

PATIENT INFORMATION LEAFLET

STAY AWAKE EFFERVESCENT TABLETS

COMPLEMENTARY MEDICINE HEALTH SUPPLEMENT

This medicine is not registered and has not been evaluated by the SAHPRA for its quality, safety or intended use. This product is not intended to diagnose, treat, cure or prevent disease.

SCHEDULING STATUS

S0

Read all of this leaflet carefully as it contains important information for you. This medicine is available without a doctor's prescription, for you to maintain your health. Nevertheless you still need to use Stay Awake Effervescent tablets carefully to get the best results from it.

- Keep this pamphlet. You may need to read it again
- Ask your pharmacist if you need more information or advice
- You must see a doctor if your symptoms persist or do not improve after 2 months

WHAT STAY AWAKE EFFERVESCENT TABLETS CONTAIN

Each Stay Awake Effervescent tablet contains:

Thiamine (vitamin B1) 1,4 mg; Riboflavin (vitamin B2) 1,6 mg; Pyridoxine (vitamin B6) 2,0 mg; Ascorbic acid (vitamin C) 100 mg; Anhydrous caffeine 100 mg.

WHAT STAY AWAKE EFFERVESCENT TABLETS ARE USED FOR

Stay Awake Effervescent tablets are used to boost physical and mental energy, wakefulness and alertness.

Thiamine, riboflavin and pyridoxine help to metabolise carbohydrates, fats and proteins from the foods we eat, into usable energy for the body (they give us an energy boost). They are also important for maintaining good health. Ascorbic acid is a powerful antioxidant. It helps in wound healing and is important for the metabolism of fats and proteins from the foods we eat, into energy.

Caffeine is a well used and known stimulant which improves wakefulness and mental alertness.

WHAT YOU NEED TO KNOW BEFORE YOU TAKE STAY AWAKE EFFERVESCENT TABLETS

- Stay Awake Effervescent tablets contain caffeine, so DO NOT take these tablets if you are allergic to, or hypersensitive to caffeine.
- Do not take Stay Awake Effervescent tablets if you are hypersensitive or allergic to any of the ingredients.

Warnings and Precautions

- If you are sensitive to, or allergic to caffeine, then you may feel excessively stressed, anxious, nervous and "jittery" if you take Stay Awake Effervescent tablets.
- Take Stay Awake Effervescent tablets before 14h00 as it may result in excessive alertness and wakefulness and prevent you from falling asleep at night.
- Stay Awake Effervescent tablets are not recommended for children under the age of 12 years, pregnant and breastfeeding women.
- If you are pregnant or breastfeeding; think you may be pregnant or are planning to have a baby, please speak to your doctor, pharmacist or healthcare provider for advice before taking this medicine.
- Stay Awake Effervescent tablets are a vitamin B and C supplement and are not a replacement for a healthy balanced diet.
- Always tell your healthcare provider if you are suffering from any disease or condition; or, if you are taking any other medication, before taking Stay Awake Effervescent tablets.

Taking Stay Awake Effervescent tablets with food or drink

Take 1 – 2 tablets daily, dissolved in a glass of water, in the morning after breakfast. Food does not interfere with the absorption of the nutrients in Stay Awake Effervescent tablets. Taken after food may prevent any nausea which sometimes may occur after taking vitamins.

Stay Awake Effervescent tablets during pregnancy and breast feeding

Safety in pregnancy and breast feeding has not yet been proved.

If you are pregnant or breastfeeding; think you may be pregnant or are planning to have a baby, please speak to your doctor, pharmacist, or healthcare provider for advice before taking this medicine.

Taking Stay Awake Effervescent tablets while driving and using machinery

Stay Awake Effervescent tablets do not affect your ability to drive or to use or operate machinery.

HOW TO TAKE STAY AWAKE EFFERVESCENT TABLETS

Always take Stay Awake Effervescent tablets as instructed.

Do not share medicines prescribed for you with any other person.

Check with your doctor, pharmacist, or healthcare professional if you are unsure.

The usual dosage is:

Take 1 - 2 tablets dissolved in a full glass of water once a day after breakfast. Drink the contents of the whole glass.

If you take more Stay Awake Effervescent tablets than you should

No cases of overdosage have been reported. In the event of overdosage, immediately consult your doctor or pharmacist. If neither is available, seek help at your nearest hospital or poison control center.

If you forget to take a dose of Stay Awake Effervescent tablets

Do not take a double dose to make up for forgotten individual doses. Continue to take the usual dose at the usual time

POSSIBLE SIDE EFFECTS

There are no known side effects associated with taking Stay Awake Effervescent tablets in the prescribed dose.

Not all side effects reported for Stay Awake Effervescent tablets are included in this leaflet. Should your condition or your general health worsen while taking Stay Awake Effervescent tablets, please consult your doctor for advice.

STORAGE AND DISPOSING OF STAY AWAKE EFFERVESCENT TABLETS

KEEP ALL MEDICINES OUT OF REACH AND OUT OF SIGHT OF CHILDREN AND UNINFORMED INDIVIDUALS.

Store in a cool dry place at or below 25 °C out of direct sunlight.

Keep the container tightly closed

Store in the original container

Do not store in the bathroom

Do not use after the expiry date stated on the label and carton

Return all unused medicine to your pharmacist for safe disposal

Do not dispose of unused medicine in drains or sewerage systems (eg: toilets)

PRESENTATION OF STAY AWAKE EFFERVESCENT TABLETS

Stay Awake Effervescent tablets are presented in packs of 15 and 30 effervescent tablets. The tablets are packed into plastic tubes of 15 tablets which are then placed in a unit carton containing 1 or 2 tubes.

IDENTIFICATION OF STAY AWAKE EFFERVESCENT TABLETS

Stay Awake Effervescent tablets are large, round, orangey yellow, unscored tablets

REGISTRATION NUMBER

Not applicable

DETAILS OF THE APPLICANT

Grace Pharmaceuticals (Pty) Ltd

Unit 5 Ellis Park Shopping Centre

29/35A Romsey Drive

Durban North

4001

Telephone number: 0861 114788

DATE OF PUBLICATION OF THE PACKAGE INSERT

15 October 2020