

Scheduling Status: **S0**

IPS CALM & FOCUS Capsules

IPS CALM & FOCUS capsules contain the following active substances

Withania somnifera (Ashwagandha) dried root extract; L-Theanine;
Camellia sinensis (Green Tea) dried leaf extract

Sugar Free

- Complementary Medicine
- Category D 33.7 Complementary Medicine, 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

- IPS CALM & FOCUS capsules are available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use IPS CALM & FOCUS carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share IPS CALM & FOCUS with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

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

1. WHAT IPS CALM & FOCUS IS AND WHAT IT IS USED FOR

IPS CALM & FOCUS is a complementary medicine formulated to support mental focus, concentration and overall wellbeing. It assists the body in coping with everyday physical and mental stress and supports alertness without excessive stimulation.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE IPS CALM & FOCUS

Do not take IPS CALM & FOCUS

- If you are hypersensitive (allergic) to any of the ingredients.
- If you are sensitive to caffeine.
- If you are taking any chronic medicine without consulting your medical practitioner.

Warnings and precautions

- Take special care with IPS CALM & FOCUS if you are taking any other medicines or natural health products as it may contain the same ingredients or may alter their effectiveness.
- Do not exceed the recommended daily dosage.
- **KEEP OUT OF REACH OF CHILDREN**
- CONTAINS NATURALLY OCCURRING **CAFFEINE**. IPS CALM & FOCUS

contains less than 1 mg caffeine per capsule. A cup of instant coffee contains approximately 80 mg of caffeine.

- If you are pregnant, breastfeeding, or have a medical condition, consult a healthcare professional before use.
- Consult your healthcare professional if symptoms persist or worsen

Children

IPS CALM & FOCUS is not recommended for children younger than 18 years.

Other medicines and IPS CALM & FOCUS

- Always tell your healthcare professional if you are taking any other medicine, including complementary and traditional medicine.

Taking IPS CALM & FOCUS with food and drink

- IPS CALM & FOCUS is not influenced by food and drink.
- Take note of the amount of coffee or other caffeine containing drinks you consume as the caffeine can have an additive effect to the caffeine in IPS CALM & FOCUS.
- Also refer to section 3 on "How to take IPS CALM & FOCUS".

Pregnancy and 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 healthcare professional for advice before taking IPS CALM & FOCUS.

Driving and using machines

IPS CALM & FOCUS should not interfere with your ability to drive a vehicle safely or to operate any tools or machines. If you are unsure, avoid driving and using machinery.

IPS CALM & FOCUS contains the following inactive ingredients / excipients

- Fumed silica (**Aerosil®**); gelatine capsule shell; magnesium stearate
- IPS CALM & FOCUS does not contain any preservatives, gluten, lactose, tartrazine or yeast.

3. HOW TO TAKE IPS CALM & FOCUS

- Do not share medicines that you are taking with any other person.
- Always take IPS CALM & FOCUS exactly as described in this leaflet. You should check with your doctor or pharmacist if you are unsure.

The usual dose for adults 18 years and older is

- Take 2 (two) capsules daily with a sufficient amount of liquid (e.g. one glass of water).
- Take IPS CALM & FOCUS at about the same time each day. They should be swallowed whole with water. Do not crush or chew them.

If you take more IPS CALM & FOCUS than you should

In the event of overdosage, consult your doctor or pharmacist. If

neither is available, contact the nearest hospital or poison control centre.

If you forget to take a dose of IPS CALM & FOCUS

- Take the missed dose as soon as you remember.
- Do not take a double dose to make up for forgotten individual doses.

If you stop taking IPS CALM & FOCUS

It is unlikely that you will experience any withdrawal effects when you stop using this medication.

4. POSSIBLE SIDE EFFECTS

- IPS CALM & FOCUS can have side effects.
- Not all side effects reported for IPS CALM & FOCUS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare professional for advice.
- Use of caffeine may cause insomnia.
- Treatment of side effects should be symptomatic and supportive.
- If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you notice any side effects not mentioned in this leaflet, talk to your doctor, 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 the SAHPRA website. By reporting side effects, you can help provide more information on the safety of IPS CALM & FOCUS.

5. HOW TO STORE IPS CALM & FOCUS

- Store all medicines out of reach of children
- Store at or below 25 ° C
- Store in the original container
- Keep the container tightly closed
- Protect from moisture
- Do not store IPS CALM & FOCUS in a bathroom
- Do not use IPS CALM & FOCUS after the expiry date stated on the bottle
- 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 IPS CALM & FOCUS contains

The active substances are:

<i>Withania somnifera</i> (Ashwagandha) dried root extract	150 mg
L-Theanine	100 mg
<i>Camellia sinensis</i> (Green Tea) dried leaf extract	50 mg

The other ingredients are:

Fumed silica (Aerosil®); gelatine capsule shell; magnesium stearate

What IPS CALM & FOCUS looks like and contents of the pack

IPS CALM & FOCUS is encapsulated into a blue and white hard gelatine capsule. 60 capsules IPS CALM & FOCUS are packed into a white plastic bottle with a white screw cap and seal. A silica bag is included.

Prospective holder of certificate of Registration

IPS Health and Wellness (Pty) Ltd

Ground floor, Riverview House, Constantia Office Park

c/o 14th Avenue and Hendrik Potgieter Rd Weltevreden Park

Toll Free number: 010 140 6700

Email: info@ipshealth.co.za

This leaflet was last revised in

April 2026 (V1_2026)

Registration number

To be allocated

Access to the corresponding Professional Information

The professional information for this product is available at <https://ipshealth.co.za/product/ips-calm-focus/>



Skeduleringsstatus: **S0**

IPS CALM & FOCUS Kapsules

Die aktiewe bestanddele in IPS CALM & FOCUS is

Withania somnifera (Ashwagandha) gedroogde wortel ekstrak;
L-Theanien; *Camellia sinensis* (Groen tee) gedroogde blare ekstrak

Suikervry

- Komplementêre Medisyne,
- Kategorie D 33.7 Komplementêre Medisyne, Kombinasieproduk
- IPS CALM & FOCUS is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Lees die hele inligtingsblaadjie noukeurig deur aangesien dit belangrike inligting vir jou bevat.

- IPS CALM & FOCUS is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne om jou te help om jou gesondheid te handhaaf. Jy moet IPS CALM & FOCUS egter steeds versigtig gebruik om die beste resultate te verkry.
- Hou hierdie voubiljet want dit mag dalk nodig wees om dit weer te lees.
- Moenie IPS CALM & FOCUS met enige iemand anders deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

Wat hierdie voubiljet bevat

1. Wat IPS CALM & FOCUS is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy begin om IPS CALM & FOCUS te gebruik
3. Hoe om IPS CALM & FOCUS te gebruik
4. Moontlike nuwe-effekte
5. Hoe om IPS CALM & FOCUS te bewaar
6. Wat die houer bevat en ander inligting

1. WAT IPS CALM & FOCUS IS EN WAARVOOR DIT GEBRUIK WORD

IPS CALM & FOCUS is 'n komplementêre medisyne wat help met fokus, konsentrasie en algemene welstand. Dit help die liggaam om fisiese en geestelike stress te hanteer sonder oormatige stimulasie

2. WAT JY MOET WEET VOORDAT JY BEGIN OM IPS CALM & FOCUS TE GEBRUIK

Moet nie IPS CALM & FOCUS gebruik

- Indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.
- Indien jy sensitief is vir kaffeïen.
- Indien jy enige kroniese medikasie gebruik sonder die toestemming van jou mediese praktisyn nie

Waarskuwings en voorsorgmaatreëls

- Wees versigtig indien jy enige ander medisyne of natuurlike gesondheidsprodukte gebruik aangesien IPS CALM & FOCUS die effektiwiteit daarvan mag beïnvloed.
- **HOU BUIE DIE BEREIK VAN KINDERS.**

- IPS CALM & FOCUS BEVAT **KAFFEÏEN**. IPS CALM & FOCUS bevat minder as 1mg kaffeïen per capsule. 'n Koppie kitskoffie bevat ongeveer 80 mg kaffeïen.
- Indien jy swanger is, borsvoed of 'n mediese toestand het, raadpleeg jou mediese praktisyn voor gebruik.
- Moet nie die aanbevole dosis oorskry nie.

Kinders

IPS CALM & FOCUS word nie aanbeveel vir gebruik deur kinders jonger as 18 jaar nie.

Ander medisyne en IPS CALM & FOCUS

- Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne, insluitend komplementêre en tradisionele medisyne, gebruik.

Die neem van IPS CALM & FOCUS met voedsel en drank

- IPS CALM & FOCUS kan met of sonder kos geneem word.
- Let op na die hoeveelheid koffie of ander kaffeïen-bevattende drankies wat jy drink aangesien die kaffeïen 'n kumulatiewe effek met die kaffeïen in IPS CALM & FOCUS kan hê.
- Verwys ook na afdeling 3 rakende "Hoe om IPS CALM & FOCUS te gebruik".

Swangerskap en Borsvoeding

Indien jy swanger is, dink dat jy moontlik swanger is of jou baba borsvoed, raadpleeg asb jou dokter, apteker of ander professionele gesondheidsorgpraktisyn vir advies voordat jy IPS CALM & FOCUS gebruik.

Bestuur en gebruik van masjinerie

IPS CALM & FOCUS behoort nie jou vermoë om te bestuur of om masjinerie te hanteer te beïnvloed nie. Indien jy onseker is, moet jy nie bestuur of masjinerie hanteer nie.

IPS CALM & FOCUS bevat die volgende onaktiewe bestanddele

- Gelatien kapsuuldop; magnesiumstearaat; Silika (**Aerosil®**)
- IPS CALM & FOCUS bevat nie enige preserveermiddels, gluten, laktose, tartrasien of gis nie.

3. HOE OM IPS CALM & FOCUS TE GEBRUIK

- Moenie jou medisyne met enige iemand anders deel nie.
- Neem IPS CALM & FOCUS altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis vir volwassenes ouer as 18 jaar is

- Neem 2 (twee) kapsules per dag soos nodig met 'n voldoende hoeveelheid vloeistof. (byvoorbeeld een glas water).
- Neem IPS CALM & FOCUS op omtrent dieselfde tyd elke dag. Die kapsules kan sonder etes geneem word. Die kapsules moet heel gesluk word, met water. Moet nie die kapsules fyndruk of kou nie.

Indien jy meer IPS CALM & FOCUS gedrink het as wat jy moes

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter



of apteker. Indien geeneen beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien jy vergeet het om IPS CALM & FOCUS te neem

- Neem die dosis sodra jy daarvan onthou.
- Moenie 'n dubbele dosis neem om vir oorgeslane dosisse op te maak nie.

Indien jy ophou om IPS CALM & FOCUS te neem

Dit is onwaarskynlik dat jy enige ontrekkingsimptome sal ondervind indien jy ophou om IPS CALM & FOCUS te neem.

4. MOONTLIKE NEWE-EFFEKTE

- IPS CALM & FOCUS kan moontlik newe-effekte veroorsaak.
- Nie alle newe-effekte wat vir IPS CALM & FOCUS aangemeld is word in hierdie biljet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effek ondervind terwyl jy hierdie medisyne gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg.
- Gebruik van kaffeïen kan slaaploosheid veroorsaak.
- Behandeling van newe-effekte moet ondersteunend en simptomaties wees.
- Indien jy enige newe-effekte waarneem wat nie in hierdie biljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

Aanmeld van newe-effekte

Indien jy enige newe-effekte waarneem, moet jy jou dokter of apteker daarvan vertel. Jy kan ook newe-effekte aanmeld by SAHPRA deur gebruik te maak van die MED Safety APP (Medsafety X SAHPRA) en die e-reporting platform (who-umc.org), soos aangedui op die SAHPRA webtuiste. Deur newe-effekte aan te meld, kan jy 'n bydrae lewer maak tot die veiligheidsprofiel van IPS CALM & FOCUS.

5. HOE OM IPS CALM & FOCUS TE BEWAAR

- Bewaar alle medisyne buite bereik van kinders.
- Bewaar teen of benede 25 °C.
- Bewaar in die oorspronklike houer.
- Maak die houer dig toe.
- Beskerm teen vog.
- Moenie IPS CALM & FOCUS in die badkamer bewaar nie.
- Moenie IPS CALM & FOCUS gebruik na die vervaldatum wat op die houer aangedui is nie.
- Besorg enige ongebruikte medisyne terug aan jou apteker/verskaffer.
- Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels soos toilette nie.

6. WAT DIE HOUER BEVAT EN ANDER INLIGTING

Wat IPS CALM & FOCUS bevat:

Die aktiewe bestanddele is

<i>Withania somnifera</i> (Ashwagandha) gedroogde wortel ekstrak	150 mg
L-Theanien	100 mg
<i>Camellia sinensis</i> (Groen tee) gedroogde blare ekstrak	50 mg

Die ander bestanddele is

Gelatien kapsuuldop; magnesiumstearaat; silika (**Aerosil®**)

Hoe IPS CALM & FOCUS lyk en wat die houer bevat

IPS CALM & FOCUS is enkapsuleer in 'n wit en blou harde gelatien kapsule. 60 Kapsules IPS CALM & FOCUS word verpak in 'n wit plastiekbottel met 'n seël en 'n wit skroefprop. 'n Silikonsakkie word ingesluit.

Naam en besigheidsadres van die voornemende houer van die registrasiesertifikaat

IPS Health and Wellness (Pty) Ltd
Grondvloer, Riverview House, Constantia Office Park
h/v 14^{de} Laan en Hendrik Potgieter Rd, Weltevreden Park
Tolvrye nommer: 010 140 6700
Epos: info@ipshealth.co.za

Hierdie voubiljet is hersien gedurende

April 2026 (V1_2026)

Registrasie nommer

Moet toegeken word

Professionele inligting

Die professionele inligting vir hierdie produk is beskikbaar op <https://ipshealth.co.za/product/ips-calm-focus/>