

PROPRIETARY NAME AND DOSAGE FORM
MAGNESIUM COMPLEX (tablet)

COMPOSITION

Each tablet contains: Active ingredients: Vitamin B6 10 mg, Vitamin C 60 mg, Magnesium amino acid chelate 495 mg (equivalent to 99 mg elemental magnesium) and Zinc bisglycinate 30 mg (equivalent to 8,5 mg elemental zinc).

Other ingredients (excipients): Magnesium stearate, castor oil, calcium phosphate dibasic dihydrate, polyvinylpyrrolidone, silicon dioxide and coating.

*Tablets are free of gluten, preservatives, sugar and lactose.

PHARMACOLOGICAL CLASSIFICATION

D 34.12 Multiple substance formulation.

Discipline: Health supplement.

INDICATION

Magnesium is an essential mineral that contributes to a reduction of tiredness, fatigue, maintenance of normal muscle function, bones and teeth. This product is formulated with magnesium amino acid chelate and essential nutrients zinc, vitamins C and B6. This complex is absorbed by the body at a higher rate; making it an ideal choice for those with an increased demand for magnesium.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation.

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments or conditions (such as kidney- or heartdisease); or if you are taking any prescribed medication (such as aminoglycoside antibiotics or levodopa), please check with your healthcare provider before taking this medicine.

- No studies on the effect on the ability to drive and use machines have been performed. Please exercise care when driving or operating machinery until you know how it affects you.
- Porphyria: Safety has not been established.

Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.

PREGNANCY AND LACTATION

If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

INTERACTIONS

If you are taking other medicines regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. This medicine can affect the absorption of certain antibiotics (such as tetracycline, penicillamine and quinolone) and bisphosphonates. Take this supplement either two hours before or four hours after any other medication to prevent absorption problems. This medicine can cause certain medicine (such as phenytoin or phenobarbital) to be metabolised faster. Consult your healthcare provider for further advice.

DOSAGE AND DIRECTIONS FOR USE

Take one to two tablets a day, or as recommended by your healthcare provider.

SIDE EFFECTS

Side effects may include nausea, abdominal cramps, diarrhoea, coughing, fever and metallic taste. Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, discontinue use immediately and consult your doctor, pharmacist or other healthcare provider for advice.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

No known symptoms of overdose. Treatment is symptomatic and supportive.

IDENTIFICATION

Red Tablet.

PRESENTATION

30 Tablets are packed in a plastic container.

STORAGE INSTRUCTIONS

Store all medicines out of reach of children. Store in a cool dry place below 25°C and keep away from direct sunlight. Keep the container tightly closed.

NAME AND BUSINESS ADDRESS OF THE APPLICANT

Alveta Healthcare (Pty) Ltd, Mag3plus, 1 Greenwich Grove, Station Road, Rondebosch, 7700. Company registration number: 2004/021899/07. Pharmacy audit number: Y53008

DATE OF PUBLICATION OF THE PACKAGE INSERT

September 2017.

HANDELSMERKNAAM EN DOSEERVORM

MAGNESIUM COMPLEX (tablet)

SAMESTELLING

Elke tablet bevat: Aktiewe bestanddele: Vitamien B6 10 mg, Vitamien C 60 mg, Magnesium amino suur chelaat 495 mg (ekwivalent aan 99 mg elementêre magnesium) en Sink bis-glisinaat 30 mg (ekwivalent aan 8,5 mg elementêre sink).

Onaktiewe bestanddele: Magnesiumstearaat, kasterolie, kalsiumfosfaat dibasiese dihidraat, polivinielpirrolidoon, silikondioksied en deklaag.

*Tablette bevat geen gluten, preserveermiddels, suiker of laktose nie.

FARMAKOLOGIESE KLASSIFIKASIE

D 34.12 Multibestanddeel formule.

Dissipline: Gesondheidsaanvulling.

INDIKASIES

Magnesium is 'n noodsaaklike mineraal wat bydra tot die vermindering van uitputting en moegheid; handhawing van normale spierfunksie, bene en tande. Hierdie produk is geformuleer met 'n magnesium amino suur chelaat, gekombineer met essensiële sink, vitamienes C en B6. Hierdie kompleks word beter deur die liggaam geabsorbeer, en is die ideale oplossing vir diegene met 'n groter behoefte aan magnesium.

KONTRA-INDIKASIES

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie (soos bv. aminoglikosied antibiotika of levodopa) gebruik of aan enige ernstige siektes of toestande (soos bv. nier- of hartprobleme) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Geen studies is gedoen om die effek wat die medisyne het op bestuur en die gebruik van masjinerie vas te stel nie. Wees asseblief versigtig wanneer jy bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed.
- Porfirie: Veiligheid is nie vasgestel nie.

Voedingsaanvullings moet nie 'n gebalanseerde dieët vervang nie. Moenie die aanbevole dosis oorskry sonder om 'n geneesheer te raadpleeg nie.

SWANGERSKAP EN BORSVOEDING

Raadpleeg jou geneesheer as jy swanger is of borsvoed voordat jy hierdie medisyne gebruik.

INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplimentêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Hierdie medisyne kan die absorpsie van sekere antibiotikas (soos bv. tetrasiklene, quinolone of penisillienamien) en bisfosfonate beïnvloed. Neem hierdie aanvulling twee ure voor of vier ure na enige ander medisyne om absorpsie probleme te voorkom. Hierdie medisyne kan die metabolisme van sekere medisyne (soos fenitoïen of fenobarbital) versnel. Raadpleeg jou geneesheer vir verdere advies.

DOSIS EN GEBRUIKSAANWYSINGS

Neem een tot twee tablette daaglik, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE

Neuwe-effekte sluit naarheid, abdominale krampe, diarree, hoes, koors en metaalsmaak in. Sommige aangemelde newe-effekte is nie in hierdie voubiljet ingesluit nie. Indien jy enige onaangename newe-effekte ervaar of voel dat jou algemene gesondheid verswak, hou onmiddellik op om die medisyne te gebruik en kontak jou geneesheer.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING

Simptome van oordosering is onbekend. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE

Rooi Tablet.

AANBIEDING

30 Tablette verpak in 'n plastiek houer.

BERGINGSAAWYSINGS

Berg alle medisyne buite bereik van kinders. Berg in 'n koel, droë plek onder 25°C en hou weg van direkte sonlig. Hou die houer dig toe.

NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT

Alveta Healthcare (Pty) Ltd, Mag3plus, Greenwhich Grove 1, Station weg, Rondebosch 7700, Maatskappy registrasie nommer 2004/021899/07. Apteek audit nommer: Y53008

DATUM VAN VOUBILJET PUBLIKASIE

September 2017.