



SELECT THE REQUIRED INFORMATION



PROFESSIONAL INFORMATION



PATIENT INFORMATION LEAFLET

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Complementary Medicine: **Health Supplement**

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS: S0

Berocca® Mind Tablets
Sugar free

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

Berocca® Mind Tablets is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Berocca® Mind Tablets carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Berocca® Mind Tablets with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet?

1. What Berocca® Mind Tablets is and what it is used for
2. What you need to know before you take Berocca® Mind Tablets
3. How to take Berocca® Mind Tablets
4. Possible side effects
5. How to store Berocca® Mind Tablets
6. Contents of the pack and other information

1 WHAT BEROCCA® MIND TABLETS IS AND WHAT IT IS USED FOR

Berocca® Mind Tablets is a health supplement with a combination of *Salvia lavandulaefolia*, water-soluble vitamins, and select minerals.

Berocca® Mind Tablets helps support optimal mental well-being and memory, contributes to normal cognitive and psychological function, normal mental performance, normal functioning of the nervous system and muscle function, while reducing tiredness and fatigue and promoting energy metabolism.

2 WHAT YOU NEED TO KNOW BEFORE YOU TAKE BEROCCA® MIND TABLETS

Do not take Berocca® Mind Tablets:

- If you are hypersensitive (allergic) to any of the other ingredients of Berocca® Mind Tablets (listed in section 6).
- If you have too much iron in your blood (hemochromatosis) or kidney problems. This includes people on dialysis.
- If you have problems with how your body handles iron, you should avoid this product.
- If you are pregnant or breastfeeding.

Warnings and precautions

Don't exceed the recommended dose. Overdosing can lead to harmful effects. Special care should be taken with Berocca® Mind Tablets:

- If you're already taking other vitamins, medications, or if you're under medical care, you should talk to a healthcare professional before using this product.
- When taking this product, make sure to take it at least four hours apart from other medications unless otherwise specified.

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Other medicines and Berocca Mind

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Active Ingredient	Drug	Description
Vitamin C	Desferrioxamine (medicine used to remove excess iron or aluminium from the body)	Vitamin C may enhance tissue iron toxicity, especially in the heart, causing cardiac decompensation.
	Cyclosporine (immunosuppressive medication)	Antioxidant supplementation including vitamin C may reduce cyclosporine blood level.
	Disulfiram (used to treat chronic alcoholic misuse)	Chronic or high doses of vitamin C may interfere with the effectiveness of the disulfiram.
	Warfarin (blood thinning medicine)	High dose vitamin C may interfere with the effectiveness of warfarin.
Vitamin B6	Levodopa (prescription medicine used in the treatment of Parkinson's disease)	Pyridoxine enhances the metabolism of levodopa, reducing its anti-parkinsonism effects. However, this interaction does not occur when carbidopa is in combination with levodopa (i.e. Sinemet®).
Folic Acid	Methotrexate (medicine used to treat rheumatoid arthritis and severe forms of a skin disease called psoriasis)	Folic acid supplementation may reduce the effectiveness of methotrexate in the treatment of acute lymphoblastic leukaemia, and theoretically, the efficacy in the treatment of other cancers.
Magnesium, Iron, and Zinc	Tetracycline antibiotics	Certain minerals like magnesium, iron, and zinc can combine with some medications, which may reduce how well both the minerals and the medications are absorbed by your body. To avoid this issue, it's best to take the product and these medications at least 4 hours apart, unless your doctor advises otherwise.
	Quinolone antibiotic	
	Penicillamine	
	Biphosphonates	
	Levothyroxine	
	Methyldopa	
	Gastric acid suppressive medications	
Thiazide diuretics		

Berocca® Mind Tablets with food

Allowance should be made for intake of the vitamins and minerals from all other sources including fortified foods.

Pregnancy and breastfeeding

Berocca® Mind Tablets should not be used during pregnancy and lactation. This product is not intended for use during pregnancy and lactation.

Driving and using machines

The product has no or negligible influence on the ability to drive and use machines.

3 HOW TO TAKE BEROCCA® MIND TABLETS

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

Always take Berocca® Mind Tablets exactly as described in this leaflet or as your doctor, or pharmacist has told you. Check with your doctor or, pharmacist if you are not sure.

The usual dose for adults (18 years and older) is 1 (one) tablet a day taken by mouth with sufficient water (approximately 200 ml of water).

If you take more Berocca® Mind Tablets than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you take too much of this product, you might suddenly get a headache, feel confused, or have stomach problems like constipation, diarrhoea, feeling sick, or throwing up. If you notice any of these things, stop using the product right away and get in touch with a doctor or nurse.

The specific signs that you've taken too much can vary a lot. They depend on things such as how your body reacts and your given circumstances. So, it's important to pay attention to how you're feeling and get medical help if you think you've taken too much.

If you forget to take Berocca® Mind Tablets

Do not take double dose to make up for forgotten individual doses.

If you stop taking Berocca® Mind Tablets

Berocca® Mind Tablets has no withdrawal symptoms or effects should you stop, or interrupt, or end treatment early.

4 POSSIBLE SIDE EFFECTS

Berocca® Mind Tablets can have side effects.

Not all side effects reported for Berocca® Mind Tablets are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Berocca® Mind Tablets, please consult your health care provider for advice.

If any of the following happens, stop taking Berocca® Mind Tablets and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,
- rash or itching,
- fainting.

These are all very serious side effects. If you have them, you may have had a serious reaction to Berocca® Mind Tablets. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- Nausea,

- Slight yellow discoloration of urine (chromaturia)
- Abdominal discomfort,
- Diarrhoea,
- and vomiting.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. Alternatively, you can report to Bayer SafeTrack site (<https://www.safetrack-public.bayer.com>). By reporting side effects, you can help provide more information on the safety of Berocca® Mind Tablets.

5 HOW TO STORE BEROCCA® MIND TABLETS

Store all medicines out of reach of children.

Store at or below 25 °C. Keep in the original package. Do not use after the expiry date stated on the label and carton.

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

6 CONTENTS OF THE PACK AND OTHER INFORMATION

What Berocca® Mind Tablets contains:

- The active substances are: vitamin B1 (thiamine mononitrate) 1,4 mg; vitamin B2 (riboflavin) 1,6 mg; vitamin B3 (nicotinamide) 18 mg; vitamin B5 (calcium-D-pantothenate) 6 mg; vitamin B6 (pyridoxine hydrochloride) 2 mg; folic acid (pteroylmonoglutamic acid) 200 µg; vitamin B12 (cyanocobalamin) 2,5 µg; biotin (D-biotin) 150 µg; vitamin C (ascorbic acid) 60 mg; magnesium (magnesium oxide) 135 mg; iron (ferrous fumarate) 12 mg; zinc (zinc citrate) 4,6 mg and *salvia lavandulifolia* oil (providing 25 µl sage essential oil) 147 mg.
- The other ingredients are partially pregelatinized starch, magnesium stearate, calcium carbonate, isomalt, hydroxypropylmethylcellulose, medium chain triglycerides, and copper chlorophyllin.

What Berocca® Mind Tablets looks like and contents of the pack

Berocca® Mind Tablets are light green, oblong, and biconvex film-coated tablets. The tablets are packaged in a triple-layer blister pack coated with polyvinylidene chloride (PVDC) and sealed with a hard tempered aluminium lid. The blisters are placed in a printed carton, which may include a leaflet. Berocca® Mind Tablets are available in packs of 30, 60, and 90 tablets. Please note that not all pack sizes may be available.

Holder of Certificate of Registration

Bayer (Pty) Ltd.
Collaboration Hub
1st Floor, Waterfall Circle
9 Country Estate Drive
Waterfall City

Midrand, 2090
South Africa
Co Reg. no.: 1968/011192/07
Tel: +27 11 921 5000

Registration number(s)

To be confirmed upon registration.

Access to the corresponding Professional Information

The corresponding professional information, as well as patient information leaflet in other language(s), may be obtained electronically on the following web address: <https://www.bayer.co.za>.

Manufacturer:
Bayer Indonesia Cimanggis, Jl. Raya Bogor No.32, Cisalak, Kec. Sukmajaya, Kota Depok, Jawa Barat 16416, Indonesia.