PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRIPURE KIDS SLEEP SUPPORT gummies

Multiple substances, gummies

Contains sugar: Glucose syrup (0,85 g); Sucrose (0,74 g)

Complementary Medicine – Discipline-specific

D 33.7 Combination Products

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. Health Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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

NUTRIPURE KIDS SLEEP SUPPORT is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use NUTRIPURE KIDS SLEEP SUPPORT carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRIPURE KIDS SLEEP SUPPORT with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

1. What NUTRIPURE KIDS SLEEP SUPPORT is and what it is used for

2. What you need to know before you take NUTRIPURE KIDS SLEEP SUPPORT

3. How to take NUTRIPURE KIDS SLEEP SUPPORT

4. Possible side effects

5. How to store NUTRIPURE KIDS SLEEP SUPPORT

6. Contents of the pack and other information

1. What NUTRIPURE KIDS SLEEP SUPPORT is and what it is used for

NUTRIPURE KIDS SLEEP SUPPORT is used to support normal sleep in children.

2. What you need to know before you take NUTRIPURE KIDS SLEEP SUPPORT

Do not take NUTRIPURE KIDS SLEEP SUPPORT:

- if you are hypersensitive (allergic) to any of the ingredients of NUTRIPURE KIDS SLEEP SUPPORT (listed in section 6).
- if you are allergic to plants from the daisy family (Asteraceae/Compositae), such as ragweed or daisies.

Do not give to children under 3 years old.

Warnings and precautions

Take special care with NUTRIPURE KIDS SLEEP SUPPORT:

- NUTRIPURE KIDS SLEEP SUPPORT is intended to be used by children only under adult supervision.
- This medicine contains sugar and should be used with caution if you have diabetes.
- Use with caution if you have a condition that is sensitive to hormones (for example, conditions affected by oestrogen).
- Use with caution if you have a thyroid condition or are taking thyroid hormone medicine (such as medicines used to treat an underactive or overactive thyroid).
- Stop using NUTRIPURE KIDS SLEEP SUPPORT at least 2 weeks before planned surgery, as it may increase drowsiness.
- Do not exceed the stated recommended daily dose.
- Use with caution if you are taking certain medicines, such as tetracycline antibiotics, quinolone antibiotics or bisphosphonates. These medicines should be taken at least 2 hours before or after taking NUTRIPURE KIDS SLEEP SUPPORT.
- Use with caution if you are using other products that contain magnesium.
- Use with caution if you are taking levodopa without carbidopa.
- Use with caution if you are taking antiepileptic medicines such as phenytoin or phenobarbital.
- Consult a relevant health care provider prior to use if you are pregnant or breastfeeding.
- If symptoms worsen, consult a health care provider.

Other medicines and NUTRIPURE KIDS SLEEP SUPPORT

Always tell your healthcare professional if you are taking any other medicines. (This includes complementary or traditional medicines.)

The following interactions may occur:

- Taking NUTRIPURE KIDS SLEEP SUPPORT with medicines that cause drowsiness (such as sedatives, medicines for anxiety, or alcohol) may increase sleepiness.
- Taking NUTRIPURE KIDS SLEEP SUPPORT with anticoagulants like warfarin may increase the risk of bleeding.
- Use caution in patients receiving estrogen therapy or tamoxifen.
- Taking NUTRIPURE KIDS SLEEP SUPPORT may interfere with thyroid hormone replacement therapy. Use with caution and monitor.
- Taking NUTRIPURE KIDS SLEEP SUPPORT may reduce the absorption with certain medicines, like tetracycline antibiotics, quinolone antibiotics, and biophosphonates. It is recommended that these medicines be taken 2 hours before or after NUTRIPURE KIDS SLEEP SUPPORT.
- Taking NUTRIPURE KIDS SLEEP SUPPORT with other Magnesium containing products may increase the risk of gastrointestinal adverse effects.
- NUTRIPURE KIDS SLEEP SUPPORT may reduce the clinical effects of levodopa when levodopa is taken without carbidopa.
- NUTRIPURE KIDS SLEEP SUPPORT may reduce plasma levels and clinical effects of phenytoin or phenobarbital.

Pregnancy and breastfeeding

Insufficient reliable information available; consult a relevant health care provider prior to use if you are pregnant, breastfeeding.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Driving and using machines

There is no known effect on the ability to drive and use machines when taking NUTRIPURE KIDS SLEEP SUPPORT. It is not always possible to predict to what extent NUTRIPURE KIDS SLEEP SUPPORT may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which NUTRIPURE KIDS SLEEP SUPPORT affects them.

3. How to take NUTRIPURE KIDS SLEEP SUPPORT

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

Always take NUTRIPURE KIDS SLEEP SUPPORT exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Age 3 years and older: Take 1 gummy daily.

Do not exceed the recommended dose without consulting a relevant health care provider.

For best results, give 30 minutes before bedtime.

Instruct child to chew each bear carefully and thoroughly.

If you take more NUTRIPURE KIDS SLEEP SUPPORT than you should

Overdose may result in diarrhoea, nausea, vomiting, abdominal pain, low blood pressure (hypotension), lethargy, muscle weakness and in severe cases, respiratory depression.

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

If you forget to take NUTRIPURE KIDS SLEEP SUPPORT

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

4. Possible side effects

NUTRIPURE KIDS SLEEP SUPPORT can have side effects.

Not all side effects reported for NUTRIPURE KIDS SLEEP SUPPORT are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRIPURE KIDS SLEEP SUPPORT, please consult your health care provider for advice.

If any of the following happens, stop taking NUTRIPURE KIDS SLEEP SUPPORT 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,
- wheezing

These are all very serious side effects. If you have them, you may have had a serious reaction to NUTRIPURE KIDS SLEEP SUPPORT. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- drowsiness or sedation,
- dizziness or light-headedness,
- headache,
- gastrointestinal discomfort (like nausea, abdominal pain, loose stools or diarrhoea),
- acneiform eruptions (acne-like skin eruptions),
- rosacea fulminans (a severe flare-up of rosacea (redness and inflammation of the face)).

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 or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of NUTRIPURE KIDS SLEEP SUPPORT.

5. How to store NUTRIPURE KIDS SLEEP SUPPORT

Store all medicines out of reach of children.

Store in a cool dry place below 25 °C.

Keep bottle tightly closed.

Do not use after the expiry date stated on the container.

Return all unused medicine to your pharmacist.

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

6. Contents of the pack and other information

What NUTRIPURE KIDS SLEEP SUPPORT contains

Each gummy contains:

Matricaria recutita L. (Chamomile)	10 mg

[flower extract 10 mg ration 1:1]	
Melissa officinalis L. Extract (Lemon Balm)	10 mg
[Aerial parts 10 mg ratio 1:1]	
Magnesium salts of citric acid	500 mg
providing elemental magnesium	56 mg
Pyridoxine Hydrochloride (Vitamin B6)	0,5 mg
Cyanocobalamin (Vitamin B12)	0,9 µg

Contains sugar: Glucose syrup (0,85 g); Sucrose (0,74 g)

Other ingredients: Glucose Syrup, Sucrose, Water, Mixed Fruit Juice Concentrate, Gelling Agent (Pectin), Acidulant (Citric Acid), Acidity Regulator (Sodium Citrate), Natural Red Berries Flavouring, Colour (Anthocyanins E-163), Coconut Oil, Anticaking Agent (Carnauba Wax).

What NUTRIPURE KIDS SLEEP SUPPORT looks like and contents of the pack

NUTRIPURE KIDS SLEEP SUPPORT is a red coloured gummy with a red berries flavour. NUTRIPURE KIDS SLEEP SUPPORT is supplied in a clear 300 ml PET bottle with a light green CRC cap.

Holder of Certificate of Registration

MDI Healthcare cc

P.O. Box 35259, Menlo Park

Pretoria

0102

This leaflet was last revised in

January 2026.

Registration number

To be allocated.

Access to the corresponding Professional Information

For more information: scan QR code.