

Active Ingredient

delta-9-tetrahydrocannabinol (THC) 10mg : Cannabidiol (CBD) 5mg : Cannabinol (CBN) 10mg

Consumer Medicines Information

This leaflet provides important information about using Blüm Rest Pastilles. You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Blüm Rest Pastilles.

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1. Why am I using Blüm Rest Pastilles?

Blüm Rest Pastilles are medicated pastilles that contain the active ingredients delta-9-tetrahydrocannabinol (THC), cannabidiol (CBD) and cannabinol (CBN).The endocannabinoid system includes a combination of endocannabinoids, cannabinoid receptors and enzymes in the body.

Cannabinoid receptors are found on the surface of cells throughout the body. Phytocannabinoids interact with the body's receptors and result in a therapeutic effect. THC activates cannabinoid receptors, particularly CB1, sending a message to the body's endocannabinoid system to start a response. CBD is considered to be an allosteric modulator of CB2 receptors. CBN is a mildly psychoactive partial agonist at CB1 and CB2 receptors.

- Therapeutic Class**
- Blüm Rest Pastilles are a controlled drug. Possession without authority is illegal. Poison Schedule: Schedule 8. TGA Category 4.
- Conditions/Symptoms**
- The Therapeutic Goods Administration (TGA) has approved Special Access Scheme (SAS) applications for medicinal cannabis including, but not limited to, the following:
- Chemotherapy-induced nausea and vomiting (CINV)
 - Refractory paediatric epilepsy
 - Neuropathic and chronic pain
 - Palliative care
 - Cancer pain
 - Spasticity from neurological conditions (e.g., multiple sclerosis)
 - Anorexia and wasting associated with chronic illness (e.g., cancer)
 - Insomnia and sleep disorders
 - Post-Traumatic Stress Disorder (PTSD)
 - Anxiety
 - Attention-Deficit/Hyperactivity Disorder (ADHD)
 - Symptom relief from autoimmune conditions

2. What should I know before using Blüm Rest Pastilles?

- Warnings:**
- You are allergic to THC (delta-9-tetrahydrocannabinol), CBD (cannabidiol), CBN (cannabinol) or other minor phytocannabinoids
 - You are less than 18 years old
 - The use-by date printed on the packaging has expired or the package looks like it has been tampered with.
 - You have a history of drug dependence, including alcohol dependence.

Always check the ingredients to make sure you can use this medicine. Check with your doctor if you have any other medical conditions such as:

- Heart problems
- Lung problems
- Liver problems
- Epilepsy or recurrent seizures
- Panic attacks
- A family history of schizophrenia
- A history of psychosis or mood disorders
- A history of serious mental health disorders, including schizophrenia or psychosis, unless specifically prescribed by a qualified healthcare professional with a knowledge of your psychiatric history.
- A history of substance use disorder (abuse, dependence) to alcohol, opioids, stimulants, benzodiazepines, or any prescription or non-prescription substances.

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant. Talk to your doctor if you are breastfeeding or intend to breastfeed.

Blüm Rest Pastilles are not safe to take if you are pregnant or intend to become pregnant or if you are breastfeeding or intend to breastfeed. Talk to your doctor before commencing Blüm Rest Pastilles.

Use in children

Blüm Rest Pastilles are not recommended for use in children or adolescents younger than 18 years.

3. What if I am taking other medicines?

- Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.
- Some medicines may interfere with Blüm Rest Pastilles and affect how it works. Blüm Rest Pastilles may also affect how other medicines work.
- Tell your doctor if you are taking medicines for:**
- Sleeping problems (sleeping pills, sedatives, hypnotics e.g., pentobarbital, zopiclone, zolpidem, benzodiazepine, diphenhydramine, promethazine)
 - Attention Deficit Hyperactivity Disorder (ADHD) or narcolepsy (e.g., methylphenidate, pemoline)
 - Epilepsy, seizures, nerve pain (e.g., carbamazepine, phenytoin, phenobarbital)
 - Pain (e.g., opioids such as codeine, morphine, oxycodone)
 - Blood clotting (coumarins, e.g., warfarin)
 - Cold, allergy or congestion (e.g., oxymetazoline, propylhexedrine, pseudoephedrine, antihistamine)
 - Fungal infection (e.g., ketoconazole, itraconazole, fluconazole)
 - Bacterial infection (e.g., erythromycin, rifampicin, clarithromycin)
 - Muscular conditions like muscle spasms, overactive bladder, movement disorders, (Parkinson's disease), asthma (anticholinergics: e.g., tolterodine, oxybutynin, darifenacin, solifenacin, benztropine mesylate, trihexyphenidyl, ipratropium, bromides)
 - Immune conditions like rheumatoid arthritis, nephrotic syndrome, Crohn's disease, organ transplant rejection, psoriasis (cyclosporine); HIV/AIDS (ritonavir)
 - Irregular heartbeat (amiodarone)
 - Major depressive disorder, obsessive-compulsive disorder, premenstrual dysphoric disorder, bulimia nervosa, panic disorder (fluoxetine)

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Blüm Rest Pastilles.

4. How do I use Blum Rest Pastilles?

- How much Blüm Rest Pastilles to take:**
- Follow the directions of your doctor or pharmacist carefully.
 - Your doctor will provide you with a treatment schedule based on your medical condition and needs.
 - The dose and frequency of use required will vary between patients.
 - Always use Blüm Rest Pastilles exactly as your doctor has prescribed.

- When to take Blüm Rest Pastilles:**
- Blüm Rest Pastilles may be taken with or without food. Always follow the directions of your doctor.
 - Taking Blüm Rest Pastilles under similar conditions each day may help achieve a more consistent effect.

How to take Blüm Rest Pastilles:

Step 1: Open the tin and remove the pastille. If the seal is broken, contact your pharmacist immediately, who will reach out to Blüm's support team on your behalf.

Step 2: Consume the prescribed dose as directed by your doctor by placing it in your mouth, chewing thoroughly until safe to swallow.

If your doctor has directed you to take less than one whole pastille, use an appropriate tool to divide the pastille per your doctor's directions.

- If you forget to take Blüm Rest Pastilles:**
- Blüm Rest Pastilles should be taken regularly at the same time each day.
 - If you have trouble remembering when to use your medicine, talk to your pharmacist or doctor.
 - If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.
 - Speak to your doctor or pharmacist to understand when it is too close to your next dose.
 - Do not take a double dose to make up for the dose you missed.

- If you use too much Blüm Rest Pastilles:**
- If you think you have used too much Blüm Rest Pastilles, you may need urgent medical attention. You should immediately:
- Phone the Poisons Information Centre (by calling 13 11 26) or,
 - Contact your doctor, or go to the Emergency Department at your nearest hospital
- You should do this even if there are no signs of discomfort or poisoning

5. What should I know while taking Blüm Rest Pastilles?

- Things you should do**
- Take Blüm Rest Pastilles as your doctor has prescribed
 - Always use Blüm Rest Pastilles under medical supervision to help determine if the product is working or if you are having any side effects from the treatment.
 - Talk to your doctor or pharmacist if you do not feel better, or if you feel worse.
 - If you are starting any new medicine, remind your doctor and pharmacist that you are taking Blüm Rest Pastilles.
 - Remind any doctor, pharmacist, dentist or other healthcare provider who is treating you that you are taking Blüm Rest Pastilles.
 - Tell your doctor if you become pregnant while taking Blüm Rest Pastilles.
 - Tell your doctor if your symptoms do not improve.

- Call your doctor straight away if you:**
- Are pregnant or become pregnant while taking Blüm Rest Pastilles.
 - Need to have any medical tests as Blüm Rest Pastilles may affect the results of some tests.

- Things you should not do after taking Blüm Rest Pastilles:**
- Do not give your medicine to anyone else, even if they have the same condition as you.
 - Do not change your dose without talking to your doctor about it first.
 - Do not stop taking your medicine without telling your doctor.
 - If you stop taking your medicine suddenly or change the dose, your condition may worsen, or you may have unwanted side effects.
 - Do not consume alcohol while you are taking Blüm Rest Pastilles. Alcohol in combination with Blüm Rest Pastilles can impair cognitive abilities, including coordination, reaction time and motor skills.
 - Do not drive or operate complex machinery for 24 hours after taking Blüm Rest Pastilles.

- Travelling with Blüm Rest Pastilles:**
- Blüm Rest Pastilles are a controlled drug, and its legal status will vary between countries.
 - Check if it is legal for you to take this medicine into any countries you are travelling to or through; including countries you are transiting through, and your final destinations.
 - Consult with your doctor, country consulates, The Department of Foreign Affairs and Trade, insurance company and/or pharmacist to confirm if it is legal for you to travel with Blüm Rest Pastilles.

- Driving or using machines:**
- Do not drive or operate heavy or dangerous machinery while being treated with Blüm Rest Pastille.
 - Talk to your doctor about when you can resume these activities after completing treatment.

- Drinking alcohol:**
- Tell your doctor if you drink alcohol.
 - Alcohol may increase the effects of Blüm Rest Pastilles, or the latter may increase the effects of alcohol (such as loss of balance or ability to respond quickly).

- Looking after your medicine**
- Ideal storage conditions are between 18°C - 25°C.
 - Follow the instructions in the carton on how to take care of your medicine properly.
 - Store Blüm Rest Pastilles in a cool dry place away from moisture, heat or sunlight; for example, **do not store it:**
 - in the bathroom or near a sink,
 - in a car, or on windowsills, or
 - where young children can reach it

- Getting rid of any unwanted medicine**
- If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.
 - Keep out of reach of children.
 - Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary and generally as a result of first taking the medication. Please refer to the section on "How much to take". However, some side effects may need medical attention.

See the information below, and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

LESS SERIOUS SIDE EFFECTS		
General: <ul style="list-style-type: none">• Headache• Increased appetite• Nausea• Phlegm and cough• Dry mouth• Muscle weakness• Malaise (feeling generally unwell) or a general feeling of discomfort	Mental status: <ul style="list-style-type: none">• Memory impairment• Difficulty concentrating• Dizziness• Light-headed feeling• Fatigue• Daytime drowsiness	Eyes: <ul style="list-style-type: none">• Dry eyes• Bloodshot eyes• Altered visual perception Ears: <ul style="list-style-type: none">• Altered hearing perception

What to do?

Speak to your doctor if you have any of these less serious side effects and they worry you.

SERIOUS SIDE EFFECTS		
Mental status: <ul style="list-style-type: none">• Depression• Thoughts of suicide• Abnormal thoughts• Paranoia• Euphoria• Hallucinations (Seeing or hearing things that are not there)• Irrational thinking• Psychosis• Addiction / dependence• Agitation• Confusion• Disorientation	Allergy-related: <ul style="list-style-type: none">• Shortness of breath, wheezing or difficulty breathing• Swelling of the face, lips, mouth, tongue, or throat which may cause difficulty breathing• Rash, hives, itching, redness, swelling blistering or peeling of the skin Heart and Circulation: <ul style="list-style-type: none">• Rapid or irregular heartbeat• Chest pain• Signs of low blood pressure such as feeling faint, light-headed, dizziness	Brain / Nervous system: <ul style="list-style-type: none">• Numbness• Burning sensation• Vomiting• Loss of coordination / balance• Seizures or convulsions

Reporting Side Effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product Details

This medicine's name is Blüm Rest Pastilles, and it is only available with a doctor's prescription.

Each Blüm Rest Pastille contains:

Non-GMO, Gluten Free, No Artificial Colours

Active Ingredients:

delta-9-tetrahydrocannabinol (THC) 10mg
Cannabidiol (CBD) 5mg
Cannabinol (CBN) 10mg

Total Ingredients:

Organic cane sugar, organic clarified brown rice syrup, blackberry puree, water, pectin, cherry juice concentrate, natural flavour, organic icing sugar, citric acid, sodium citrate, high oleic sunflower oil, THC distillate, CBN isolate, CBD isolate, organic tapioca starch, ascorbic acid, rosemary extract

Who distributes Blüm Rest Pastilles?

Nectar Portfolio Pty Ltd
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products@nectarbrands.com.au | 1300 140 160

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This information is for educational and informational purposes.