

KeenMind®

Specific extract of Bacopa monnieri CDRI 08®

Consumer Medicine Information

WHAT IS IN THIS LEAFLET

This leaflet answers some common questions about KeenMind. It does not contain all the available information. It does not take the place of talking to your health professional.

If you have any questions about taking this product, ask your health professional.

Keep this leaflet with the medicine.

You may need to read it again.

WHAT KEENMIND IS USED FOR

KeenMind supports memory, concentration and learning function.

About KeenMind

KeenMind is a natural medicine clinically proven to support memory, concentration and learning function. KeenMind is the result of over 40 years of research and supports mental clarity and focus during times of stress or mild anxiety. KeenMind's ingredient *Bacopa monnieri* is traditionally used in Ayurvedic medicine to support learning and information processing.

KeenMind contains a clinically researched extract of *Bacopa monnieri* referred to as CDRI 08. This exclusive formula is manufactured in Switzerland using quality ingredients that follow a series of strict control practices to help deliver a consistent medicine

each time. It's this same medicine that is tested in clinical trials and is used worldwide.

Ask your health professional if you have any questions about why this medicine has been recommended for you.

Your health professional may have recommended it for another reason.

BEFORE YOU TAKE KEENMIND

When you must not take it

Do not take KeenMind if you have an allergy to:

- any medicine containing *Bacopa monnieri* extract,
- any member of the *Scrophulariaceae* (fig wort) family or other composites,
- any of the excipients or ingredients listed at the end of this leaflet.

Do not take KeenMind after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start taking this medicine, talk to your health professional.

Before you start to take it

Tell your health professional if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your health professional if you are going to have surgery.

Pregnancy and Breastfeeding

Do not take KeenMind if you are planning a pregnancy, are pregnant or breastfeeding.

Your health professional can discuss with you the risks and benefits involved in taking KeenMind during these life stages.

Children

Use in children under 7 years of age is not recommended.

Safety and effectiveness in children younger than 7 years have not been established.

Taking other medicines

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

There are no known interactions with other medicines and KeenMind.

HOW TO TAKE KEENMIND

Always take KeenMind as directed in this leaflet, or as recommended by a health professional.

You should always check with your health professional if you are not sure.

If symptoms persist talk to your health professional.

How much to take

Adults: Take 2 capsules daily with breakfast

Children over 7 years of age: Take 1 capsule daily with breakfast or as

directed by your health professional.

How to take it

Swallow the KeenMind capsules whole with water.

Capsules should be taken with breakfast.

If your child cannot swallow capsules, KeenMind capsules may be opened and mixed with food or liquid.

When to take it

Take your KeenMind at about the same time each day, preferably with breakfast.

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

How long to take it

Continue taking KeenMind daily to maintain benefits, or for as long as recommended by your health professional.

Effects may be felt within hours, however daily use is recommended. Typical results demonstrate best results after 1 to 3 months of daily use.

If you forget to take it

Skip the dose you missed and take your next dose when you are meant to.

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

This may increase the chance of you getting an unwanted side effect.

If you have trouble remembering to take your medicine, ask your health professional for some hints.

If you take too much (overdose)

It is not necessary to take more KeenMind than the amount directed in the instructions of use, or by your health professional.

Telephone your health professional or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Emergency at the nearest hospital, if you think that you or anyone else may have taken too much KeenMind, even if there are no signs of discomfort or overdose.

You may need urgent medical attention.

WHILE YOU ARE TAKING KEENMIND

Things you must do

If you are about to be started on any new medicine, remind your health professional that you are taking KeenMind.

Tell any other health professionals who treat you that you are taking this medicine, including your surgeon and anaesthetist if you are planning surgery.

If you become pregnant while taking this medicine, tell your health professional immediately.

Things you must not do

Do not take KeenMind to treat any other complaints unless your health professional tells you to.

Things that would be helpful

Some self-help measures may help your condition. Your health professional can give you more information about these measures.

To find out more about how to effectively support memory, concentration and learning function visit flordis.com.au.

SIDE EFFECTS

Tell your health professional as soon as possible if you do not feel well while you are taking KeenMind.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. KeenMind helps most people with support of memory, concentration and learning function but it may have unwanted side effects in a few people. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your health professional to answer any questions you may have.

Tell your health professional if you notice any of the following and they worry you:

- gastrointestinal discomfort, such as nausea, stomach pain and/or diarrhoea
- hives, rash, or skin irritation

The above list includes the typical side effects of your medicine which are rare. They are usually mild and short-lived.

Other side effects not listed above may also occur in some people.

AFTER USING KEENMIND

Storage

Keep your capsules in the pack until it is time to take them.

If you take the capsules out of the pack they may not keep well.

Keep your capsules in a cool dry place where the temperature stays below 30°C.

Keep it where children cannot reach it.

PRODUCT DESCRIPTION

What it looks like

KeenMind capsules are dark green, opaque, hard unprinted capsules filled with a brown dry powder.

Ingredients

Each capsule of KeenMind contains:

Bacopa monnieri extract (CDRI 08)
160 mg equivalent to dry whole plant 2.16 g.

Suitable for vegetarians.

No added gluten, wheat, soy, sugar, yeast, salt, artificial flavourings, colours or preservatives.

Supplier

KeenMind is manufactured in Switzerland by Soho Flordis

International Switzerland SA and supplied in Australia by:

SFI Australasia
Level 2, 170 Pacific Highway,
St. Leonards, NSW, 2065
Australia
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