MAGBOOST

Complementary Medicine – Health Supplement

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS S0

MAGBOOST effervescent tablets

Active ingredient	Amount per tablet	% NRV
Trimagnesium citrate providing magnesium (elemental)	1724,1 mg 250 mg	60
Ascorbic acid (vitamin C)	200 mg	200
Zinc citrate providing zinc (elemental)	80,1 mg 25 mg	227
Vitamin K2 (menaquinone K7) providing vitamin K (elemental)	5 mg 10 µg	8

Each effervescent tablet contains sugar, mannitol (300 mg) and sweetener, sucralose (20 mg).

Read all of this leaflet carefully because it contains important information for you.
MAGBOOST is available without a doctor's prescription, for you to maintain your health.
Nevertheless, you still need to use MAGBOOST carefully to get the best results from it.
- Keep this leaflet. You may need to read it again
- Do not share MAGBOOST with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet
1. What MAGBOOST is and what it is used for
2. What you need to know before you take MAGBOOST
3. How to take MAGBOOST
4. Possible side effects
5. How to store MAGBOOST
6. Contents of the pack and other information

1. What MAGBOOST is and what it is used for
MAGBOOST is a health supplement intended to
- assist in the maintenance of normal muscle function
- relieve muscle cramps
- reduce tiredness and fatigue.

2. What you need to know before you take MAGBOOST
Do not take MAGBOOST
- if you are hypersensitive (allergic) to any of the ingredients of MAGBOOST (listed in section 6)
- if you are pregnant
- if you are under the age of 14 years.

Warnings and precautions
Take special care
- if you have problems with your kidneys
- if you have constant diarrhoea and stomach or intestine disturbances
- if you are taking another multivitamin and mineral supplement. Do not take more than the recommended dosage
- if you take more than the recommended dose of MAGBOOST, as it may lead to a copper deficiency, low blood cell counts, blood disorders and cause formation of kidney stones
- if you are undergoing blood and urine tests, as MAGBOOST can interfere with the results.

Children and adolescents
MAGBOOST is not suitable for children under the age of 14.

Other medicines and MAGBOOST
Always tell your healthcare provider if you are taking any other medicine (this includes complementary or traditional medicines).

Taking MAGBOOST with the following medicine is not recommended:
- tetracyclines (antibiotic used to treat infections) as the effect of the antibiotic may be lowered. An interval of at least 2 - 3 hours should be allowed between taking MAGBOOST and tetracyclines
- bisphosphonates e.g. risedronate, alendronate (medicine which prevents the loss of bone density and used to treat osteoporosis and similar bone diseases)
- desferrioxamine (used to treat iron overload) as it may worsen iron toxicity, particularly to the heart.

The absorption and/or effect of certain vitamins or minerals is lowered when MAGBOOST is taken together with certain medicine. These include:
- omeprazole (treats heartburn and stomach ulcers)
- the "pill" (oral contraceptive) and hormone replacement therapy
- iron supplements
- penicillamine (medicine used to treat Wilson's disease)
- medicine which contains phosphorus.

The effect of certain medicine or substances may be reduced when taken together with MAGBOOST. These include:
- fluphenazine (treatment for bipolar disorder)
- warfarin (treatment for blood clots) and other anticoagulants
- fluoroquinolones (antibiotics used to treat infections e.g. ciprofloxacin, moxifloxacin)
- copper supplements.

Taking MAGBOOST with food and drink
Take one effervescent tablet dissolved in a half to full glass of cold water, with or directly after meals. Do not take on an empty stomach.

Pregnancy and breastfeeding
If you are pregnant or breastfeeding your baby, think you may be pregnant, or planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice, before taking MAGBOOST.

Driving and using machinery
It is unlikely that MAGBOOST may interfere with your daily activities, but it is not always possible to predict to what extent. Thus, ensure that you do not engage in the above activities until you are aware of the measure to which MAGBOOST affects you.

MAGBOOST contains sugar (300 mg mannitol/effervescent tablet) and sweetener (20 mg sucralose/effervescent tablet)
MAGBOOST may have a mild laxative effect.

3. How to take MAGBOOST
Always take MAGBOOST exactly as instructed in this leaflet. You should check with your doctor, pharmacist or healthcare provider if you are unsure.
The usual dose is 1 effervescent tablet daily. Dissolve the effervescent tablet in a half to full glass of cold water. Then drink the contents of the whole glass. Do not take more than the recommended dosage. Take MAGBOOST with or directly after meals.

If you take more MAGBOOST than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Taking high doses and using MAGBOOST for a long time may result in the following possible side effects: lack of energy and confusion.

If you forget to take a dose of MAGBOOST
Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects
MAGBOOST can have side effects.
Not all side effects reported for MAGBOOST are included in this leaflet. Should your general health worsen, or if you experience any untoward effects while taking MAGBOOST, please consult your healthcare provider for advice.

If any of the following happens, stop taking MAGBOOST and tell your doctor immediately, or go to the casualty department at your nearest hospital:
- swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- rash or itching
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction or hypersensitivity to MAGBOOST. You may need urgent medical attention or hospitalisation. Discontinue use.

Tell your doctor immediately, or go to the casualty department at your nearest hospital if you notice any of the following:
- weakness and confusion
- kidney stones (painful when urinating).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:
Frequent side effects:
- stomach and intestine disturbances including stomach pain, indigestion, nausea, vomiting, stomach irritation, stomach inflammation and watery diarrhoea (if taken on an empty stomach).

Side effects of unknown frequency:
- laboratory test results showing abnormal blood counts (including low white- and red blood cell count), also abnormal urine or faeces test results.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects
If you develop any side effects, talk to your doctor or pharmacist.
You can also report side effects to SAHPRA via the online complaints portal, found under: https://sahpracm.org.za/catd/complaints/.
By reporting side effects, you can help provide more information on the safety of MAGBOOST.
Additionally, please send a mail to pharmacovigilance@pharmadynamics.co.za

5. How to store MAGBOOST
Store all medicines out of reach of children.
Store at or below 30 °C.
Store in the original package/container.
Keep the tube tightly closed.
Do not use after the expiry date stated on the packaging.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information
Active ingredients:
magnesium, vitamin C, vitamin K, zinc.

Other ingredients:
berry flavour, carmoisine red colourant, citric acid, mannitol, PEG 6000, sodium bicarbonate, sodium carbonate, sucralose.

What MAGBOOST looks like and contents of the pack
15's carton: 1 x PVC tube containing 15 speckled, pink, smooth, cylindrical, bevelled edge effervescent tablets
30's carton: 2 x PVC tubes each containing 15 speckled, pink, smooth, cylindrical, bevelled edge effervescent tablets
Colour of solution: Pink solution with white precipitate

Applicant
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Manufacturer
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This leaflet was last revised in
April 2023

Access to the corresponding Professional Information
www.pharmadynamics.co.za
Tel: 0860 742 762
Email: pharmacovigilance@pharmadynamics.co.za

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

MAGBOOST

Aanvullende Medisyne – Gesondheidsaanvulling

PASIËNTINLIGTINGSBLAD

SKEDULERINGSTATUS S0

MAGBOOST bruistablette

Aktiewe bestanddeel	Hoeveelheid per tablet	% NRV
Trimagnesiumsitraat voorsien magnesium (elementêr)	1724,1 mg 250 mg	60
Askorbiensuur (vitamien C)	200 mg	200
Sinksitraat voorsien sink (elementêr)	80,1 mg 25 mg	227
Vitamien K2 (menakwinoon K7) voorsien vitamien K (elementêr)	5 mg 10 µg	8

Elke bruistablet bevat suiker, mannitol (300 mg) en versoeter, sukralose (20 mg).

Lees hierdie hele inligtingsblad deeglik deur, omdat dit belangrike inligting vir u bevat
MAGBOOST is vir u beskikbaar sonder 'n dokter se voorskrif, om u gesondheid te handhaaf. U moet nogtans MAGBOOST versigtig gebruik om die beste resultate daarvan te verkry.

- Hou hierdie inligtingsblad. Dit mag dalk nodig wees om dit weer lees
- Moet nie MAGBOOST met enige ander persoon deel nie
- Vra u gesondheidsorgverskaffer of apteker, indien u meer inligting of advies wil bekom.

Wat hierdie inligtingsblad bevat
1. Wat MAGBOOST is en waarvoor dit gebruik word
2. Wat u nodig het om te weet voordat u MAGBOOST neem
3. Hoe om MAGBOOST te neem
4. Moontlike newe-effekte
5. Hoe om MAGBOOST te bewaar
6. Inhoud van die verpakking en ander inligting

1. Wat MAGBOOST is en waarvoor dit gebruik word
MAGBOOST is 'n gesondheidsaanvulling wat aangedui word om
- die handhawing van normale spierfunksie te ondersteun
- spierkrampe te verlig
- moegheid en uitputting te verlaag.

2. Wat u nodig het om te weet voordat u MAGBOOST neem
Moet nie MAGBOOST neem
- indien u hipersensitief (allergies) is vir enige van die bestanddele van MAGBOOST nie (gelys in afdeling 6)
- indien u swanger is nie
- indien u onder die ouderdom van 14 jaar is nie.

Waarskuwings en voorsorgmaatreëls
Neem spesiale sorg
- indien u probleme met u niere het
- indien u aanhoudende diarree en maag- of ingewandsversteurings het
- indien u 'n ander multivitamien of mineraalaanvulling neem. Moet nie meer as die aanbevole dosis neem nie
- indien u meer as die aanbevole dosis van MAGBOOST neem, aangesien dit mag lei tot 'n kopertekort, lae bloedseltellings, bloedversteurings en vorming van nierstene
- indien u bloed- en urientoetse ondergaan, aangesien MAGBOOST met hierdie resultate mag inmeng.

Kinders en adolessente
MAGBOOST is nie geskik vir kinders jonger as 14 jaar oud nie.

Ander medisyne en MAGBOOST
Vertel altyd u gesondheidsorgverskaffer indien u enige ander medisyne neem (dit sluit aanvullende of tradisionele medisyne in).

Die neem van MAGBOOST saam met die volgende medisyne word nie aanbeveel nie:
- tetrasikliene (antibiotika wat infeksies behandel), aangesien die effek van die antibiotika verlaag mag word. Daar moet ten minste 'n 2 - 3 uur tussenpose toegelaat word tussen die gebruik van MAGBOOST en tetrasikliene
- bisfosfonate bevat bv. risedronaat, alendronaat (medisyne wat die verlies van beendigtheid voorkom en gebruik word om osteoporose en soortgelyke beensiektes te behandel)
- desferri-oksamien (gebruik om ysteroorlading te behandel), aangesien dit ystertoksisiteit, van die hart veral, mag vererger.

Die absorpsie en/of effek van sekere vitamiene of minerale mag verlaag, indien MAGBOOST saam met sekere medisyne geneem word. Hierdie sluit in:
- omeprasool (behandel sooibrand en maagsere)
- die "pil" (orale voorbehoedmiddel) en hormoonvervangingsterapie
- ysteraanvullings
- penisillamien (medisyne wat gebruik word om Wilson se siekte te behandel)
- medisyne wat fosfor bevat.

Die effek van sekere medisyne of middels mag afneem, indien dit saam met MAGBOOST geneem word. Hierdie sluit in:
- flufenasien (behandeling van bipolêre versteuring)
- warfarien (behandeling van bloedklonte) en ander teenstolmiddels
- fluoorkinolone (antibiotika wat gebruik word om infeksies te behandel bv. siprofloksasien, moksifloksasien)
- koperaanvullings.

Die neem van MAGBOOST saam met kos en drinkgoed
Neem een bruistablet opgelos in 'n halwe tot een vol glas koue water, saam met of direk na etes. Moet nie op 'n leë maag neem nie.

Swangerskap en borsvoeding
Indien u swanger is of u baba borsvoed, vermoed dat u swanger is, of 'n baba beplan, raadpleeg asseblief u dokter, apteker, of ander gesondheidsorgverskaffer vir advies, voordat u MAGBOOST neem.

Bestuur en die hantering van masjinerie
Dit is onwaarskynlik dat MAGBOOST met u daaglikse aktiwiteite mag inmeng, maar dit is nie altyd moontlik om te voorspel tot watter mate nie. Dus, verseker dat u nie by bogenoemde aktiwiteite betrokke raak, totdat u bewus is tot watter mate MAGBOOST u beïnvloed nie.

MAGBOOST bevat suiker (300 mg mannitol/bruistablet) en versoeter (20 mg sukralose/ bruistablet)
MAGBOOST mag 'n ligte lakserende uitwerking hê.

3. Hoe om MAGBOOST te neem
Neem MAGBOOST altyd presies soos in hierdie inligtingsblad aanbeveel word. U moet u dokter, apteker of gesondheidsorgverskaffer raadpleeg indien u onseker is.
Die gewone dosis is 1 bruistablet daagliks. Los die bruistablet in 'n halwe, tot een vol glas koue water op. Drink dan die inhoud van die hele glas. Moet nie meer as die aanbevole dosis neem nie. Neem MAGBOOST saam met of direk na etes.

Indien u meer MAGBOOST neem as wat u behoort
In die geval van oordosering, raadpleeg u dokter of apteker. Indien beide nie beskikbaar is nie, kontak u naaste hospitaal of gifbeheersentrum. Die gebruik van hoë dosisse MAGBOOST oor 'n lang tydperk, mag moontlik die volgende newe-effekte tot gevolg hê: energieverlies en verwarring.

Indien u vergeet om 'n dosis MAGBOOST te neem
Moet nie 'n dubbel dosis neem om op te maak vir vergete, individuele doserings nie.

4. Moontlike newe-effekte
MAGBOOST mag newe-effekte hê.
Nie alle newe-effekte wat vir MAGBOOST aangemeld is, word in hierdie inligtingsblad ingesluit nie. Sou u algemene gesondheid versleg, of indien u enige ongewenste effekte ervaar terwyl u MAGBOOST neem, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, staak die gebruik van MAGBOOST en vertel u dokter onmiddellik, of gaan na die ongevalle afdeling by u naaste hospitaal:
- swelling van die hande, voete, enkels, gesig, lippe, mond of keel, wat sluk en asemhaling mag bemoeilik
- veluitslag of gejeuk
- floute.

Hierdie is alles baie ernstige newe-effekte. Indien u dit het, kon u 'n ernstige allergiese reaksie of hipersensitiwiteit teenoor MAGBOOST ervaar het. U mag dringende mediese aandag of hospitalisasie benodig. Staak gebruik.

Vertel u dokter onmiddellik, of gaan na die ongevalle afdeling by u naaste hospitaal indien u enige van die volgende opmerk:
- swakheid, voel verward
- nierstene (pynlike urinering).

Hierdie is alles ernstige newe-effekte. U mag dringende mediese aandag benodig.

Vertel u dokter indien u enige van die volgende opmerk:
Newe-effekte wat dikwels voorkom:
- maag- en ingewandsversteurings insluitend maagpyn, slegte spysvertering, naarheid, braking, maagirritasie, maaginflammasie en waterige diarree (indien dit op 'n leë maag geneem word).

Newe-effekte van onbekende frekwensie:
- laboratoriumtoetsresultate wat abnormale bloedtellings toon (insluitend lae wit- en rooibloedseltellings), asook abnormale urien- of ontlastingtoetsresultate.

Indien u enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem is nie, lig asseblief u dokter of apteker in.

Aanmelding van newe-effekte
Indien u enige newe-effekte ontwikkel, raadpleeg u dokter of apteker.
U kan ook newe-effekte by SAHPRA rapporteer via die aanlyn portaal, wat gevind kan word onder: https://sahpracm.org.za/catd/complaints/. U kan help om meer inligting omtrent die veiligheid van MAGBOOST in te win, deur newe-effekte aan te meld.
Stuur asseblief ook 'n epos aan pharmacovigilance@pharmadynamics.co.za

5. Hoe om MAGBOOST te bewaar
Bewaar alle medisyne buite die bereik van kinders.
Bewaar teen of benede 30 °C.
Bewaar in die oorspronklike verpakking/houer.
Hou die buis dig geseël.
Moet nie gebruik na die vervaldatum wat op die verpakking aangedui is nie.
Neem alle ongebruikte medisyne na u apteker terug.
Moet nie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting
Aktiewe bestanddele:
magnesium, vitamien C, vitamien K, sink.

Ander bestanddele:
bessiegeur, karmoisienrooi kleurmiddel, mannitol, natriumbikarbonaat, natriumkarbonaat, PEG 6000, sitroensuur, sukralose.

Hoe MAGBOOST lyk en die inhoud van die verpakking
15's kartonhouer: 1 x PVC buis, wat 15 gespikkelde, pienk, gladde, silindriese, afgeskuinste bruistablette bevat
30's kartonhouer: 2 x PVC buise, wat elk 15 gespikkelde, pienk, gladde, silindriese, afgeskuinste bruistablette bevat
Kleur van oplossing: Pienk kleurige oplossing met 'n wit neerslag

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Vervaardig deur
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Hierdie inligtingsblad was voorheen hersien
April 2023

Toegang tot die ooreenstemmende Professionele Inligting
www.pharmadynamics.co.za
Tel: 0860 742 762
Epos: pharmacovigilance@pharmadynamics.co.za

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of bepaalde gebruik nie

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