

# Seremind<sup>®</sup> Consumer Leaflet

lavender oil 80 mg

## Patient information

This leaflet contains important information that you should consider before using this product. If you require further information please consult your health professional. Seremind<sup>®</sup> is a complementary medicine which relieves symptoms of mild anxiety, nervous tension and improves sleep quality.

Keep this leaflet as you may need to read it again.

## What is in this leaflet

1. What is Seremind<sup>®</sup> and what is it used for
2. Mild anxiety
3. What you need to know before you take Seremind<sup>®</sup>
4. How to take Seremind<sup>®</sup>
5. Possible side effects
6. How to store Seremind<sup>®</sup>
7. Further information

### 1. What is Seremind<sup>®</sup> and what is it used for:

- Seremind<sup>®</sup> contains Silexan<sup>®</sup>, a specially prepared and patented lavender oil that:
- relieves symptoms of mild anxiety and nervous tension
  - improves sleep quality

### 2. Mild anxiety:

Mild anxiety is common and many people will experience feelings of anxiety at some stage in their life.

Symptoms of mild anxiety may include the following:

- finding it hard to stop worrying
- feelings of restlessness
- feeling tired easily
- difficulty concentrating
- feeling irritable
- experience muscle pain
- disturbed sleep

If you have more than two of these symptoms or you are not sure if you should take Seremind<sup>®</sup>, consult your health professional.

### 3. What you need to know before you take Seremind<sup>®</sup>

Do not take Seremind<sup>®</sup> if you are allergic to lavender oil or any of the other ingredients in this medicine. Do not take Seremind<sup>®</sup> if you have impairment of hepatic (liver) function.

Do not take the capsules if the blister seal is broken.

#### *Warnings and precautions:*

##### *Children*

There is no information to recommend the use of Seremind<sup>®</sup> in children and adolescents under the age of 18 years.

##### *Interactions*

There are no known drug interactions.

##### *Pregnancy and breastfeeding*

It is not recommended to use Seremind<sup>®</sup> whilst pregnant or breastfeeding, as there are no clinical data available on its use during pregnancy or breastfeeding.

Consult your doctor if you have any questions regarding use during pregnancy or breastfeeding.

#### *Effects on ability to drive and use machinery*

Seremind<sup>®</sup> has no or negligible influence on the ability to drive and use machines.

### 4. How to take Seremind<sup>®</sup>

Adults 18 years and over: Take one capsule daily, swallowed whole with a full glass of water with food. You may take Seremind<sup>®</sup> at any time of the day, but take it at about the same time each day. Do not take while lying down. Do not chew.

Not to be used in children and adolescents under the age of 18 years.

How long should you take Seremind<sup>®</sup>: You can take Seremind<sup>®</sup> for as long as it provides relief. It may take up to two weeks of continuous daily dosing with Seremind<sup>®</sup> before you experience relief of your mild anxiety symptoms and up to six weeks before your sleep quality improves. If symptoms persist, consult your health professional.

If you take more Seremind<sup>®</sup> than you should immediately telephone your doctor or the Poisons Information Centre (telephone 131126) for advice, or go to Emergency at the nearest hospital if you think that you or anyone else may have taken too much Seremind<sup>®</sup>. Do this even if there are no signs of discomfort or poisoning. If you forgot to take Seremind<sup>®</sup>, take the missed capsule immediately (unless it is almost time for your next dose), then take your next capsule at the usual time.

### 5. Possible side effects:

Mild gastrointestinal complaints (such as belching/burping with lavender smell) and allergic reactions. Tell your health professional if you experience any side effects.

### 6. How to store Seremind<sup>®</sup>

Keep Seremind<sup>®</sup> out of sight and reach of children. Do not use if blister seal is broken. Do not use this medicine after the expiry date printed on the carton and blister.

Store in cool, dry place away from light where the temperature stays below 25°C.

### 7. Further information

Seremind<sup>®</sup> is available in packs of 28 and 56 capsules. The active ingredient is lavender oil 80 mg. Seremind<sup>®</sup> also contains rape seed oil, sorbitol, glycerol, gelatin, purified water and annatto.

Note: Seremind<sup>®</sup> does not contain egg, peanuts, soy beans, tree nut products, yeast, gluten, artificial colours, flavourings or preservatives.

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