PATIENT INFORMATION LEAFLET

MAGBOOST

Complementary Medicine – Health Supplement

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.

PATIENT INFORMATION LEAFLET

MAGBOOST

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.

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 polypropylene tube containing 15 speckled, pink, smooth, cylindrical, bevelled edge effervescent tablets.

30's carton: 2 x polypropylene tubes each containing 15 speckled, pink, smooth, cylindrical, bevelled edge effervescent tablets.

Colour of solution: Pink solution with white precipitate

Applicant

Pharma Dynamics (Pty) Ltd

1st Floor, Grapevine House, Steenberg Office Park

Silverwood Close

Westlake, Cape Town

7945, South Africa

Tel: + 27 21 707 7000

or 0860-PHARMA (742 762)

Manufacturer

Technikon Laboratories (Pty) Ltd

1073 Anvil Road, Robertville

Florida, 1709, South Africa

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

ZAMBIA:

CoD GS ZAMRA-FNS-25-47

KENYA:

30s: 10459

15s: 10473