

## MIBIOTIX ST STRESS CAPSULES

### PATIENT INFORMATION LEAFLET

This leaflet tells you about MIBIOTIX ST STRESS CAPSULES.

**Complementary medicine:** Health Supplement.

**SCHEDULING STATUS:** S0

### PROPRIETY NAME AND DOSAGE FORM:

MIBIOTIX ST STRESS CAPSULES (capsules).

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

MIBIOTIX ST STRESS CAPSULES are available without a doctor's prescription. Nevertheless, you still need to use MIBIOTIX ST STRESS CAPSULES carefully to get the best results.

- Keep this leaflet. You may need to read it again.
- Do not share MIBIOTIX ST STRESS CAPSULES with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

### 1. WHAT MIBIOTIX ST STRESS CAPSULES CONTAINS:

Each capsule contains:

|                                  |               |
|----------------------------------|---------------|
| Lactobacillus acidophilus Howaru | 1 Billion CFU |
| Lactobacillus rhamnosus Howaru   | 1 Billion CFU |
| Lactobacillus casei Lc-11        | 1 Billion CFU |
| Bifidobacterium lactis Howaru    | 1 Billion CFU |
| Bifidobacterium infantis Bi-26   | 1 Billion CFU |
| Bifidobacterium longum Bl-05     | 1 Billion CFU |
| L-Theanine                       | 250mg         |
| 5-HTP                            | 100mg         |
| Synergy                          | 50mg          |

## 2. WHAT MIBIOTIX ST STRESS CAPSULES ARE USED FOR:

Stress affects us all. You may notice [symptoms of stress](#) when disciplining your kids, during busy times at work, when managing your finances, or when coping with a challenging relationship.

Stress also disrupts the intestinal lining and microflora

balance in the gut. All health and wellbeing starts with the gut. When

taken on a regular basis MIBIOTIX ST STRESS will support the

microflora balance in the gut supporting the intestinal lining.

## 3. BEFORE YOU TAKE/ USE/ ARE GIVEN/ ADMINISTERED MIBIOTIX ST STRESS CAPSULES:

### Do NOT take/use MIBIOTIX ST STRESS CAPSULES:

- If you are known to be hypersensitive (allergic) to (active ingredient) or any of the inactive ingredients.
- If you are pregnant or breastfeeding your (see “Pregnancy and breastfeeding”).

### Take special care with MIBIOTIX ST STRESS CAPSULES:

MIBIOTIX ST STRESS CAPSULES does not intend to prevent or cure any form of illness or disease and should not replace any medication. If you suffer from a chronic medical condition, consult your healthcare practitioner before using this product. Do not exceed the recommended dose.

### Taking/ Using/ Receiving MIBIOTIX ST STRESS CAPSULES with food and drink:

MIBIOTIX ST STRESS CAPSULES should not be taken with milk, juice or any other fizzy drinks.

### Driving and using machinery:

No studies on the effect on the ability to drive or use machinery have been performed. It is unlikely that MIBIOTIX ST STRESS CAPSULES would affect your ability to drive or use machinery. However, please exercise care until you are certain that your ability to perform such activities is not affected.

### Important information about some of the ingredients of MIBIOTIX ST STRESS CAPSULES:

All inactive ingredients added on the formulation of MIBIOTIX ST STRESS CAPSULES are known to be well tolerated.

### Taking/ Giving/ Using other medicines with MIBIOTIX ST STRESS CAPSULES:

Always tell your healthcare professional if you are taking other medicines. (This includes complementary or traditional medicine). The use of MIBIOTIX ST STRESS CAPSULES with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice

## 4. HOW TO TAKE/ USE MIBIOTIX ST STRESS CAPSULES:

The usual dose is:

Take one MIBIOTIX ST STRESS CAPSULES once daily after breakfast.

Always take MIBIOTIX ST STRESS CAPSULES exactly as per recommendation of the Package

Insert or by your health care provider and if you are unsure. If the symptoms worsen or persist, please consult your healthcare practitioner.

**If you take/ use/ more MIBIOTIX ST STRESS CAPSULES than you should:**

Do not use more than recommended dose. (See Package Insert). In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control center.

**If you forget to take /miss a dose of MIBIOTIX ST STRESS CAPSULES:**

Always take MIBIOTIX ST STRESS CAPSULES as prescribed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose until the next dose is due, skip the missed dose and go back to your regular dosing schedule (see “HOW TO TAKE MIBIOTIX ST STRESS CAPSULES”). Do not take a double dose to make up for forgotten individual doses.

**5. POSSIBLE SIDE EFFECTS:**

There has not been a case of any side effects reported when taking MIBIOTIX ST STRESS CAPSULES.

MIBIOTIX ST STRESS CAPSULES can have side effects.

Not all side effects reported for MIBIOTIX ST STRESS CAPSULES are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking MIBIOTIX ST STRESS CAPSULES, please consult your healthcare provider for advice. Please report/ inform your doctor or pharmacist if you notice any side effects not mentioned in this leaflet.

**6. STORAGE AND DISPOSING OF MIBIOTIX ST STRESS CAPSULES:**

Store all medicines out of reach of children.

Store in a cool, dry place below or at 25 °C.

Keep the container in the original packaging and in an outer carton.

Protect from light.

Do not store in a bathroom.

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

Do not use MIBIOTIX ST STRESS CAPSULES if you notice any visible signs of deterioration.

Return all unused medicine to your pharmacist/supplier.

Do not dispose of unused medicines in drains or sewage systems (e.g. toilets).

**7. PRESENTATION OF MIBIOTIX ST STRESS CAPSULES:**

MIBIOTIX ST STRESS CAPSULES are packed in 30's, in a white plastic bottle with a white cap in an outer carton.

**8. IDENTIFICATION OF MIBIOTIX ST STRESS CAPSULES:**

Containing a white powder packed in a DR vegetarian capsule.

**9. REGISTRATION NUMBER:**

Will be allocated by Council upon registration. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

**10. NAME AND ADDRESS OF REGISTRATION HOLDER:**

MyHealth365 (Pty) Ltd

P O Box 214, Northriding, 2162

For professional information go to [www.mibiotix.co.za](http://www.mibiotix.co.za)

11.

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**MIBIOTIX ST STRESS CAPSULES**

**PASIËNTINLIGTINGSBLAADJIE**

Hierdie voubiljet bevat inligting oor MIBIOTIX ST STRESS CAPSULES.

**Komplimentêre medisyne:** Gesondheidsaanvulling.

**BYLAE STATUS:** S0

**EIENDOMSNAAM (EN DOSISVORM):**

MIBIOTIX ST STRESS CAPSULES (kapsules).

**Lees die hele blaadjie sorgvuldig deur, want dit bevat belangrike inligting vir u.**

MIBIOTIX ST STRESS CAPSULES is beskikbaar sonder die voorskrif van 'n dokter. U moet egter steeds MIBIOTIX ST STRESS CAPSULES versigtig gebruik om die beste resultate daarmee te verkry.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie MIBIOTIX ST STRESS CAPSULES met enige ander persoon deel nie.
- Vra jou apteker as jy meer inligting of advies benodig.
- U moet 'n dokter raadpleeg indien u simptome vererger of nie verbeter nie.

**1. WAT MIBIOTIX ST STRESS CAPSULES BEVAT:**

Elke kapsule bevat:

|                                  |               |
|----------------------------------|---------------|
| Lactobacillus acidophilus Howaru | 1 Miljard KVE |
| Lactobacillus rhamnosus Howaru   | 1 Miljard KVE |
| Lactobacillus casei Lc-11        | 1 Miljard KVE |
| Bifidobacterium lactis Howaru    | 1 Miljard KVE |
| Bifidobacterium infantis Bi-26   | 1 Miljard KVE |
| Bifidobacterium longum Bl-05     | 1 Miljard KVE |
| L-Theanine                       | 250mg         |
| 5-HTP                            | 100mg         |
| Synergy                          | 50mg          |

## 2. WAARVOOR MIBIOTIX ST STRESS CAPSULES GEBRUIK WORD:

Stres beïnvloed almal van ons. Jy kan [simptome van stres](#) waarneem wanneer jy jou kinders dissiplineer, gedurende druk tye by die werk, wanneer jy jou finansies bestuur, of wanneer jy 'n uitdagende verhouding probeer hanteer. Stres versteur ook die dermwand en die mikroflorabalans in die dermkanaal. Alle gesondheid en welwees begin by die dermkanaal. Wanneer MIBIOTIX ST STRESS CAPSULE gereeld gebruik word, ondersteun dit die mikroflorabalans in die dermkanaal wat die dermwand ondersteun.

## 3. VOORDAT U MIBIOTIX ST STRESS CAPSULES NEEM:

**Moenie MIBIOTIX ST STRESS CAPSULES gebruik as:**

- jy bewus is daarvan dat jy hipersensitief (allergies) is vir (aktiewe bestanddeel) of enige van die bestanddele.
- jy swanger is of u baba borsvoed (sien “Swangerskap en borsvoeding”).

### Neem Spesiale sorg met MIBIOTIX ST STRESS CAPSULES:

MIBIOTIX ST STRESS CAPSULES beoog nie om enige ongesteldheid of siektetoestand te genees nie en moet nie enige medikasie vervang nie. Mense wat aan 'n chroniese mediese toestand ly moet hulle gesondheidspraktisyn raadpleeg voor hulle hierdie produk gebruik. Moenie die voorgeskrewe dosis oorskry nie.

### Die neem van MIBIOTIX ST STRESS CAPSULES met kos en drinkgoed:

MIBIOTIX ST STRESS CAPSULES moet nie saam met melk, sap of enige ander gaskoeldranke geneem word nie.

### Bestuur en die gebruik van masjinerie:

Geen navorsingstudies is uitgevoer oor die effek op die vermoë om te bestuur of masjinerie te hanteer nie. Dit is onwaarskynlik dat MIBIOTIX ST STRESS CAPSULES die vermoë om te bestuur of masjinerie te gebruik sal beïnvloed. Wees egter versigtig tot u seker is u vermoë om hierdie aktiwiteite uit te voer word nie beïnvloed nie.

## **Belangrike inligting oor sommige van die bestanddele van MIBIOTIX ST STRESS CAPSULES:**

Al die onaktiewe bestanddele wat op die formulering van MIBIOTIX ST STRESS CAPSULES gevoeg word, word goed verdra.

## **Die neem van ander medisyne saam met MIBIOTIX ST STRESS CAPSULES:**

Lig altyd u gesondheidpraktisyn in wanneer u medisyne neem. (Dit sluit in komplementêre of tradisionele medisyne). Die gebruik van MIBIOTIX ST STRESS CAPSULES saam met hierdie medisyne mag ongewenste wisselwerkings veroorsaak. Raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker vir advies.

## **4. HOE OM MIBIOTIX ST STRESS CAPSULES TE GEBRUIK**

Die gewone dosis is:

Neem een MIBIOTIX ST STRESS CAPSULE, daaglik na ontbyt.

Neem die kapsules met voldoende hoeveelheid vloeistof (bv. een glas water)

Neem MIBIOTIX ST STRESS CAPSULES altyd volgens aanbevelings van die pakketinvoer of deur u gesondheidsorgverskaffer en indien u onseker is. As die simptome vererger of voortduur, raadpleeg 'n gesondheidsorgpraktisyn.

### **As u meer MIBIOTIX ST STRESS CAPSULES gebruik as wat u behoort:**

Moenie meer as aanbevole dosis gebruik nie. (Sien pakketinvoegsel)

In die geval van 'n oordosis, raadpleeg u dokter of apteker. As geeneen van hulle beskikbaar is nie, kontak onmiddellik die naaste hospitaal of gifbeheersentrum.

### **As jy vergeet om 'n dosis MIBIOTIX ST STRESS CAPSULES te neem:**

Neem MIBIOTIX ST STRESS CAPSULES altyd soos voorgeskryf. Indien u 'n dosis vergeet het, neem dit sou gou as wat u onthou. Indien u egter nie van die vergete dosis onthou voordat dit tyd is vir die volgende dosis is nie, slaan die vergete dosis oor en keer terug na u gewone doseringskedule (sien "HOE OM MIBIOTIX ST STRESS CAPSULES TE GEBRUIK"). Moenie 'n dubbele dosis neem om te vergoed vir die oorgeslane individuele dosis nie.

## **5. MOONTLIKE NEWE EFFEKTE**

Daar was nie gevalle van enige newe-effekte gerapporteer wanneer MIBIOTIX ST STRESS CAPSULES geneem word nie.

MIBIOTIX ST STRESS CAPSULES kan newe-effekte hê.

Nie alle newe-effekte wat vir MIBIOTIX ST STRESS CAPSULES gemeld is, is in hierdie inligtingstuk vervat nie. Indien u algemene gesondheid agteruitgaan of u ongewenste wisselwerkings ervaar terwyl MIBIOTIX ST STRESS CAPSULES gebruik, raadpleeg asseblief u gesondheidsorgvoorsiener vir advies. Lig asseblief u dokter of apteker in indien u enige newe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

#### **6. BERGING EN WEGDOEN VAN MIBIOTIX ST STRESS CAPSULES:**

Bewaar alle medisyne buite bereik van kinders.

Berg in 'n koel, droë plek onder of by 25 ° C.

Hou die houer in die oorspronklike verpakking en in 'n buitenste karton.

Beskerm teen lig.

Moenie in 'n badkamer stoor nie.

Moet nie gebruik word na die vervaldatum wat op die etiket / karton en op die bottel aangedui word nie.

Moenie MIBIOTIX ST STRESS CAPSULES gebruik as u enige sigbare tekens van agteruitgang sien nie.

Stuur alle ongebruikte medisyne na u apteker / verskaffer terug.

Moet nie ongebruikte medisyne in riool- of rioolstelsels gooi nie (byvoorbeeld toilette).

#### **7. AANBIEDING VAN MIBIOTIX ST STRESS CAPSULES:**

MIBIOTIX ST STRESS CAPSULES is verpak in 30's, in 'n wit plastiek bottel met 'n wit dop en in 'n buitenste karton.

#### **8. IDENTIFIKASIE VAN MIBIOTIX ST STRESS CAPSULES:**

Wit poeier verpak in n DR vegetariese kapsule.

#### **9. REGISTRASIENOMMER:**

Sal deur die Raad toegeken word by registrasie.

Hierdie ongeregistreerde medisyne is nie deur die

SAHPRA geevalueer ten opsigte van kwaliteit,

veiligheid of beoogde gebruik nie.

#### **10. NAAM EN ADRES VAN DIE HOUER VAN DIE REGISTRASIE:**

MyHealth365 (Edms) Bpk

P O Box 214, Northriding, 2162

Vir professionele inligting gaan na [www.mibiotix.co.za](http://www.mibiotix.co.za)

**11. DATUM VAN PUBLIKASIE:**

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