



Laif® 900

Patient information

Dear patient,

Your doctor has prescribed you Laif® 900, is a herbal remedy for treating minor to moderately severe depressive episodes.

Each of us is sometimes sad, despondent or lacking in energy. These phases are important as they help us to process the many different experiences we go through in daily life.

Nevertheless, certain situations in life, too much stress or long-term psychological strain can lead to a sustained period of feeling emotionally low. This often results in typical symptoms such as lack of motivation, low mood or listlessness. This is due to a metabolic disorder in the brain. The neurotransmitters responsible for mood, drive and sleep have come off balance, which has an effect on feelings and thoughts, activity and sleep.

Laif® 900 can re-establish this balance of neurotransmitters, thereby boosting mood and having a stabilising effect. However, you need to be a little patient with the treatment, as drugs used to treat depressive moods need some time before they are able to take full effect. But even if you are feeling better again, please talk to your doctor before you stop taking the drug.

We hope that you feel better soon!

Your Bayer Vital GmbH team





Information on treatment with Laif® 900

Laif® 900 is a herbal remedy for treating minor to moderately severe depressive episodes.

■ When and how often do I need to take Laif® 900?

Take one film-coated tablet per day in the morning after breakfast.

■ When does Laif® 900 take effect?

Unlike pain-killers, drugs for treating depressive moods do not have an effect immediately after having been taken. They need some time before they are able to take full effect. You should experience noticeable improvement in your symptoms within 4 weeks.

■ How does Laif® 900 work?

A depressive mood is a result of an imbalance of neurotransmitters in the brain. Laif® 900 can re-establish the balance of neurotransmitters which are responsible for mood, drive and sleep. Laif® 900 therefore boosts mood and has a stabilising effect, which means that you will sleep better and have more energy and vitality during the day.

■ Can I stop taking Laif® 900 when I feel better?

To avoid relapses it is extremely important to continue taking the drug even after symptoms have subsided. Please talk to your doctor before you stop taking the drug.

■ What if I am taking the contraceptive pill at the same time?

If you are taking the contraceptive pill and Laif® 900, you may experience some bleeding in between periods and the efficacy of the contraceptive pill may be reduced. Additional contraception is therefore recommended.

■ What are the possible side effects?

Laif® 900 is well tolerated. Possible side effects include allergic skin reactions, gastro-intestinal symptoms, fatigue and restlessness. People with pale skin in particular experience increased skin sensitivity if they are exposed to more solar radiation. These people in particular may experience discomfort such as pins and needles, heightened sensitivity to pain and cold, burning sensations or reddening of skin exposed to sunlight.

While taking Laif® 900, you should generally avoid using intensive sunbeds, sunlamps or solariums.

If your urine becomes more yellow in colour, this is a result of the natural pigment of vitamin B₂ which is found in the tablet coating and is completely harmless.

■ How tolerable is Laif® 900?

Laif® 900 is not addictive.

The antidepressant Laif® 900 does not limit you in your daily and professional life. Moreover, it does not affect libido or cause you to gain weight.

You can take Laif® 900 all year round – including over the summer months – provided you follow general recommendations such as avoiding prolonged sunbathing, sunbeds and UV lamps and you apply sunscreen with an appropriate protection factor for your skin type.

Medicinal products containing active substances derived from St. John's wort, such as Laif® 900, can potentially interact with other drugs. Please consult your doctor to discuss this if you are taking any other medicines.

You will find additional information in the package insert.

If you have further questions about your illness or about treatment with Laif® 900, please speak to your doctor.