

## PROFESSIONAL INFORMATION

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

### MAGNOZONE, 60 & 120 Capsules

#### COMPOSITION

Each one (1) capsule of MAGNOZONE contains the following actives:

Magnesium (as magnesium oxide and magnesium hydroxide)	130 mg
Lemon bioflavonoids	20 mg
Vitamin C (as ascorbic acid)	5 mg

**Inactive Ingredients:** : Diatomaceous earth, maltodextrin, microcrystalline cellulose.

**This product is suitable for Vegetarians, gluten free and non-GMO. (Sugar Free)**

#### PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine

#### INDICATION & PHARMACOLOGICAL ACTION

**MAGNOZONE** contains vitamin C and bioflavonoids as antioxidants with added magnesium as a factor in the maintenance of good health.

Ingredients	Uses for ingredient
Magnesium (as magnesium oxide and magnesium hydroxide)	Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium is required for energy production, oxidative phosphorylation, and glycolysis.
Lemon bioflavonoids	Lemon contains antioxidants called bioflavonoids. These bioflavonoids might be responsible for the health benefits of lemon. People use lemon for hay fever, high blood pressure, obesity, morning sickness, and many other conditions
Vitamin C (as ascorbic acid)	It is needed by the body to help wounds heal, to enhance the absorption of iron from plant foods, and to support the immune system. It works as an antioxidant to protect your cells against free radicals, which may play a role in heart disease

#### CONTRA INDICATIONS:

Caution is advised when taking Magnesium with hypertensive, diuretic and muscle relaxant medicines in order to avoid unwanted interactions.

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **MAGNOZONE** 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.

#### WARNING AND SPECIAL PRECAUTIONS

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: : diabetes, alcohol dependence, liver disease, phenylketonuria (PKU), kidney disease or any other condition that requires you to limit/avoid these substances in your diet, stomach ulcers. If you are taking the following medication, please consult with your healthcare professional before taking: Levodopa/carbidopa (Sinemet) is used for Parkinson disease, tetracycline/quinolone antibiotics (such as tetracycline, ciprofloxacin), bisphosphonate (alendronate (Fosamax), etidronate (Didronel), risedronate (Actonel), tiludronate (Skelid), high blood pressure, muscle relaxants, diuretics, anticoagulants (warfarin), antacids, ketamine (Ketalar). If any of the following happens, stop using **MAGNOZONE** 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, headache, fast or slow heart rate.



These are all very serious effects. If you have them, you may have had a serious reaction to **MAGNOZONE**. 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):

- Blurred vision, nausea/vomiting.

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

Seek advice from a healthcare professional if you have any medical condition. Discontinue use immediately should any adverse reaction occur.

Read this leaflet carefully because it contains important information for you. This product is available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.
- Do not share medication with any other person.
- Ask your pharmacist if you need more information or advice.
- You must consult a doctor should your condition worsen or does not improve.

**DO NOT USE THIS PRODUCT:**

- If you are hypersensitive (allergic) to any of the ingredients listed.
- Do not accept this package if seals are broken.

#### INTERACTIONS

Always tell your healthcare professional if you are taking any other medicine. It is possible that exposure of certain supplement ingredients may interfere with certain medications. (See **Warnings & Special precautions**)

#### DOSAGE AND DIRECTIONS FOR USE

**Adults:** Take one (1) vegicap on an empty stomach with an extra glass of water or as directed by your healthcare practitioner.

Take 2 hours before or two hours after antibiotics.

**Do not take more than the recommended dose.**

#### SIDE EFFECTS

Should your general health worsen, or if you experience any untoward effects while being exposed to this product, please consult your doctor, pharmacist or other healthcare professional for advice.

#### KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT

See side-effects.

#### Treatment:

Discontinue use and consult your doctor, pharmacist or other healthcare professional for advice.

#### STORAGE INSTRUCTION

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

Protect from direct sunlight and heat.

Store in the original bottle.

Keep the bottle tightly closed.

Replace the protective cap after each use.

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

Do not use **MAGNOZONE** if you notice visible signs of deterioration.

#### IDENTIFICATION

Capsule.

#### PRESENTATION

**60 CAPSULES** - A white 175 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

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

#### REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

This medicine has not been evaluated by SAHPRA for quality, safety, or intended use.

#### NAME AND BUSINESS ADDRESS OF APPLICANT

Distributed by:

Amipro Advanced Development Products (Pty) Ltd  
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,  
Sandton, 2146  
Tel: 011-802-8101

#### DATE OF PUBLICATION

To be allocated by the regulatory authority.

# PROFESIONELE INLIGTINGSBLAD

SKEDULERINGSSTATUS: 50

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.12 Meervoudige Bestanddeel Formulasie

HANDELSNAAM EN DOSEERVORM,

## MAGNOZONE, 60 & 120 Kapsules

### SAMESTELING

Elke (1) capsule MAGNOZONE bevat die volgende aktiewe stowwe:

Magnesium (as magnesiumoksied en magnesiumhidroksied)	130 mg
Suurlemoen bioflavonoïede	20 mg
Vitamiën C (as askorbiensuur)	5 mg

**Onaktiewe bestanddele:** Diatomee-aarde, maltodekstrien, mikrokristallyne sellulose.

**Hierdie produk is geskik vir vegetariërs, glutenvry en nie-GGO.**

(Suiker vry)

### FARMAKOLOGIESE KLASIFIKASIE

Komplementêre medisyne

### AANDUIDING EN FARMAKOLOGIESE WERKING

**MAGNOZONE** bevat vitamien C en bioflavonoïede as antioksidante, met bygevoegde magnesium wat bydra tot die instandhouding van goeie gesondheid.

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **MAGNOZONE** gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê.

Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan jou gesondheidsorgpraktisyn as hulle voortduur):

- Versteurde visie, naarheid/braking.
- Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op **MAGNOZONE** gehad. Miskien het u dringende mediese hulp of hospitalisasie nodig.
- Raadpleeg 'n gesondheidsorgpraktisyn as u enige mediese toestand het. Staak gebruik onmiddellik indien enige nadelige reaksie plaasvind. Lees hierdie inligtingsblad aandagtig deur, want dit bevat belangrike inligting vir u. Hierdie produk is beskikbaar sonder doktersvoorskrif.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie medisyne met enige ander persoon deel nie.
- Vra jou apteker of jy meer inligting of advies benodig.
- Jy moet 'n dokter raadpleeg indien jou toestand vererger of nie verbeter nie.

**MOENIE HIERDIE PRODUK GEBRUIK NIE:**

• As jy hipersensitief (allergies) is vir enige van die bestanddele wat gelys word.

• Jy moet nie hierdie produk aanvaar as seëls gebreek word nie.

### INTERAKSIES

Vertel altyd jou gesondheidsorgpraktisyn as jy enige ander medisyne gebruik.

Dit is moontlik dat blootstelling van sekere aanvullingsbestanddele met sekere medisyne 'n interaksie mag hê.

(Sien **Waarskuwings en Spesiale voorsorgmaatreëls**)

### DOSIS EN AANWYSINGS VIR GEBRUIK

**Volwassenes:** Neem een (1) kapsule op 'n leë maag saam met 'n ekstra glas water, of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

Neem 2 ure voor of twee ure na antibiotika.

**Moenie meer as die aanbevole dosis neem nie.**

### NUWE-EFFEKTE

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.

### BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Sien nuwe-effekte.

#### Behandeling:

Staak gebruik en raadpleeg jou dokter, apteker of ander gesondheidsorgpraktisyn vir advies.

### BERGING INSTRUKSIE

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

Besker teen direkte sonlig en hitte.

Bêre n die oorspronklike bottel.

Hou die bottel styf toe.

Vervang die beskerende dop na elke gebruik.

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

Moenie **MAGNOZONE** gebruik as u sigbare tekens van agteruitgang opmerk nie.

### IDENTIFIKASIE

Kapsule.

### AANBIEDING

**60 KAPSULE** - 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpseël, spons en silikagelsakkie.

**120 KAPSULE** - 'n Wit 250 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpseël, spons en silikagelsakkie.

### REGISTRASIE NOMMER

Om by registrasie deur SAHPRA toegeken te word.

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

### NAAM EN BESIGHEIDSADRES VAN APPLIKANT

Versprei deur: Amipro Advanced Development Products (Pty) Ltd  
Unit 3, Eastgate Business Park, 1 South Road,  
Eastgate Extension,  
Sandton, 2146,  
Tel: 011- 802-8101

### DATUM VAN PUBLIKASIE

Om deur die regulerende owerheid toegeken te word.

Bestanddele	Gebruike vir bestanddeel
Magnesium (as magnesiumoksied en magnesiumhidroksied)	Magnesium is 'n faktorer in meer as 300 ensiemstelsels wat diverse biochemiese reaksies in die liggaam reguleer, insluitend proteïensintese, spier- en senuweefunksie, bloeddrukbeheer en bloeddrukregulering. Magnesium word benodig vir energieproduksie, oksidatiewe fosforilering en glikolise.
Suurlemoen bioflavonoïede	Suurlemoen bevat antioksidante wat bioflavonoïede genoem word. Hierdie bioflavonoïede kan verantwoordelik wees vir die gesondheidsvoordele van suurlemoen. Mens gebruik suurlemoen vir hooikoors, hoë bloeddruk, vetsug, oggendnaarheid en baie ander toestande
Vitamiën C (as askorbiensuur)	Dit word deur die liggaam benodig om wonde te help genees, om die opname van yster uit plantvoedsel te verbeter en om die immuunstelsel te ondersteun. Dit werk as 'n antioksidant om jou selle teen vrye radikale te beskerm, wat 'n rol in hartsiektes kan speel

### KONTRA-INDIKASIES:

Wees versigtig wanneer Magnesium saam met hipertensiewe, diuretiese en spierverslappende medisyne geneem word om ongewenste interaksies te vermy. As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **MAGNOZONE** 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.

### WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: diabetes, alkoholafhanklikheid, lewersiekte, fenielketonurie (PKU), niersiekte of enige ander toestand wat vereis dat jy hierdie stowwe in jou dieet beperk/vermy, maagsere.

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Levodopa/carbidopa (Sinemet) word gebruik vir Parkinson-siekte, tetrasiklien/kinolonantibiotika (soos tetrasiklien, ciprofloxacien), bisfosfaat (alendronaat (Fosamax), etidronaat (Didrone), risedronaat (Actonel), tiludronaat (Skelid), hoë bloeddruk, spierverslappers, diuretika, antikoagulante (warfarin), teenuurmiddels, ketamien (Ketalar). As enige van die volgende gebeur, hou op om **MAGNOZONE** te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Allergiese reaksies - uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling, hoofpyn, vinnige of stadige hartklop