

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

33.12 Multiple Substance Formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

METARELAX®FAST, 15 & 30 Chewable Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **METARELAX®FAST** is available without a doctor's prescription.
- Nevertheless, you still need to use **METARELAX®FAST** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **METARELAX®FAST** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **METARELAX®FAST** is and what it is used for.
- What you need to know before you take **METARELAX®FAST**.
- How to take **METARELAX®FAST**.
- Possible side effects.
- How to store **METARELAX®FAST**.
- Contents of the pack and other information.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF

METARELAX®FAST

METARELAX®FAST contains mannitol, sucralose and Steviol. If you have been told that you have an intolerance to some sweeteners, you should not take **METARELAX®FAST**.

WHAT METARELAX®FAST CONTAINS

Each one (1) tablet of **METARELAX®FAST** contains the following actives:

Active Ingredient	Quantity per tablet
Gamma-aminobutyric acid (GABA)	250 mg
Magnesium glycerophosphate	56 mg
– providing elemental magnesium	7 mg
– providing phosphorus	8,9 mg
Magnesium bisglycinate	50,725 mg
– providing elemental magnesium	7 mg
– providing glycine	43,725 mg
Folate (as calcium L-5-methyltetrahydrofolate)	30 µg

Inactive Ingredients: Microcrystalline cellulose, Hydroxypropyl cellulose, Stearic acid, Citric acid, Silicon dioxide, Magnesium salts of fatty acids, Magnesium carbonate, Red beet powder (Beta vulgaris L.), **Contains sweeteners:** Mannitol, Sucralose, Steviol glycosides (from Stevia rebaudiana), Strawberry flavour, Vanilla flavour.

This product is suitable for Vegans gluten free, non-GMO and Dairy free.

WHAT METARELAX®FAST IS AND WHAT IT IS USED FOR

METARELAX®FAST is a convenient, fast-acting, chewable tablet designed to support a sense of calm and emotional balance. It's rapid disintegration allows the active ingredients to become available quickly, helping it take effect in as little as 30 minutes.

BEFORE YOU TAKE METARELAX®FAST

If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Do not take **METARELAX®FAST** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement.

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

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare professional before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **METARELAX®FAST** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **METARELAX®FAST** may affect you.

TAKING OTHER MEDICINES WITH METARELAX®FAST

Caution is advised when taking Magnesium with hypertensive, diuretic and muscle relaxant medicines in order to avoid unwanted interactions.

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner.

HOW TO TAKE METARELAX®FAST

Do not share medicines prescribed for you with any other person. Always take **METARELAX®FAST** exactly as described in this leaflet, or as your doctor, healthcare practitioner has instructed you. You should check with your doctor, pharmacist or healthcare practitioner if you are unsure.

Directions for use:

Adults: Take one (1) to two (2) tablets up to four (4) times per day or as directed by your healthcare Practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE METARELAX®FAST THAN YOU SHOULD

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.



IF YOU FORGET TO TAKE METARELAX®FAST

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

METARELAX®FAST may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: rectal bleeding, bowel problems (such as blockage, ulcerative colitis, hemorrhoids), heart disease (such as irregular heartbeat), kidney disease, current stomach/abdominal symptoms (such as nausea/vomiting that doesn't stop, pain, cramping), high calcium/vitamin D levels (hypercalcemia/hypervitaminosis D), difficulty absorbing nutrition from food (malabsorption syndrome), heart/blood vessel disease, kidney disease (including kidney stones), certain immune system disorder (sarcoidosis), liver disease, certain bowel diseases (Crohn's disease, Whipple's disease), little or no stomach acid (achlorhydria), low levels of bile, untreated phosphate imbalance. If left untreated, this could cause permanent nerve damage). If you are taking the following medication, please consult with your healthcare practitioner before taking: digoxin, sodium polystyrene sulfonate, tetracycline/quinolone antibiotics (such as tetracycline, ciprofloxacin). If any of the following happens, stop using **METARELAX®FAST** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions— rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

These are all very serious effects. If you have them, you may have had a serious reaction to **METARELAX®FAST**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- nausea/vomiting, constipation, loss of appetite, mental/mood changes, unusual tiredness.

Not all side effects and interactions reported for **METARELAX®FAST** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **METARELAX®FAST**.

STORAGE AND DISPOSING OF METARELAX®FAST

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

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

Do not use **METARELAX®FAST** if you notice visible signs of deterioration.

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

PRESENTATION OF METARELAX®FAST

Branded carton, with blister strips which contain 15 tablets per strip.

IDENTIFICATION OF METARELAX®FAST

Tablet.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

15 March 2026

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS: **S0**

Kategorie D: Komplementêre medisyne.
Dissipline: Gesondheidsaanvulling
34.12 Meervoudige Bestanddeel Formulasie

HANDELSNAAM EN DOSEERVORM,

METARELAX®FAST, 15 & 30 Koubare Tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

- **METARELAX®FAST** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **METARELAX®FAST** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **METARELAX®FAST** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **METARELAX®FAST** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **METARELAX®FAST** neem.
- Hoe om **METARELAX®FAST** te neem.
- Moontlike nuwe-effekte.
- Hoe om **METARELAX®FAST** te bêre.
- Inhoud van die pak en ander inligting

BELANGRIKE INLIGTING OOR SOMMIGE VAN DIE BESTANDDELE VAN

METARELAX®FAST

METARELAX®FAST bevat mannitol, sucralose en steviol. As daar vir jou geskied is dat jy 'n onverdraagsaamheid teenoor sekere versoeters het, moet jy nie **METARELAX®FAST** neem nie.

WATTER METARELAX®FAST BEVAT

Elke een (1) tablet **METARELAX®FAST** bevat die volgende aktiewe:

Aktiewe Bestanddeel	Hoeveelheid
	per tablet
Gamma-aminobotersuur (GABA)	250 mg
Magnesiumiserofoaat	56 mg
– om elementêre magnesium te verskaf	7 mg
– die verskaffing van fosfor	8,9 mg
Magnesiumbisglisinaat	50,725 mg
– om elementêre magnesium te verskaf	7 mg
– die verskaffing van glisien	43,725 mg
Folaat (as kalsium L-5-metiltetrahidrofolaat)	30 µg

Onaktiewe bestanddele: Mikrokristallyne sellulose, hidroksipropiellose, steariensuur, sitroensuur, silikondioksied, magnesiumsoute van vetsure, magnesiumkarbonaat, rooi beetpoeier (Beta vulgaris L.), bevat versoeters: mannitol, sukralose, steviolglikosiede (van Stevia rebaudiana), aarbeigeur, vanieljegeur. **Hierdie produk is geskik vir vegane glutenvry, nie-GMO en suiwelvry.**

WAT IS METARELAX®FAST KAPSULE EN WAARVOOR WORD DIT GEBRUIK

METARELAX®FAST is 'n gerieflike, vinnigwerkende, koubare tablet wat ontwerp is om 'n gevoel van kalme en emosionele balans te ondersteun. Die vinnige ontbinding daarvan laat die aktiewe bestanddele vinnig beskikbaar wees, wat help dat dit binne so min as 30 minute werk.

VOORDAT JY METARELAX®FAST NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **METARELAX®FAST** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **METARELAX®FAST** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **METARELAX®FAST** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET METARELAX®FAST

Wees versigtig wanneer Magnesium saam met hipertensiewe, diuretiese en spierverslappende medisyne geneem word om ongewenste interaksies te vermy. Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie.

HOE OM METARELAX®FAST TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **METARELAX®FAST** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwasse: Neem een (1) tot twee (2) tablette tot vier (4) keer per dag of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER METARELAX®FAST NEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM METARELAX®FAST TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NUWE-EFFEKTE

METARELAX®FAST kan nuwe-effekte hê.

Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: rektale bloeding, dermprobleme (soos verstopping, ulseratiewe kolitis, aambeie), hartsiektes (soos onreëlmatige hartklop), niersiekte, huidige maag / abdominale simptome (soos naarheid / braking wat nie ophou nie, pyn, krampe), hoë kalsium / vitamien D-vlakke (hiperkalsemie / hipervitaminose D), probleme om voeding uit voedsel te absorbeer (wanabsorpsiesindroom), hart-/bloedvatsiekte, niersiekte (insluitend nierstene), sekere immuunselversteuring (sarkoïose), lewersiekte, sekere dermsiektes (Crohn se siekte, Whipple se siekte), min of geen maagsuur (achlorhidrie), lae vlakke van gal, onbehandelde fosfaatwanbalans. As dit nie behandel word nie, kan dit permanente senuweeskade veroorsaak. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: digoksin, natriumpolstireensulfonaat, tetrasiklien/kinolonantibiotika (soos tetrasiklien, ciprofloksacin). As enige van die volgende gebeur, hou op om **METARELAX®FAST** te gebruik en vertel jou dokter of gaan na die ongevallen-afdeling by jou naaste hospitaal:

- Allergiese reaksies-uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling,

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **METARELAX®FAST** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan u gesondheidsorgpraktisyn as dit voortduur):

- naarheid / braking, hardlywigheid, verlies aan eetlust, geestelike / gemoedsveranderinge, ongewone moegheid.

Nie alle nuwe-effekte en interaksies wat vir **METARELAX®FAST**

gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook nuwe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **METARELAX®FAST**.

HOE OM METARELAX®FAST TE BEREË

Hou buite bereik van kinders.

Hou dig toegemaak op 'n koel, droë plek, onder 25 °C.

Beskerk teen direkte sonlig en hitte.

Bêre in die oorspronklike verpakking.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie **METARELAX®FAST** gebruik as u sigbare tekens van agteruitgang opmerk nie.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN METARELAX®FAST

Gebrande karton, met blaastroke wat 15 tablette per strokie bevat.

IDENTIFIKASIE VAN METARELAX®FAST

Tablet.

REGISTRASIONOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

15 Maart 2026

NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

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