

## PACKAGE LEAFLET: INFORMATION FOR THE PATIENT

### STIMOL 1 g, powder for oral solution

#### *Citrulline malate*

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, or pharmacist. This includes any possible side effects not listed in this leaflet (See section 4).
- You must talk to a doctor if you do not feel better or if you feel worse.

#### **What is in this leaflet**

1. What STIMOL 1 g, powder for oral solution is and what it is used for
2. What do you need to know before you take STIMOL 1 g, powder for oral solution
3. How to take STIMOL 1 g, powder for oral solution
4. Possible side effects
5. How to store STIMOL 1 g, powder for oral solution
6. Contents of the pack and other information.

### **1. WHAT STIMOL 1 g, powder for oral solution IS AND WHAT IT IS USED FOR**

#### Pharmacotherapeutic group

Antiasthenic drug.

#### Therapeutic indication

Stimol is indicated in cases of tiredness (asthenia) in the children above 6 years of age and the adults. You must talk to a doctor if you do not feel better or if you feel worse after 4 weeks.

### **2. WHAT DO YOU NEED TO KNOW BEFORE YOU TAKE STIMOL 1 g, powder for oral solution**

#### **DO NOT TAKE STIMOL 1 g, powder for oral solution**

- If you are allergic to citrulline malate or any of the other ingredients of this medicine (listed in section 6).

#### **Warnings and precautions**

This medicine contains sodium. It contains 4.35 mmol (or 100 mg) of sodium per sachet, it must be taken into account for patients with a controlled sodium diet.

Due to the acid pH, the sachets have to be diluted in a glass of water.

#### **Other medicines and STIMOL 1 g, powder for oral solution**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

### **Pregnancy and breast-feeding**

The use of this medicine must generally be avoided during pregnancy.

If you discover that you are pregnant during the treatment, consult your physician as only he can decide if it is necessary to go on the treatment.

The use of this medicine must be avoided during lactation.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

### **STIMOL 1 g, powder for oral solution contains sodium**

This medicinal product contains 100 mg sodium per sachet. To be taken into consideration by patients on a controlled sodium diet.

## **3. HOW TO TAKE STIMOL 1 g, powder for oral solution?**

### **Dosage**

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

The recommended dose is:

Adult: 3 sachets daily, in several intakes.

Children above 6 years of age: 2 sachets daily, in several intakes.

### **Mode and way of use**

Oral use.

Dilute the contents of the sachets in a glass of water.

STIMOL should be mixed with water or sweetened beverages.

### **Duration of treatment**

Do not exceed 4 weeks of treatment.

### **If you take more STIMOL 1 g, powder for oral solution than you should**

In case of overdose the side effects can be worsened (gastrointestinal troubles).

### **If you forget to take STIMOL 1 g, powder for oral solution**

Do not take a double dose to make up for a forgotten sachet.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

## **4. POSSIBLE SIDE EFFECTS**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

- Rare (may affect up to 1 in 1,000 people): light gastric burnings at the beginning of the treatment.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

## **5. HOW TO STORE STIMOL 1 g, powder for oral solution**

Keep this medicine out of the sight and reach of children.

Do not use STIMOL 1 g, powder for oral solution after the expiry date which is stated on the outer carton and the sachets.

No special condition for storage.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. CONTENTS OF THE PACK AND OTHER INFORMATION**

### **What STIMOL 1 g, powder for oral solution contains**

#### **The active substance is:**

Citrulline malate\* ..... 1.00 g

For one sachet-dose

\* formed *in situ* from 566.44 mg of L-citrulline and 433.56 mg of DL-malic acid.

#### **The other ingredients are:**

Povidone, sodium bicarbonate, maltodextrine, sodic saccharine, strawberry aroma (flavouring substances, gum arabic, maltodextrine).

### **What STIMOL 1 g, powder for oral solution looks like and contents of the pack**

This medicine is a white powder with a strawberry odour packed in sachet-dose.

Box of 18 sachets.

### **Marketing Authorization Holder and manufacturer**

#### ***Marketing Authorization Holder***

**BIOCODEX**

7 avenue Gallieni

94250 Gentilly

FRANCE

#### ***Manufacturer responsible for batch release***

**BIOCODEX**

1 avenue Blaise Pascal

60000 BEAUVAIS

FRANCE

**This leaflet was last revised in September 2019**