

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Health Supplement

34.7 Minerals

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

MAG GLYCINATE, 60 & 120 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS

IMPORTANT INFORMATION FOR YOU

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

WHAT IS IN THIS LEAFLET

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

WHAT MAG GLYCINATE CONTAINS

Each one (1) tablet of **MAG GLYCINATE** contains the following actives:

Magnesium (as magnesium bis-glycinate) 100 mg

Inactive Ingredients : Microcrystalline cellulose, stearic acid (vegetable), bamboo extract (Bambusa vulgaris Schrad.)

This product is suitable for Vegetarians, is gluten and non-GMO.

(Sugar Free)

WHAT MAG GLYCINATE IS AND WHAT IT IS USED FOR

MAG GLYCINATE features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance. Magnesium is an essential mineral that acts as a cofactor in many metabolic processes, supporting energy metabolism and overall wellbeing.

BEFORE YOU TAKE MAG GLYCINATE

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **MAG GLYCINATE** 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. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare practitioner for advice before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **MAG GLYCINATE** 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 **MAG GLYCINATE** may affect you.

TAKING OTHER MEDICINES WITH MAG GLYCINATE

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

HOW TO TAKE MAG GLYCINATE

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

Directions for use:

Adults: Take one (1) tablet once or twice per day or as directed by your healthcare practitioner.

Take 2 hours before or two hours after antibiotics.

Do not take more than the recommended dose.

IF YOU TAKE MORE MAG GLYCINATE 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 MAG GLYCINATE

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

POSSIBLE SIDE EFFECTS

MAG GLYCINATE may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: rectal bleeding, bowel problems (such as blockage, ulcerative colitis, hemorrhoids), heart disease (such as irregular heartbeat), kidney disease, current stomach/abdominal symptoms (such as nausea/vomiting that doesn't stop, pain, cramping), high calcium/vitamin D levels (hypercalcemia/hypervitaminosis D), difficulty absorbing nutrition from food (malabsorption syndrome), heart/blood vessel disease, kidney disease (including kidney stones), certain immune system disorder (sarcoidosis), liver disease, certain bowel diseases (Crohn's disease, Whipple's disease), little or no stomach acid (achlorhydria), low levels of bile, untreated phosphate imbalance. If you are taking the following medication, please consult with your healthcare practitioner before taking: digoxin, sodium polystyrene sulfonate, tetracycline/quinolone antibiotics (such as tetracycline, ciprofloxacin). If any of the following happens, stop using **MAG GLYCINATE** 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.
- no bowel movement within 6 hours after taking the medicine; pain with bowel movements, rectal bleeding; watery diarrhoea, nausea, vomiting, severe stomach pain; painful or difficult urination; flushing (warmth, redness, or tingly feeling); a light-headed feeling, like you might pass out; weak or shallow breathing, slow heartbeats; or muscle weakness, increased thirst.

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

- nausea/vomiting, constipation, loss of appetite, mental/mood changes, unusual tiredness.

Not all side effects and interactions reported for **MAG GLYCINATE** 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 **MAG GLYCINATE**.

STORAGE AND DISPOSING OF MAG GLYCINATE

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 **MAG GLYCINATE** if you notice visible signs of deterioration.

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

PRESENTATION OF MAG GLYCINATE

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

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

IDENTIFICATION OF MAG GLYCINATE

Coated white caplet.

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

Distributed by:

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS S0

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.7 Minerale

HANDELSNAAM EN DOSEERVORM,

MAG GLYCINATE, 60 & 120 TABLETTE

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

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

WAT IS IN HIERDIE INLIGTINGSBLAD

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

WAT MAG GLYCINATE BEVAT

Elke een (1) tablet **MAG GLYCINATE** bevat die volgende aktiewe:

Magnesium (as magnesium bis-glysiinaat) 100 mg

Onaktiewe bestanddele: Mikrokristallyne sellulose, steariensuur (plant), bamboes uittreksel (Bambusa vulgaris).

Hierdie produk is geskik vir vegetariërs, is gluten- en nie-GGO. (Suiker vry)

WAT IS MAG GLYCINATE KAPSULES EN WAARVOOR WORD DIT GEBRUIK

MAG GLYCINATE bevat 'n magnesium aminosuur chelaat (bis-glysiinaat) wat ontwerp is om absorpsie en intestinale verdraagsaamheid te verbeter. Magnesium is 'n essensiële mineraal wat as 'n kofaktor optree in verskeie metaboliese prosesse, en ondersteun energiemetabolisme en algehele welstand.

VOORDAT JY MAG GLYCINATE NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **MAG GLYCINATE** 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.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel, raadpleeg u gesondheidsorgpraktisyn voor gebruik. 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 MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **MAG GLYCINATE** 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 waaksamheid, oordeel en/of gesonde kordinasie en visie nie, byvoorbeeld bestuur, vr, vlieg, seil, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **MAG GLYCINATE** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET MAG GLYCINATE

Wees versigtig wanneer Magnesium saam met hipertensiewe, diuretiese en spierverslappende medisyne geneem word om ongewenste interaksies te vermy. 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.

HOE OM MAG GLYCINATE TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Moenie altyd **MAG GLYCINATE** 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:

Volwassenes: Neem een (1) tablet een of twee keer daaglik, of soos voorgeskryf deur jou gesondheidspraktisyn.

Neem 2 ure voor of twee ure na antibiotika.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER MAG GLYCINATE NEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien een hier van beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM MAG GLYCINATE TE NEEM

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

MOONTLIKE NUWE-EFFEKTE

MAG GLYCINATE kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: rektale bloeding, dermprobleme (soos verstopping, useratiewe kolitis, aambeie), hartsiektes (soos onreëlmatige hartklop), niersiekte, huidige maag / abdominale simptome (soos naarheid / braking wat nie ophou nie, pyn, krampe), hoë kalsium / vitamien D-vlakke (hiperkalsemie / hipervitaminose D), probleme om voeding uit voedsel te absorbeer (wanabsorpsiesindroom), hart-/bloedvatsiekte, niersiekte (insluitend nierstene), sekere immuunstelselversteuring (sarkoidose), lewersiekte, sekere dermsiektes (Crohn se siekte, Whipple se siekte), min of geen maagsuur (achlorhidrie), lae vlakke van gal, onbehandelde fosfaatwanbalans. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: digoksin, natriumpolitisreusulfonaat, tetraskilien/kinolonantibiotika (soos tetraskilien, ciprofloxacyn). As enige van die volgende gebeur, hou op om **MAG GLYCINATE** te gebruik en vertel jou dokter of gaan na die ongevallende afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;
- geen stoelgang binne 6 uur nadat die medisyne geneem is nie; pyn met dermbewegings, rektale bloeding; waterige diarree, naarheid, braking, erge maagpyn; pynlike of moeilike urinering; bloes (warmte, rooiheid of titelende gevoel); 'n lighoofdigde gevoel, asof jy kan flou word; swak of vlak asemhaling, stadige hartklop; of spierswakheid, verhoogde dors.

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

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

- naarheid / braking, hardlywigheid, verlies aan eetlus, geestelike / gemoedsveranderinge, ongewone moegheid.

Nie alle nuwe-effekte en interaksies wat vir **MAG GLYCINATE** 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 aanlyn 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

MAG GLYCINATE.

HOE OM MAG GLYCINATE TE BEREË

Bêre alle medisyne buite bereik van kinders.

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

Beskerm 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 **MAG GLYCINATE** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

AANBIEDING VAN MAG GLYCINATE

60 TABLETTE - 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksiesêel, peuterkrimpseël, spons en silikagelsakkie.

120 TABLETTE - 'n Wit 250 ml HDPE-bottel met 'n wit dop, induksiesêel, peuterkrimpseël, spons en silikagelsakkie.

IDENTIFIKASIE VAN MAG GLYCINATE

Bedekte wit caplet.

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

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