

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple Substance Formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –



BONE BUILDER WITH MAGNESIUM,

90 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **BONE BUILDER WITH MAGNESIUM** is available without a doctor's prescription.
- Nevertheless, you still need to use **BONE BUILDER WITH MAGNESIUM** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **BONE BUILDER WITH MAGNESIUM** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **BONE BUILDER WITH MAGNESIUM** is and what it is used for.
- What you need to know before you take **BONE BUILDER WITH MAGNESIUM**.
- How to take **BONE BUILDER WITH MAGNESIUM**.
- Possible side effects.
- How to store **BONE BUILDER WITH MAGNESIUM**.
- Contents of the pack and other information.

WHAT BONE BUILDER WITH MAGNESIUM CONTAINS

Each one (1) tablet of **BONE BUILDER WITH MAGNESIUM** contains the following actives:

Calcium (as Microcrystalline Hydroxyapatite Concentrate and Dicalcium phosphate)	206 mg
Phosphorus (as Microcrystalline Hydroxyapatite Concentrate and Dicalcium phosphate)	116 mg
Magnesium (as Magnesium citrate, Magnesium aspartate and Magnesium bis-glycinate)	100 mg
Vitamin D (as Cholecalciferol)	5 µg (200 I.U.)

Inactive Ingredients: Cellulose, hydroxypropyl cellulose, hypromellose, medium chain triglycerides, silica, sodium starch glycolate, stearic acid. **This product is gluten free and non-GMO (Sugar Free)**

WHAT BONE BUILDER WITH MAGNESIUM IS AND WHAT IT IS USED FOR
BONE BUILDER WITH MAGNESIUM is designed to support bone mineral density and also features vitamin D and magnesium for enhanced bone support and healthy muscle function.

BEFORE YOU TAKE BONE BUILDER WITH MAGNESIUM

If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Do not take **BONE BUILDER WITH MAGNESIUM** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, do not take if you are pregnant or breastfeeding. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare professional before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **BONE BUILDER WITH MAGNESIUM** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **BONE BUILDER WITH MAGNESIUM** may affect you.

TAKING OTHER MEDICINES WITH BONE BUILDER WITH MAGNESIUM

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Taking antibiotics along with **BONE BUILDER WITH MAGNESIUM** can reduce the effects of the medicine. To avoid this interaction, take **BONE BUILDER WITH MAGNESIUM** at least 2 hours before or after antibiotics.

HOW TO TAKE BONE BUILDER WITH MAGNESIUM

Do not share medicines prescribed for you with any other person. Always take **BONE BUILDER WITH MAGNESIUM** exactly as described in this leaflet, or as your doctor, healthcare practitioner has instructed you. You should check with your doctor, pharmacist or healthcare practitioner if you are unsure.

Directions for use:

Adults: Take one (1) tablet daily with food or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE BONE BUILDER WITH MAGNESIUM THAN YOU SHOULD

In the event of overdose, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE BONE BUILDER WITH MAGNESIUM

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

BONE BUILDER WITH MAGNESIUM may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: high calcium levels (hypercalcaemia), kidney disease (including kidney stones), little or no stomach acid (achlorhydria), heart disease, disease of the pancreas, a certain lung disease (sarcoidosis), difficulty absorbing nutrition from food (malabsorption syndrome), diabetes, bleeding disorders, heart block. If you are taking the following medication, please consult with your healthcare practitioner before taking: digoxin, cellulose sodium phosphate, certain phosphate binders (such as calcium acetate), anticoagulants (Warfarin), diabetic medication, blood pressure medication. If any of the following happens, stop using **BONE BUILDER WITH MAGNESIUM** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions – rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.
- Nausea/vomiting, loss of appetite, unusual weight loss, mental/mood changes, bone/muscle pain, headache, increased thirst/urination, weakness, unusual tiredness.

These are all very serious effects. If you have them, you may have had a serious reaction to **BONE BUILDER WITH MAGNESIUM**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- Gastrointestinal discomfort: Bloating, gas, or constipation.
- Not all side effects and interactions reported for **BONE BUILDER WITH MAGNESIUM** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **BONE BUILDER WITH MAGNESIUM**.

STORAGE AND DISPOSING OF BONE BUILDER WITH MAGNESIUM

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

Do not use after the expiry date stated on the bottle.

Do not use **BONE BUILDER WITH MAGNESIUM** if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF BONE BUILDER WITH MAGNESIUM

A white 250 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

IDENTIFICATION OF BONE BUILDER WITH MAGNESIUM

White, oblong coated tablet.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

19 November 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS S0

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.12 Meervoudige Bestanddeel Formulasie

HANDELSNAAM EN DOSEERVORM,

BONE BUILDER WITH MAGNESIUM,

90 tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

- **BONE BUILDER WITH MAGNESIUM** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **BONE BUILDER WITH MAGNESIUM** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **BONE BUILDER WITH MAGNESIUM** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **BONE BUILDER WITH MAGNESIUM** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **BONE BUILDER WITH MAGNESIUM** neem.
- Hoe om **BONE BUILDER WITH MAGNESIUM** te neem.
- Moontlike nuwe-effekte.
- Hoe om **BONE BUILDER WITH MAGNESIUM** te bêre.
- Inhoud van die pak en ander inligting

WATTER BONE BUILDER WITH MAGNESIUM BEVAT

Elke een (1) tablet **BONE BUILDER WITH MAGNESIUM** bevat die volgende aktiewe:

Kalsium (as Mikrokristallyne Hidroksiapatiet-Konsentraat en Dikalsiumfosfaat)	206 mg
Fosfor (as Mikrokristallyne Hidroksiapatiet-Konsentraat en Dikalsiumfosfaat)	116 mg
Magnesium (as Magnesiumsitraat, Magnesium aspartaat en Magnesium bisglicinaat)	100 mg
Vitamiën D (as Cholekalsiferol)	5 µg (200 IE)

Onaktiewe bestanddele: Sellulose, hidroksiopropielcellulose, hipromellose, mediumketting trigliseriede, silika, natriumstyselglukolaat, steariensuur.

Hierdie produk is glutenvry en nie-GO (Suikervry)

WAT IS BONE BUILDER WITH MAGNESIUM KAPSULES EN WAARVOOR WORD DIT GEBRUIK

BONE BUILDER WITH MAGNESIUM is ontwerp om beëmmieraaldigheid te ondersteun en beskik oor vitamien D en magnesium vir verbeterde beenondersteuning en gesonde spierfunksie.

VOORDAT JY BONE BUILDER WITH MAGNESIUM NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **BONE BUILDER WITH MAGNESIUM** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

SWAGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, moenie neem as jy swanger is of borsvoed nie. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

BESTUUR EN GEBRUIK VAN MASIËNE

Dit is nie altyd moontlik om te voorspel in watter mate **BONE BUILDER WITH MAGNESIUM** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, ordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **BONE BUILDER WITH MAGNESIUM** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET BONE BUILDER WITH MAGNESIUM

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Die neem van antibiotika saam met **BONE BUILDER WITH MAGNESIUM** kan die effekte van die medisyne verminder. Om hierdie interaksie te vermy, neem **BONE BUILDER WITH MAGNESIUM** ten minste 2 ure voor of na antibiotika.

HOE OM BONE BUILDER WITH MAGNESIUM TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **BONE BUILDER WITH MAGNESIUM** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwasse: Neem een (1) tablet daagliks met etes, of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER BONE BUILDER WITH MAGNESIUM NEEM AS WAT JY MOET
In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM BONE BUILDER WITH MAGNESIUM TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NUWE-EFFEKTE

BONE BUILDER WITH MAGNESIUM kan nuwe-effekte hê. Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: hoë kalsiumvlakke (hiperkalsemie), niersiekte (insluitend nierstene), min of geen maagsuur (achlorhidrie), hartsiekte, siekte van die pankreas, 'n sekere longsiekte (sarkoidose), probleme met die opname van voeding uit voedsel (wanabsorpsiesindroom), diabetes, bloedingsversteurings, hartbolk. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: digoksin, sellulose-natriumfosfaat, sekere fosfaatbinders (soos kalsiumasetaat), antikoagulanse (Warfarin), diabetiese medikasie, bloeddrukmedikasie. As enige van die volgende gebeur, hou op om **BONE BUILDER WITH MAGNESIUM** te gebruik en vertel jou dokter of gaan na die ongewelddelende by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;
- Naarheid / braking, verlies aan eetlus, ongewone gewigsverlies, gestelike / gemoedsveranderinge, been- / spierpyn, hoofpyn, verhoogde dors / urinering, swakheid, ongewone moegheid.

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **BONE BUILDER WITH MAGNESIUM** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteur aan u gesondheidsorgpraktisyn as dit voortduur):

- Gastro-intestinale ongemak: Opgeblasenheid, gas of hardlywigheid.

Nie alle nuwe-effekte en interaksies wat vir **BONE BUILDER WITH MAGNESIUM** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook nuwe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aantlyk gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **BONE BUILDER WITH MAGNESIUM**.

HOE OM BONE BUILDER WITH MAGNESIUM TE BÊRE

Bêre alle medisyne buite bereik van kinders.

Bêre in 'n koel, donker plek, onder 25 °C.

Beskermt teen direkte sonlig en hitte.

Bêre in die oorspronklike verpakking.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie **BONE BUILDER WITH MAGNESIUM** gebruik as u sigbare tekens van agteruitgang opmerk nie.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN BONE BUILDER WITH MAGNESIUM

'n Wit 250 ml HDPE-bottel met 'n wit dop, induksiesel, peuterkrumpeel, spons en silikagelsakkie.

IDENTIFIKASIE VAN BONE BUILDER WITH MAGNESIUM

Wit, langwerpige bedekte tablet.

REGISTRASIONOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

19 November 2024

NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

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