

Seremind™ Consumer Leaflet

Patient information

This leaflet contains important information that you should consider before using this product. If you require further information please consult your doctor/ health care professional.

Seremind™ is a complimentary 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™ and what is it used for
2. Mild anxiety
3. What you need to know before you take Seremind™
4. How to take Seremind™
5. Possible side effects
6. How to store Seremind™
7. Further information

1. What is Seremind™ and what is it used for

Seremind™ contains Silexan®, a specially prepared and patented lavender oil that has been clinically tested to help:

- relieve symptoms of mild anxiety and nervous tension
- improve 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 symptoms worsen during the use of the product, a doctor or a qualified health care practitioner should be consulted.

3. What you need to know before you take Seremind™

Do not take Seremind™ if you are allergic to lavender oil or any of the other ingredients in this medicine.

Do not take Seremind™ if you have impairment of hepatic (liver) function.

Warnings and precautions:

Seremind™ contains sorbitol. If you have been told by your doctor that you are intolerant to some sugars, contact your doctor before taking this product.

Children

There is no information to recommend the use of Seremind™ in children and adolescents under the age of 18 years.

Interactions

Medicinal product interaction and other forms of interaction: None reported

Pregnancy, breastfeeding and fertility

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

The effect of Seremind™ on fertility is unknown.

Please consult your doctor if you have any questions regarding use during pregnancy or breastfeeding or on fertility.

Effects on ability to drive and use machinery

Seremind™ has no or negligible influence on the ability to drive and use machines.

4. How to take Seremind™

Adults: 1 soft capsule once daily with water. Do not chew. Not to be used in children and adolescents under the age of 18 years.

How long should you take Seremind™: You can take Seremind™ for as long as it provides relief.

If you take more Seremind™ than you should immediately telephone your doctor or the Poisons Information Centre (telephone 131 126) for advice, or go to Emergency at the nearest hospital if you think that you or anyone else may have taken too much Seremind™. Do this even if there are no signs of discomfort or poisoning.

If you forgot to take Seremind™, take the missed capsule immediately (or as soon as you remember), then take your next capsule at the usual time.

5. Possible side effects:

Mild gastrointestinal complaints and allergic skin reactions. Tell your doctor or healthcare professional if you experience any side effects.

6. How to store Seremind™

Keep Seremind™ out of sight and reach of children.

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 30°C.

7. Further information

Seremind™ is available in packs of 28 and 56 capsules.

The active ingredient is lavender oil 80mg.

Note: Seremind™ does not contain egg, peanuts, soy beans, tree nut products, yeast, gluten, artificial colours, flavourings or preservatives.

This leaflet was last revised 24th January 2018.



MENARINI

A. Menarini Australia Pty Ltd.
Level 8, 67 Albert Ave
Chatswood NSW 2067.
Ph: 1800 642 646

2018MEN-0030-1

■ Black

IPM number: 2018MEN-0030-1
Product name: Seremind Insert
Country: AU
Version: 2
Date: 24 Jan 2018

