

PROFESSIONAL INFORMATION

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.7 Minerals

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

MAG L-THREONATE, 60 & 120 Capsules

COMPOSITION

Each one (1) tablet of MAG L-THREONATE contains the following actives:

Magnesium (as magnesium L-threonate) 98 mg

Inactive ingredients: Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, stearic acid (vegetable), and silica

This product is suitable for Vegetarians and non-GMO. (Sugar Free)

PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine

INDICATION & PHARMACOLOGICAL ACTION

MAG L-THREONATE features a unique form of magnesium L-threonate as Magtein®, that effectively crosses the blood-brain barrier to help support psychological function.

Ingredients	Uses for ingredient
Magnesium (as magnesium L-threonate)	Magnesium threonate is a supplement that can be used to improve learning and memory, reduce anxiety and stress, relieve pain, improve cognitive function and regulate sleep.

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 **MAG L-THREONATE** 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. If you are taking the following medication, please consult with your healthcare professional before taking: digoxin, sodium polystyrene sulfonate, tetracycline/quinolone antibiotics (such as tetracycline, ciprofloxacin). If any of the following happens, stop using **MAG L-THREONATE** 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;



These are all very serious effects. If you have them, you may have had a serious reaction to **MAG L-THREONATE**. 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.

These are all very serious effects. If you have them, you may have had a serious reaction to **MAG L-THREONATE**. 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 two (2) capsules daily or as directed by your healthcare practitioner.

Take 2 hours before or two hours after antibiotics or thyroid medication.

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 **MAG L-THREONATE** 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: **S0**

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.7 Minerale

HANDELSNAAM EN DOSEERVORM,

MAG L-THREONATE, 60 & 120 Kapsules

SAMESTELING

Elke (1) tablet MAG L-THREONATE bevat die volgende aktiewe stowwe:

Magnesium (as magnesium L-treonaat) 98 mg

Onaktiewe bestanddele: Hidroksipropielmetielcellulose, mikrokristallyne sellulose, steariensuur (plant), silika.

Hierdie produk is geskik vir vegetariërs en nie-GGO.

(Suiker vry)

FARMAKOLOGIESE KLASIFIKASIE

Komplementêre medisyne

AANDUIDING EN FARMAKOLOGIESE WERKING

MAG L-THREONATE bevat 'n unieke vorm van magnesium L-treonaat as Magtein®, wat effektief deur die bloed-brein versperring beweeg om sielkundige funksie te ondersteun.

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.

Bestanddele	Gebruike vir bestanddeel
Magnesium (as magnesium L-treonaat)	Magnesiumtreonaat is 'n aanvulling wat gebruik kan word om leer en geheue te verbeter, angs en stres te verminder, pyn te verlig, kognitiewe funksie te verbeter en slaap te reguleer.

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 **MAG L-THREONATE** 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 moet beperk/vermy.

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: digoksien, natriumpolistireensulfonaat, tetrasiklien/kinoloon-antibiotika (soos tetrasiiklien, siprofloksasien). As enige van die volgende gebeur, hou op om **MAG L-THREONATE** te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling of jou naaste hospitaal:

- Allergiese reaksie-uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling,;

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

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

- naarheid / braking, hardlywigheid, verlies aan eetlus.
- Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op **MAG L-THREONATE** 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 voorsorgmatreëls**)

DISIS EN AANWYNGS VIR GEBRUIK

Volwassenes: Neem twee (2) kapsules daaglik of soos voorgeskryf deur jou gesondheidspraktisyn.

Neem 2 ure voor of twee ure na antibiotika of skildklier medisyne.

Moenie meer as die aanbevole dosis neem nie.

NEWE-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.

BEKENE 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.

Beskermt teen direkte sonlig en hitte.

Bêre n die oorspronklike bottel.

Hou die bottel styf toe.

Vervang die beskermende dop na elke gebruik.

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

Moenie **MAG L-THREONATE** 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.