

# NeuroActiv™

Folate + Vitamin B12 + Vitamin B6 + Ubiquinol

Support for healthy nervous system, mood and cognition

## Consumer Medicine Information

### 1. What is in the leaflet?

This leaflet answers some of the more common questions about NeuroActiv™ capsules.

It does not contain all the available information. It does not take the place of talking to your healthcare professional.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking NeuroActiv™ capsules against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your healthcare professional.

**Keep this leaflet with the medicine.**

You may need to read it again.

### 2. What NeuroActiv™ is used for

NeuroActiv™ is a synergistic combination of biologically active nutrients designed to support a healthy nervous system, promote a healthy mood, and maintain normal cognitive function.

NeuroActiv™ provides key nutrients to support essential metabolic pathways in the Central Nervous System (CNS) for healthy brain function, healthy mood and healthy cognitive function. Vitamins B6, B12 and folate support the methylation of proteins, membrane phospholipids, and metabolism of neurotransmitters in the CNS.

Vitamin B6 is an essential co-factor in the synthesis of neurotransmitters such as dopamine, serotonin, γ-aminobutyric acid (GABA), noradrenaline and melatonin. Low plasma levels of vitamins B6, B12 and folate have been associated with elevated homocysteine levels, impaired neurotransmitter synthesis, mild cognitive decline, and a range of neurological symptoms. NeuroActiv™ provides a therapeutic dose of Ubiquinol-10, the reduced form of coenzyme Q10, with a superior absorption profile and higher bioavailability compared to ubiquinone. Coenzyme Q10 is essential for mitochondrial energy production. Coenzyme Q10 provides support for the high energy requirements in the brain, and may offer neuroprotective support for conditions associated with impaired mitochondrial function.

**Your healthcare professional may have prescribed NeuroActiv™ for another reason.**

**Ask your healthcare professional if you have any questions concerning why NeuroActiv™ as been prescribed for you.**

NeuroActiv™ is not addictive.

### 3. Before you take NeuroActiv™

**Vitamin supplements should not replace a balanced diet.**

**If symptoms persist consult your healthcare professional.**

**Do not take while on warfarin therapy.**

**Do not exceed the stated dose except on medical advice. If you have had a baby with**

**a neural tube defect/spina bifida, seek specific medical advice.**

**Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible.**

**Do not take NeuroActiv™ if:**

**1. You have had an allergic reaction to NeuroActiv™, or any ingredient in NeuroActiv™ (listed in section 8).**

**2. The safety seal is broken, missing or shows signs of tampering.**

**3. The expiry date (EXP) printed on the pack has passed.**

If you take this medicine after the expiry date has passed, it may not work as well.

**If you are not sure you should start taking NeuroActiv™ contact your health professional.**

**Before you take NeuroActiv™, tell your doctor if:**

**1. You have any allergies to any other medicines, foods, preservatives, dyes or additives.**

If you experience any allergic reaction or other side effects after consuming NeuroActiv™ you should discontinue use and consult with your healthcare professional.

**2. You are pregnant or planning to become pregnant.**

**3. You are breastfeeding or planning to breastfeed.**

**4. You have or have had any other health problems or issues including:**

Iron deficiency (anemia) or think that you might be anemic

**5. You drink large amounts of alcohol.**

**6. You are taking other medicines.**

**Tell your healthcare professional if you are taking any other medicines, including any that you get without a prescription.**

Some medicines may be affected by NeuroActiv™, or may affect how well it works. You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your healthcare professional has more information on medicines to be careful with or avoid while taking NeuroActiv™.

**If you have not told your healthcare professional about any of the above, tell them before you start taking NeuroActiv™**

### 4. How to take NeuroActiv™

**1. Follow all directions given to you by your healthcare professional carefully.**

**2. Take NeuroActiv™ exactly as your healthcare professional has prescribed.**

This may differ from the information contained in this leaflet.

**3. How much NeuroActiv™ should be taken?**

Take one capsule twice daily, or as directed by your healthcare professional. Do not exceed the stated dose.

**4. How to take NeuroActiv™**

Capsules should be swallowed whole. Do not take any capsules that are damaged.

**5. How long to take NeuroActiv™**

Take NeuroActiv™ as long as your healthcare professional prescribes.

**6. If you forget to take NeuroActiv™**

Do not try to make up for missed doses by taking an extra dose. This may increase the chance of getting an unwanted side effect.

**Do not exceed the stated dose.**

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

**If you are unsure of what to do, check with your healthcare professional.**

**6. If you have taken too much NeuroActiv™ (overdose)**

Please visit your healthcare professional if there are signs of discomfort. Tell them how much NeuroActiv™ you took and they will determine what action is best for your health.

### 5. While you are taking NeuroActiv™

**Things you MUST do:**

**1. If you become pregnant while taking NeuroActiv™, tell your healthcare professional immediately.**

**2. If you are about to start taking a new medicine, tell your healthcare professional that you are taking NeuroActiv™.**

**3. If you are planning to have surgery, including dental surgery, tell your healthcare professional that you are taking NeuroActiv™.**

**4. Always follow your healthcare professional's instructions carefully.**

**Things you MUST NOT do:**

**1. Do not heat NeuroActiv™ or add into hot foods.**

**2. Do not expose NeuroActiv™ to extreme heat conditions for extended periods of time.**

**3. Do not exceed the stated daily dose.**

---

## 6. Side Effects

---

NeuroActiv™ has a low risk of side effects when taken as directed.

**Ask your healthcare professional to answer any questions you may have.**

**If you experience any of the following symptoms after taking a dose of NeuroActiv™, tell your healthcare professional. These symptoms may be from an allergic reaction:**

- Skin rash
- Swelling of the face and/or throat
- Difficulty breathing
- Itching of the skin
- Sleepiness or headache
- upset stomach, loss of appetite, nausea, vomiting or diarrhoea.
- Tingling, burning, or prickling sensation in hands/feet.

These side effects are usually mild and dose related. Most of them disappear completely in a few days to a few weeks after the dose of NeuroActiv™ is lowered or stopped.

**Tell your doctor if you notice anything else that is making you feel unwell.**

---

## 7. After taking NeuroActiv™

---

### Storage

Keep NeuroActiv™ in its bottle until it is time to take it. If you take the capsules out of the bottle they may not keep well.

Store NeuroActiv™ below 30°C.

Protect NeuroActiv™ from light.  
Heat and dampness can destroy the medicine.

Do not store NeuroActiv™, or any other medicine, in a bathroom or near a sink.  
Do not leave it in the car or on a window sill.

**Keep out of the reach of children**

---

## 8. Product description

---

### What NeuroActiv™ looks like:

NeuroActiv™ is a hard capsule. NeuroActiv™ is packed in a recyclable PE bottle with a safety seal over the cap. NeuroActiv™ is available in bottles containing 30 capsules.

### Ingredients:

#### Active Ingredients PER capsule:

Levomefolate Glucosamine.....	0.463 mg
Equiv. Levomefolic acid.....	250 ug
Pyridoxal-5-phosphate monohydrate.....	47.02 mg
Equiv. Pyridoxine (Vitamin B6).....	30 mg
Mecobalamin (Vitamin B12).....	200 ug
Calcium hydrogen phosphate dehydrate.....	
.....	23.616 mg
Equiv. Calcium.....	5.5 mg
Ubiquinol-10 (CoQ10).....	100 mg

#### Excipient Ingredients:

Cellulose  
Hypromellose  
Silica  
Magnesium stearate

**NeuroActiv™ is suitable for vegetarians**

**NeuroActiv™ is dairy and gluten free**

---

## 9. Translation

---

Not available

---

## 10. Manufacturer

---

NeuroActiv™ is supplied in Australia by:  
Medlab Clinical Limited™  
66 McCauley Street  
Alexandria NSW 2015  
Toll free: 1300 369 570

Australian Listing Number  
AUST L 287564

This Leaflet was prepared in September 2014  
Last Updated November 2017

Medlab Clinical Limited™