behandeling is ondersteunend en simptomaties. Indien per ongeluk oordoseer, staak die gebruik en raadpleeg 'n geneesheer of kry mediese advies.

BERGINGSAANWYSINGS EN VERNIETIGING VAN MEDISYNE
Bewaar op 'n koel, droë plek benede 25 °C. Beskerm teen lig.
STOOR ALLE MEDISYNE BUITE BEREIK VAN KINDERS.
Gaan praat met jou apteker oor hoe om ontslae te raak van ongebruikte medisyne.

AANBIEDING
20 Kapsules in 'n blister en karton.

IDENTIFIKASIE
Wit kapsules.

VERVAARDIG VIR
Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
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Tel.: +27 12 643 5840
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KATEGORIE D
Dissipline: Kruie Medisyne
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