



Active Ingredient

Cannabidiol (CBD) 25mg | Cannabigerol (CBG) 5mg

Consumer Medicines Information

This leaflet provides important information about using Blüm Still 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 Still Pastilles.

Where to find information on this leaflet

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1. Why am I using Blüm Still Pastilles?

Blüm Still Pastilles are medicated pastilles that contain the active ingredients Cannabidiol (CBD) and Cannabigerol (CBG). 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. CBD is considered to be an allosteric modulator of CB2 receptors. CBG is a non-psychoactive weak partial agonist at CB1 and CB2 receptors.

Therapeutic Class

Blüm Still Pastilles are a controlled drug. Possession without authority is illegal. Poison Schedule: Schedule 8. TGA Category 2.

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 Still Pastilles?

Warnings:

- You are allergic to CBD (cannabidiol), CBG (cannabigerol) 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 Still 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 Still Pastilles.

Use in children

Blüm Still 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 Still Pastilles and affect how it works. Blüm Still 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 Still Pastilles.

4. How do I use Blüm Still Pastilles?

How much Blüm Still 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 Still Pastilles exactly as your doctor has prescribed.

When to take Blüm Still Pastilles:

- Blüm Still Pastilles may be taken with or without food. Always follow the directions of your doctor.

• Taking Blüm Still Pastilles under similar conditions each day may help achieve a more consistent effect.

How to take Blüm Still 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 Still Pastilles:

- Blüm Still 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 Still Pastilles:

If you think you have used too much Blüm Still 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 Still Pastilles?

Things you should do

- Take Blüm Still Pastilles as your doctor has prescribed

• Always use Blüm Still 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 Still Pastilles.

• Remind any doctor, pharmacist, dentist or other healthcare provider who is treating you that you are taking Blüm Still Pastilles.

• Tell your doctor if you become pregnant while taking Blüm Still 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 Still Pastilles.

• Need to have any medical tests as Blüm Still Pastilles may affect the results of some tests.

Things you should not do after taking Blüm Still 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 Still Pastilles. Alcohol in combination with Blüm Still 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 Still Pastilles.

Travelling with Blüm Still Pastilles:

- Blüm Still 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 Still Pastilles.

Driving or using machines:

- Do not drive or operate heavy or dangerous machinery while being treated with Blüm Still 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 Still 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 Still 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: • Headache • Increased appetite • Nausea • Phlegm and cough • Dry mouth • Muscle weakness • Malaise (feeling generally unwell) or a general feeling of discomfort	Mental status: • Memory impairment • Difficulty concentrating • Dizziness • Light-headed feeling • Fatigue • Daytime drowsiness	Eyes: • Dry eyes • Bloodshot eyes • Altered visual perception Ears: • 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: • 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: • 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: • Rapid or irregular heartbeat • Chest pain • Signs of low blood pressure such as feeling faint, light-headed, dizziness	Brain / Nervous system: • Numbness • Burning sensation • Vomiting • Loss of coordination / balance • Seizures or convulsions

What to do?

Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects. Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell. Other side effects not listed here may occur in some people.

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 Still Pastilles, and it is only available with a doctor's prescription.

Each Blüm Still Pastille contains:

Non-GMO, Gluten Free, No Artificial Colours

Active Ingredients:

Cannabidiol (CBD) 25mg
Cannabigerol (CBG) 5mg

Total Ingredients:

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

Who distributes Blüm Still 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.