

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS **S0**

#### MÉLTEEZ™ RELAX, powder.

Magnesium, L-Theanine, Lemon balm extract

Sugar Free.

Contains sugar alcohol: Xylitol 573,25 mg per stick.  
Contains sweetener: Stevia powder 20,00 mg per stick.

Complementary Medicine

D33.7 Discipline-Specific Combination Product

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

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

MÉLTEEZ RELAX is available without a doctor's prescription. Nevertheless, you still need to use MÉLTEEZ RELAX carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share MÉLTEEZ RELAX with any other person.
- Ask your pharmacist if you need more information or advice.

#### What is in this leaflet

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

#### 1. What MÉLTEEZ RELAX is and what it is used for

MÉLTEEZ RELAX helps to support relaxation and contributes to a reduction of tiredness and fatigue.

#### 2. What you need to know before you take MÉLTEEZ RELAX

##### Do not take MÉLTEEZ RELAX:

- if you are hypersensitive (allergic) to the active substances, to other plants of the Mint family, or to any of the other ingredients of MÉLTEEZ RELAX (listed in section 6).
  - if you have appendicitis (an inflamed appendix) or acute surgical abdomen (severe abdominal pain that comes on suddenly and is so serious that it might require immediate surgery).
  - if you have faecal impaction (blockage where normal bowel movements stop, requiring medical intervention for removal) or rectal fissures.
  - if you have an intestinal obstruction (partial or complete blockage that stops food, fluid, and gas from passing through the small or large intestines) or perforation (hole that develops in the wall of the gastrointestinal tract).
  - if you have any gastric lesions or disorders (conditions affecting the stomach or the digestive system).
  - if you have myocardial damage (damage to the heart muscle).
  - if you have any cardiovascular conduction disorders (issues with your heart preventing it from beating in a regular, coordinated way).
  - if you are following a low-sodium (salt) diet.
  - if you have an existing electrolyte imbalance.
  - if you are dehydrated.
- Do not give MÉLTEEZ RELAX to children or adolescents under 18 years of age.

#### Warnings and special precautions

If you are taking any prescribed medication, please check with your healthcare provider before taking MÉLTEEZ RELAX.

Special care should be taken with MÉLTEEZ RELAX.

Consult a relevant healthcare provider before use:

- if you have renal impairment (kidneys are not working as well as they should). Use should be closely monitored.
- if you have myasthenia gravis or other neuromuscular disease affecting the nerves and muscles.
- if you have any heart conditions. Magnesium may worsen heart conditions. Magnesium may not be used in some instances (see **Do not take MÉLTEEZ RELAX**).
- if you are pregnant or breastfeeding your baby. Use is not recommended (see **Pregnancy and breastfeeding and fertility**).
- MÉLTEEZ RELAX may affect the bioavailability and effectiveness of other oral medicines when taken together (see **Other medicines and MÉLTEEZ RELAX**).

Exercise caution if you drive or use machinery, as MÉLTEEZ RELAX may cause drowsiness.

Consult your healthcare provider if restlessness, tiredness, or fatigue persist or worsen.

Do not exceed the recommended daily dose.

Discontinue use and consult a relevant healthcare provider if you experience flushing, dizziness or fainting, muscle paralysis, or trouble breathing.

#### Other medicines and MÉLTEEZ RELAX

Always tell your healthcare provider if you are taking any other medicine (this includes complementary or traditional medicines).

Tell your doctor if you are using any of the following medicines:

- bisphosphonates, e.g., alendronate (a group of medicines that work by slowing bone loss)
- tetracyclines (antibiotics)
- quinolones (antibiotics)
- gabapentin (anti-epileptic)
- calcium channel blockers, e.g., amlodipine, verapamil (used for high blood pressure and certain heart conditions)
- dolutegravir (anti-viral medication)
- levothyroxine (thyroid medication)
- central nervous system depressants, e.g., diazepam, zolpidem
- medication for high blood pressure
- stimulants, e.g., methylphenidate

Consult your doctor, pharmacist, or healthcare provider for advice if you are unsure.

#### MÉLTEEZ RELAX with food and drink and alcohol

No interactions known.

#### Pregnancy and breastfeeding and fertility

Use during pregnancy and while breastfeeding is not recommended.

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 healthcare provider for advice before using this medicine.

#### Driving and using machines

MÉLTEEZ RELAX may cause drowsiness. Exercise caution when you drive or use machinery.

It is not always possible to predict to what extent MÉLTEEZ RELAX 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 extent to which MÉLTEEZ RELAX affects them.

**MÉLTEEZ RELAX contains xylitol (sugar alcohol), flavouring (orange), stevia powder (sweetener), silicon dioxide, citric acid anhydrous.**

#### 3. How to take MÉLTEEZ RELAX

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

Always take MÉLTEEZ RELAX exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor if you are not sure.

The usual dose for adults:

Take the contents of one stick daily.

Place the contents directly on the tongue and allow to dissolve slowly in the mouth. It can also be dissolved in a glass of water.

Not indicated for use in children or adolescents under the age of 18 years.

Route of administration: Oral

Do not take other medications for at least two (2) hours before or six (6) hours after taking MÉLTEEZ RELAX (see **Other medicines and MÉLTEEZ RELAX**).

#### If you take more MÉLTEEZ RELAX than you should

You may experience sudden onset or increased severity of the side effects. Discontinue use and consult your doctor or pharmacist.

The following are symptoms of hypermagnesaemia (too much magnesium):

- flushing
- headache
- nausea
- vomiting
- thirst
- hypotension
- confusion
- loss of tendon reflexes
- muscle weakness
- cardiac arrhythmias
- cardiac arrest

Symptoms of overdose, especially in patients with impaired kidney function, may also include:

- drowsiness
- slow heartbeat
- trouble breathing
- dizziness or fainting
- blurred or double vision
- coma

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

#### If you forget to take MÉLTEEZ RELAX

Do not take a double dose to make up for forgotten individual doses. Take the usual dose as described in this leaflet.

#### 4. Possible side effects

MÉLTEEZ RELAX can have side effects.

Not all side effects reported for MÉLTEEZ RELAX are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using MÉLTEEZ RELAX, please consult your doctor, pharmacist or other healthcare provider for advice.

If any of the following happen, stop using MÉLTEEZ RELAX 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 MÉLTEEZ RELAX. You may need urgent medical attention.

If any of the following happen, stop taking MÉLTEEZ RELAX and tell your doctor immediately or go to the casualty department at your nearest hospital:

- dizziness
- fainting
- muscle paralysis
- flushing
- trouble breathing

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Symptoms of which the frequency is unknown:

- irritability
- drowsiness
- headache
- nausea
- vomiting
- abdominal pain/cramps
- loose stools (diarrhoea)
- flatulence

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

#### 5. How to store MÉLTEEZ RELAX

- Store all medicines out of reach of children.
- Store in a cool, dry place at or below 25 °C.
- Store in the original packaging.
- Protect from light and moisture.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the sachet/carton.
- 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 MÉLTEEZ RELAX contains

Active ingredients per 1,35 g stick:

Magnesium citrate malate providing Magnesium (elemental)	320 mg 45 mg
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L-Theanine	250 mg
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<i>Melissa officinalis</i> (Lemon Balm) [Leaf, 10:1 extract providing 1500 mg dried herb equivalent]	150 mg
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Other ingredients are xylitol (sugar alcohol), flavouring (orange), stevia powder (sweetener), silicon dioxide, citric acid anhydrous

#### What MÉLTEEZ RELAX looks like and contents of pack

Sticks, each containing 1,35 g off-white/light beige powder packed into an outer carton.

Pack size: 10 sticks

#### Prospective holder of certificate of registration

Talo Consumer Solutions (Pty) Ltd

30 Bell Crescent  
Hennospark Ext 7  
Centurion, 0172

#### This leaflet was last revised in

January 2026

#### Registration numbers

To be allocated.

#### Access to the corresponding Professional Information

Can be obtained by scanning the QR code below.

Email: info@tsbrands.co.za

Telephone: 012 010 0815



# PASIENTINLIGTINGSVOUBILJET

## SKEDULERING STATUS SO

### MÉLTEEZ™ RELAX, poeier.

Magnesium, L-Teanien, Suurlemoenbalsem-ekstrak

### Suikervry.

Bevat suikeralkohol: Xilitol 573,25 mg per sakkie.  
Bevat versoeter: Steviapoeier 20,00 mg per sakkie.

### Komplementêre Medisyne

D33.7 Dissipline-Spesifieke Kombinasieprodukt

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

### Lees die hele voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou

MÉLTEEZ RELAX is beskikbaar sonder 'n dokter se voorskrif. Nietemin moet jy MÉLTEEZ RELAX steeds versigtig gebruik om die beste resultate daaruit te kry.

- Bewaar hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie MÉLTEEZ RELAX met enige ander persoon deel nie.
- Vra jou apteker as jy meer inligting of advies benodig.

### Wat is in hierdie voubiljet

1. Wat MÉLTEEZ RELAX is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy MÉLTEEZ RELAX neem
3. Hoe om MÉLTEEZ RELAX te neem
4. Moontlike nuwe-effekte
5. Hoe om MÉLTEEZ RELAX te stoor
6. Inhoud van die pakkie en ander inligting

### 1. Wat MÉLTEEZ RELAX is en waarvoor dit gebruik word

MÉLTEEZ RELAX help om onspanning te ondersteun en dra by tot die vermindering van moegheid en uitputting.

### 2. Wat jy moet weet voordat jy MÉLTEEZ RELAX neem

#### Moenie MÉLTEEZ RELAX neem:

- as jy hipersensitief (allergies) is vir die aktiewe stowwe, vir ander plante van die kruisementfamilie, of vir enige van die ander bestanddele van MÉLTEEZ RELAX (gelys in afdeling 6) nie.
- as jy appendisitis ('n ontstekte blindederm) of akute sjirurgiese buik (erge buikpyn wat skielik begin en so ernstig is dat dit onmiddellike sjirurgie mag vereis) het nie.
- as jy fekale impaksie (blokkasie waar normale dermbewegings stop en wat mediese ingryping vir verwydering vereis) of rektale fissure het nie.
- as jy dermostruksie (gedeeltelike of volledige blokkasie wat verhoed dat voedsel, vloeistof en gas deur die dunderm of dikderm beweeg) of perforasie (gat wat in die wand van die spysverteringskanaal ontwikkel) het nie.
- as jy enige maagletsels of -afwykings (toestande wat die maag of die spysverteringsstelsel aantast) het nie.
- as jy miokardiale skade (skade aan die hartspier) het nie.
- as jy enige kardiowaskulêre geleidingsversteurings (probleme met jou hart wat verhoed dat dit op 'n gereelde, gekoördineerde manier klop) het nie.
- as jy 'n lae-natrium (sout) dieet volg nie.
- as jy 'n bestaande elektrolietwanbalans het nie.
- as jy gedehidreer is nie.

Moenie MÉLTEEZ RELAX aan kinders of adolessente onder 18 jaar gee nie.

### Waarskuwings en spesiale voorsorgmaatreëls

Indien jy enige voorgeskrewe medikasie gebruik, raadpleeg asseblief jou gesondheidsorgverskaffer, voordat jy MÉLTEEZ RELAX neem.

Spesiale sorg moet geneem word met MÉLTEEZ RELAX.

### Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik:

- as jy ingekorte nierfunksie het (niere werk nie so goed as wat hulle moet nie). Gebruik moet noukeurig gemonitor word.
- as jy myasthenia gravis of ander neuromuskulêre siekte het wat die senuwees en spiere aantast.
- as jy enige harttoestand het. Magnesium kan harttoestande vererger. Magnesium mag in sommige gevalle nie gebruik word nie (sien **Moenie MÉLTEEZ RELAX neem**).
- as jy swanger is of jou baba borsvoed. Gebruik word nie aanbeveel nie (sien **Swangerskap en borsvoeding en vrugbaarheid**).
- MÉLTEEZ RELAX kan die biobeskikbaarheid en effektiwiteit van ander orale medisyne beïnvloed wanneer dit saam geneem word (sien **Ander medisyne en MÉLTEEZ RELAX**).

Wees versigtig as jy bestuur of masjinerie gebruik, aangesien MÉLTEEZ RELAX lomerigheid kan veroorsaak.

Raadpleeg jou gesondheidsorgverskaffer indien rusteloosheid, moegheid of uitputting voortduur of vererger.

Moenie die aanbevole daaglikse dosis oorskry nie.

Staaik gebruik en raadpleeg 'n relevante gesondheidsorgverskaffer indien jy bloeding, duiseligheid of floutes, spierverlamming of probleme met asemhaling ervaar.

### Ander medisyne en MÉLTEEZ RELAX

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik (dit sluit komplementêre of tradisionele medisyne in).

### Vertel jou dokter as jy enige van die volgende medisyne gebruik:

- bifosfonate, bv. alendronaat ('n groep medisyne wat werk deur beenverlies te vertraag)
- tetrasiklene (antibiotika)
- kinolone (antibiotika)
- gabapentien (anti-epileptiese middels)
- kalsiumkanaalblokkeerders, bv. amlodipien, verapamil (gebruik vir hoë bloeddruk en sekere harttoestande)
- dolutegravir (antivirale medikasie)
- levotiroksien (skildkliermedikasie)
- sentrale senuweestelsel-onderdrukkers, bv. diasepam, zolpidem
- medikasie vir hoë bloeddruk
- stimulant, bv. metielfenidaat

Raadpleeg jou dokter, apteker of gesondheidsorgverskaffer vir advies as jy onseker is.

### MÉLTEEZ RELAX met kos en drank en alkohol

Geen interaksies bekend nie.

### Swangerskap en borsvoeding en vrugbaarheid

Gebruik tydens swangerskap en borsvoeding word nie aanbeveel nie.

As jy swanger is of borsvoed, dink jy is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies, voordat jy hierdie medisyne gebruik.

### Bestuur en gebruik van masjinerie

MÉLTEEZ RELAX kan lomerigheid veroorsaak. Wees versigtig wanneer jy bestuur of masjinerie gebruik.

Dit is nie altyd moontlik om te voorspel tot watter mate MÉLTEEZ RELAX met die daaglikse aktiwiteite van 'n pasiënt kan inmeng nie. Pasiënte moet verseker dat hulle nie aan bogenoemde aktiwiteite deelneem totdat hulle bewus is van die mate waartoe MÉLTEEZ RELAX hulle affekteer nie.

MÉLTEEZ RELAX bevat xilitol (suikeralkohol), geursel (lemoen), steviapoeier (versoeter), silikondioksied, anhidriese sitroensuur.

### 3. Hoe om MÉLTEEZ RELAX te neem

Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.

Gebruik MÉLTEEZ RELAX altyd presies soos beskryf in hierdie voubiljet of soos jou dokter of apteker jou vertel het. Bevestig met jou dokter as jy nie seker is nie.

Die gewone dosis vir volwassenes:

Neem die inhoud van een sakkie daaglik.

Plaas die inhoud direk op die tong en laat dit stadig in die mond oplos. Dit kan ook in 'n glas water opgelos word.

Nie aangedui vir gebruik by kinders of adolessente onder die ouderdom van 18 jaar nie.

Roete van toediening: Mondeliks

Moenie ander medikasie neem vir ten minste twee (2) ure voor of ses (6) ure na die inname van MÉLTEEZ RELAX nie (sien **Ander medisyne en MÉLTEEZ RELAX**).

### As jy meer MÉLTEEZ RELAX neem as wat jy moet

Jy kan 'n skielike aanvang van verhoogde erns van die nuwe-effekte ervaar. Staaik gebruik en raadpleeg jou dokter of apteker.

Die volgende is simptome van hipermagnesemie (te veel magnesium):

- bloeding
- hoofpyn
- naarheid
- braking
- dorsheid
- hipotensie
- verwarring
- verlies van tendonrefleksie
- spierswakheid
- hartartmieë
- hartstilstand

Simptome van oordosis, veral by pasiënte met verswakte nierfunksie, kan ook insluit:

- lomerigheid
- stadige hartklop
- probleme met asemhaling
- duiseligheid of floutes
- dowwe of dubbele visie
- koma

In die geval van oordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

### As jy vergeet om MÉLTEEZ RELAX te neem

Moenie 'n dubbele dosis neem om vergeete individuele dosisse in te haal nie.

Neem die gewone dosis soos in hierdie voubiljet beskryf.

### 4. Moontlike nuwe-effekte

MÉLTEEZ RELAX kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir MÉLTEEZ RELAX gerapporteer is, is in hierdie voubiljet ingesluit nie. As jou algemene gesondheid versleg of as jy enige nadelige effekte ervaar terwyl jy MÉLTEEZ RELAX neem, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, hou op om MÉLTEEZ RELAX te gebruik en vertel jou dokter dadelik of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van die hande, voete, enkels, gesig, lippe en mond of keel, wat probleme kan veroorsaak om te sluk of asem te haal
- uitslag of jeuk
- floute

Hierdie is alles baie ernstige nuwe-effekte. As jy dit het, het jy dalk 'n ernstige reaksie op MÉLTEEZ RELAX gehad. Jy benodig dalk dringende mediese aandag.

Indien enige van die volgende gebeur, hou op om MÉLTEEZ RELAX te neem en vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- duiseligheid
- floutes
- spierverlamming
- bloeding
- probleme met asemhaling

Dit is alles ernstige nuwe-effekte. Jy mag dringende mediese aandag benodig.

Vertel jou dokter as jy enige van die volgende nuwe-effekte opmerk.

Simptome waarvan die frekwensie onbekend is:

- geïrriteerdheid
- lomerigheid
- hoofpyn
- naarheid
- braking
- buikpyn/krampe
- los stoelgang (diarree)
- winderigheid

Indien jy enige nuwe-effekte opmerk wat nie in hierdie voubiljet genoem word nie, stel asseblief jou dokter of apteker in kennis.

### Rapportering van nuwe-effekte

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of verpleegster. Jy kan ook nuwe-effekte aan die SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en eReporting-platform (who.umc.org) wat op die die SAHPRA-webwerf gevind kan word. Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van MÉLTEEZ RELAX te verskaf.

### 5. Hoe om MÉLTEEZ RELAX te stoor

- Bêre alle medisyne buite bereik van kinders.
- Bêre in 'n koel, droë plek teen of benede 25 °C.
- Bêre in die oorspronklike verpakking.
- Beskerm teen lig en vog.
- Moenie in 'n badkamer bêre nie.
- Moenie gebruik na die vervaldatum wat op die sakkie/karton aangedui word nie.
- Besorg alle ongebruikte medisyne terug aan jou apteker.
- Moenie ongebruikte medisyne in dreine of rioelstelsels (bv. toilette) weggooi nie.

### 6. Inhoud van die pakkie en ander inligting

Wat MÉLTEEZ RELAX bevat

Aktiewe bestanddele per 1,35 g sakkie:

Magnesiumsitraatmalaat 320 mg  
verskaf Magnesium (elementaal) 45 mg

L-Teanien 250 mg

Melissa officinalis (Suurlemoenbalsem) 150 mg  
[Blaar, 10:1 esktrak wat 1500 mg gedroogde kruie-ekwivalent verskaf]

Ander bestanddele is xilitol (suikeralkohol), geursel (lemoen), steviapoeier (versoeter), silikondioksied, anhidriese sitroensuur

Hoe MÉLTEEZ RELAX lyk en die inhoud van die pakkie  
Sakkies, elk met 1,35 g naaswiltligbeige poeier, verpak in 'n buitenste karton. Pakgrootte: 10 sakkies

### Aspirant houer van registrasiesertifikaat

Talo Consumer Solutions (Pty) Ltd

30 Bell Crescent

Hennospark Ext 7

Centurion, 0172

### Hierdie voubiljet is laas hersien in

Januarie 2026

### Registrasie nommer

Moet toegeken word.

### Toegang tot die ooreenstemmende Professionele Inligting

Kan verkry word deur die QR-code hieronder te skandeer.

E-pos: info@tsbrands.co.za

Telefoon: 012 010 0815

