Package leaflet: Information for the user

BRAINMAX™

(OMEGA-3 LIQUID)

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

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

1. What BRAINMAX™ is and what it is used for

BRAINMAX™ contains essential fatty acids, omega-3 series polyunsaturated fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) extracted from fish oil. They are essential to health and people must consume them through food. Omega-3 fatty acids are considered as a functional food because of its functional component mainly polyunsaturated fatty acids, which has positive impact on human health when consumed in a sufficient quantity.

Omega-3 fatty acids are essential nutrients that play crucial roles in human health, including in pediatric patients. Here are some key points regarding their use in pediatric populations:

1. Brain Development: Omega-3 fatty acids, especially DHA, are crucial for brain development in infants and young children. DHA supports neuronal growth, synaptogenesis, and cognitive function.
2. Visual Development: DHA is also essential for the development of the retina and visual acuity in infants, contributing to healthy vision.
3. Behavioural Disorders: Some studies suggest that omega-3 supplementation may help in managing symptoms of ADHD (Attention-Deficit/Hyperactivity Disorder) and other behavioural disorders by supporting cognitive function and reducing inflammation.
4. Cardiovascular Health: Omega-3 fatty acids can contribute to cardiovascular health by lowering triglyceride levels and potentially reducing the risk of cardiovascular diseases later in life.

Usage: BRAINMAX™ is a source of Omega-3 fatty acids, EPA & DHA, maintains good health, cognitive health and helps brain function. Supports development of the brain, eyes and nerves in children and adolescents.

2. What you need to know before you take BRAINMAX™

Do not take BRAINMAX™

- if patients are known to be allergic to fish oil (omega-3 fatty acids) and ingredient of it.

Warnings and precautions

Talk to your doctor, before taking BRAINMAX™

- if you are due to have or have had surgery recently
- if you have had a trauma recently
- if you have a kidney problem
- if you have diabetes which is not controlled
- if you have/have had problems with your liver. Your doctor will monitor any effects BRAINMAX™ may have on your liver with blood tests.

Other medicines and BRAINMAX™

Anticoagulants or Other Drugs Affecting Coagulation

Because of the moderate increase in bleeding time (with the high dosage), patients receiving anticoagulant therapy must be monitored and the dosage of anticoagulant adjusted if necessary.

Pregnancy, breast-feeding and fertility

For Pregnant or lactating woman, seek guidance from your Healthcare Professional before using this product.

Driving and using machines

BRAINMAX™ is expected to have no or negligible influence on the ability to drive and use machines.

3. How to BRAINMAX™

Brainmax™ product can be taken directly from the spoon or diluted with water, fruit juice or milk.

Ages 2-4 years: 1 teaspoon (5 ml) daily.

Ages 4-12 years: 1-2 teaspoons (5-10 ml) daily.

Adults: 2-4 teaspoons (10-20 ml) daily.

Shake well before use.

Instructions for use

If you take more BRAINMAX™ than you should

If you accidentally take more of this medicine than you should, do not worry, as this is unlikely to need special treatment.

If you forget to take BRAINMAX™
Do not take a double dose to make up for a forgotten dose. If you miss a dose, take it when you remember unless it is almost time for your next dose, in which case take the next dose as usual.

If you stop using BRAINMAX™
Do not stop the treatment without consulting your doctor. Talk to your doctor if you are not satisfied with the effects of BRAINMAX™. If you have any further questions on the use of this medicine, ask your doctor, pharmacist.

4. Possible side effects

BRAINMAX™ has no, or minor side effects. When used in recommended doses, no side effects have been reported with BRAINMAX™.
However, fish oil supplements can cause mild side effects, including:

- A fishy aftertaste, bad breath
- Heartburn, nausea or diarrhea
- Rash
- BRAINMAX™ does contain fish. Therefore, people allergic to fish will show allergic reaction to BRAINMAX™.

Reporting of side effects
If you get any side effects, talk to your doctor. This includes any possible side effects not listed in this leaflet. You can also report side effects directly: Website: www.zuventus.co.in and click the tab "Safety Reporting" located on the top of the home page.
https://www.zuventus.co.in/drug-safety-reporting
By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store BRAINMAX™

Store in a cool & dry place.

Once opened, store refrigerated & use within 90 days.

Keep out of reach of children.

6. Contents of the pack and other information

What BRAINMAX™ contain

Nutritional Information:
Each Serving size of 5 ml contains:

- Total Omega-3…… 585 mg
- EPA …….. 255 mg
- DHA ……180mg

Ingredients: Water, Fructose, Fish Oil, Sunflower Oil, Mango Puree, Stabilizer [INS 414 & INS 415], Flavour - Mango & Peach, Antioxidant [INS 300, INS 301 & INS 307b], Preservative [INS 211] & Acidity regulator [INS 330].

Marketing Authorisation Holder:
Zuventus Healthcare Limited

Plot Y2, CTS No: 358/A2, Near
Nahur Railway Station, Nahur
(West), Mumbai - 400 078, India.
TM - Trade Mark Owners.

Manufacturer:
Cultech Limited
Unit 2-3, Christchurch Road, Baglan Industrial Park,
Port Talbot, Neath Port Talbot, SA12 7BZ UK,
United Kingdom.

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