

Consistency that brings you higher quality of life

Tebonin®

www.schwabe-group.com

FOR MEMORY AND CONCENTRATION



Dear Reader,

We are pleased that you have chosen a quality product made by Dr. Willmar Schwabe. To make sure you achieve the desired results with **Tebonin®**, it is important for you **to take the proper dose consistently and on a long-term basis.** This may sound very simple, but it can often be difficult to remember on a daily basis.

With this brochure, we would like to help you integrate the regular intake of **Tebonin®** into your everyday life. **By using it consistently, you can improve your memory and concentration, which will enhance your quality of life.**

We hope you feel better soon!

Sincerely, the Tebonin® team



Contents

Preface 3
Memory loss – taking the early signs seriously 6
How **Tebonin®** works 8
Taking it properly is easy when you know what kind of »type« you are! 10
Advices
- for the »morning type« 12
- for the »evening type« 14
- for the »mixed type« 16

Extra tip for travelling 18
- How are you doing four weeks after starting **Tebonin®**? 20

Results 22

6

Memory loss – taking the early signs seriously

When you start to become forgetful, it’s more irritating than anything else and you will begin to ask yourself: is something serious developing here? As you age, this sort of question will come up more frequently. The first step is to be honest with yourself and recognise typical symptoms.



What you should pay attention to:

Please select any that apply to you:

1. Recently I've started to forget names and dates.
2. I have a hard time following conversations.
3. When I speak, I often have difficulties finding the right words.
4. It's hard for me to concentrate. Sometimes I have to re-read a page in a book or a newspaper article two or three times.

Above we have listed the early symptoms of memory problems and difficulties concentrating. If any of these initial signs are starting to affect you on a daily basis, it is important for you to respond quickly to make sure you protect your mental performance and quality of life. **Tebonin® gives you the chance to react in time: it is a natural approach to improving your memory and concentration so you can keep them intact longer.**

How Tebonin® works

Tebonin® increases the blood flow and the oxygen supply to the brain

Tebonin® improves the flow of blood without changing its clotting properties. This also improves circulation to the fine capillaries and supplies more oxygen to every region of the brain.

Tebonin® strengthens the connections between nerve cells and improves your ability to perform

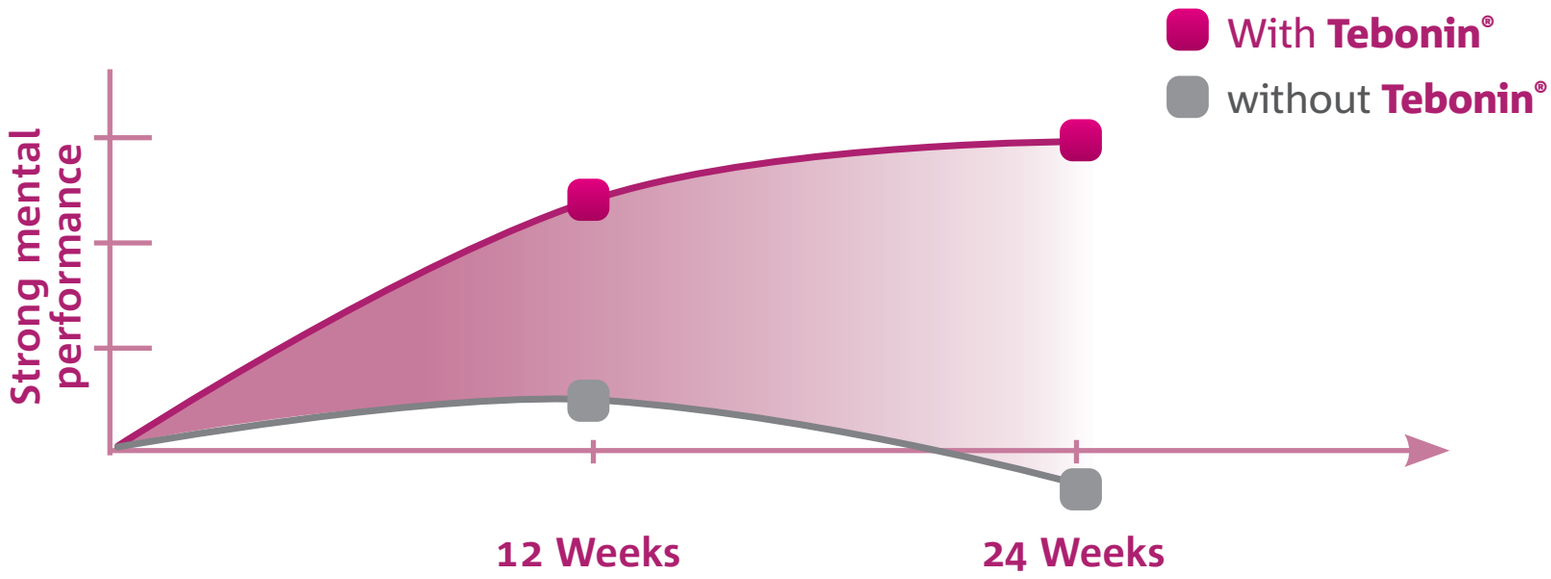
The ability to learn effectively requires nerve cells to respond flexibly to stimuli and information: they have to be able to create new contacts and modify existing ones. **Tebonin®** increases the ability of the brain to adapt to new situations, which in turn improves mental performance.

The rule for success: Take a high enough dose of Tebonin® and stay with it!



To feel the full effects of **Tebonin®**, you have to have the **right dose: The recommended daily dose is 240 mg of the ginkgo special extract EGb761®.** If you consistently take 240 mg **Tebonin®** every day, you can expect to feel the effects after two to four weeks. **We recommend taking it for at least eight weeks.** For a lasting improvement, you should continue taking it beyond that as well.

Increasing mental performance with Tebonin®



As mental performance declines with advanced age, **Tebonin®** can help when taken on a long-term basis*.[1]

*In the context of a comprehensive therapeutic concept. [1] Ihl, R. et al., 2011, Int. J. Geriatr. Psychiatry.

Taking it properly is easy **when you know what kind of »type« you are!**



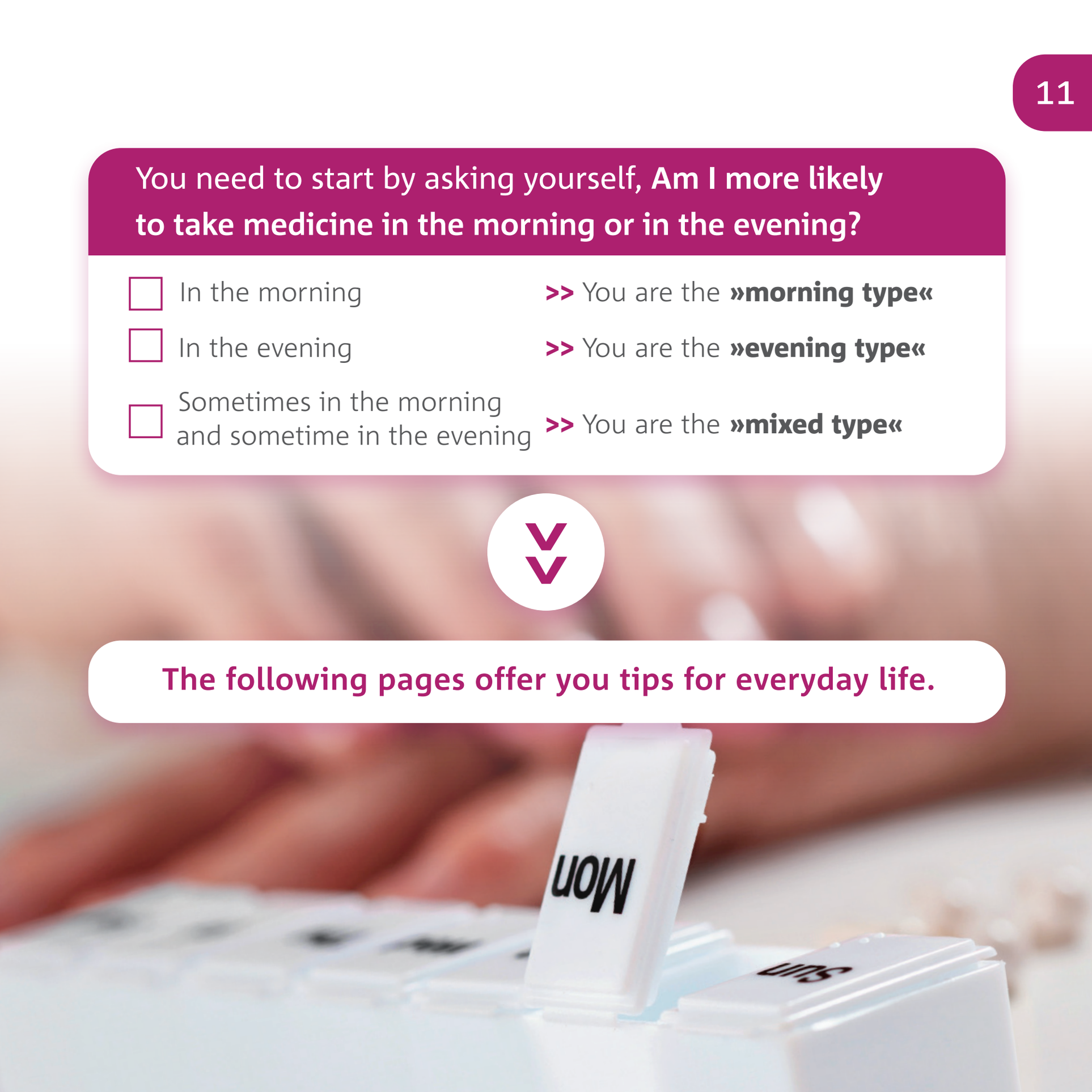
Many of us underestimate the importance of making sure we take long-term medication on a regular basis, because we often expect to feel an effect as soon as we start taking the medicine. In doing so, however, we overlook the fact that medicines can have a positive impact on complex biological processes and need some time before they achieve results we notice in everyday life.

So forgetting to take your medicine now and then means you are not doing yourself any favours in the long run. Only taking **Tebonin®** regularly for a long enough period of time will help you improve your memory and ability to concentrate.

You need to start by asking yourself, **Am I more likely to take medicine in the morning or in the evening?**

☐ In the morning	>> You are the **»morning type«**
☐ In the evening	>> You are the **»evening type«**
☐ Sometimes in the morning and sometime in the evening	>> You are the **»mixed type«**

The following pages offer you tips for everyday life.



12 Tips for the **»morning type«**

Many people need a certain amount of time in the morning before they are really ready to start their day. Others get out of bed wide awake and full of plans for an active day. They are on top of things as soon as they wake up, eager to get things done.

In both cases it can be difficult to remember to take medicine, even though this would be the ideal time for morning people.



It doesn't matter how grumpy or alert you are in the mornings: there are things you always do on a regular basis. Make taking Tebonin® a part of your morning ritual.

- Do you drink coffee or tea in the morning? Then put the tablets next to your coffee maker or tea kettle.

- Do you head straight for the refrigerator when you wake up? Put **Tebonin®** someplace where you will notice it on your way into the kitchen.

- Or do you go into the bathroom first thing after getting out of bed? Leave the tablets next to your toothbrush at a place where you will see them.

- Do you like to use your cell phone? Set yourself an alarm that will remind you to take your tablets regularly.

Tips for the **»evening type«**

Your day was full of experiences and impressions, but now things are winding down. It’s time to settle in at home, perhaps enjoy a beer or glass of wine, watch some television or read a book.

Or perhaps things really get going in the evenings: you meet up with friends and family, get exercise or enjoy something cultural. Then it grows late, and by the time you get home, all you want to do is go to bed. It can be very easy to forget to take your tablets.



It doesn't matter how relaxed or active you are in the evenings: there are things you always do on a regular basis. Take advantage of them so you can create a ritual. Think about the things you never forget to do before bedtime, and integrate taking **Tebonin®** into one of them:

- Some people have some sort of nightcap before they go to bed: if this is part of your routine, simply put **Tebonin®** near your glass.

- If you watch TV in the evening, you can put the package next to your remote control or programme guide.

- Do you like to use your cell phone? Set yourself an alarm that will remind you to take your tablets regularly.

Tips for the **»mixed type«**

To get the most out of **Tebonin®**, we recommend that you try to become accustomed to taking **Tebonin®** at the same time of day.

Have a look at the strategies for the »morning type« and »evening type« and pick the ones that will help you remember your medicine day by day. Or select an activity you never forget, and combine that with taking Tebonin®.

- Many people find that the best choice is an activity they associate with positive things, such as a good evening meal or a favourite tv show they never miss.

- Spontaneous people often find it helpful to rely on their mobile phone’s alarm function.



Extra tip for **travelling**

Everyone wants to enjoy their holidays to the fullest. After all, it is the most precious time of the year. That makes it all the more important for you to remember to take your medicine regularly, even when you are travelling. It's hard enough to remember when you're at home within your own four walls.

When you're away from home, you should try to create a link between taking Tebonin® and recurring activities.



The easiest way is to pack a little medicine bag and keep it in a highly visible place next to your toiletries bag or your nightstand.

Extra tip for **travelling**

If you are on the go a lot and often realize after the fact that you have not yet taken your medicine, it can be helpful to make sure you always have a tablet or two in a blister pack in your wallet.

Or put a small supply in a practical pill bottle that you carry with you. This will make sure you have what you need if you have forgotten to take **Tebonin®**.



How are you doing **four weeks after starting Tebonin®?**

Please select any that apply to you:

1. I can remember names and dates more easily.
2. It’s easier for me to follow conversations again.
3. I can find the words I’m looking for.
4. Once again I can focus properly, and I can tell that my mind is working more effectively.



Results

If you have selected at least one answer: you have already seen the first signs of improvement. Keep taking **Tebonin®** regularly and at the appropriate dose of 240 mg per day; recommend it to friends and acquaintances.

If you did not select any of these answers because you have not (yet) felt an improvement, the reason might be:

!

You have not taken **Tebonin®** long enough yet. Please do not give up: take the test again after another four weeks of taking **Tebonin®** every day at the recommended daily dose of 240 mg. If you still have not noticed an improvement after three months, please consult with your doctor about your complaints.

Perhaps you have forgotten to take **Tebonin®** here and there. Continue taking **Tebonin®**, and make sure you do so every day! Our tips on pages 12 to 19 will help.



Tebonin® strengthens your memory and ability to concentrate the natural way.

The easy way to take Tebonin®:

Dosage: 240 mg / day

Period taken: effects felt after 2–4 weeks, at least 8 weeks are recommended

Tolerability: good, even in the long run



Tebonin® konzent 240mg// coated tablet. For adult use. **Active substance:** Dry extract from gingko biloba leaves. For the symptomatic treatment of mental losses due to organic brain syndrome within the framework of a general therapeutic concept for dementia syndromes having as major symptoms: Deficient memory, disturbances of concentration, depressive mood, dizziness, tinnitus and headache. The primary target group includes patients with dementia syndrome in primary degenerative dementia, vascular dementia and mixed forms of both. Individual response to the treatment cannot be predicted. **Note:** Prior to starting treatment with Ginkgo extract, clarification should be obtained as to whether the pathological symptoms encountered are not based on an underlying disease requiring a specific treatment. For risks and side effects, please read the package leaflet and consult your doctor or pharmacist. Dr. Willmar Schwabe GmbH & Co. KG – Karlsruhe. 804093899/292562/50000/0415.

insert local SPC

SCHWABE