

PROPRIETARY NAME AND DOSAGE FORM:

**MAGNESIUM GLYCINATE
CAPSULES (30)**

DISCLAIMER: This medicine has not been evaluated by SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

SCHEDULING STATUS: Unscheduled

COMPOSITION: Each capsule contains:

Ingredients	Elemental value	*NRV
Magnesium (as Magnesium Glycinate) of which Elemental Magnesium	500 mg 100 mg	24%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Magnesium stearate, silicon dioxide and capsule shell (HPMC and purified water)

PHARMACOLOGICAL CLASSIFICATION:

34.7 Category D (Health Supplement) [S0]

PHARMACOLOGICAL ACTION: Health supplement.

INDICATIONS: Indicated as a supplement where poor dietary intake of the listed active ingredients exist.

CONTRA-INDICATIONS:

- Hypersensitivity to any of the ingredients.

WARNINGS AND SPECIAL PRECAUTIONS:

- Large doses may give rise to gastrointestinal discomfort.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

Medicines that will interact with Magnesium are:

- Antibiotics: Magnesium supplements may reduce the absorption of certain antibiotics, such as tetracyclines and quinolones.
- Blood Pressure Medications: When taken with calcium channel blockers or ACE inhibitors, magnesium might enhance their effects, possibly leading to low blood pressure.
- Muscle Relaxants: Concurrent use with muscle relaxants may increase the muscle-relaxing effects.
- Bisphosphonates: Magnesium supplements could potentially interfere with the absorption of bisphosphonates, used for bone health.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Adults: Take 1 capsule daily with a glass of water after a meal. If using as part of the Magnesium Pack, take in the evening 30-90 minutes before bedtime to support sleep and optimal recovery.

Do not exceed the recommended dose. This product should not be used as a substitute for a balanced diet.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

This supplement should be used with caution in individuals with the following medical conditions:

- Kidney Problems: Individuals with kidney issues may be at risk of magnesium buildup, potentially leading to weakness, confusion, and an irregular heartbeat.
- Gastrointestinal Disorders: In some cases, magnesium supplements might cause diarrhoea, cramps, and nausea, especially when taken in high doses.
- Heart Block: High doses of magnesium could exacerbate heart block, a condition where electrical signals in the heart are impaired.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

In case of an accidental overdose, discontinue use and seek medical professional assistance immediately. Treatment is symptomatic and supportive.

Symptoms overdose may include:

- diarrhoea, nausea, vomiting, muscle weakness, and confusion.

IDENTIFICATION:

White capsule.

PRESENTATION:

Packaged as a printed box with tamper-proof seal, labelled with clear, detailed information printed on the box. Contents are 3 blister packs of 10 capsules each, containing 30 capsules in total.

STORAGE INSTRUCTIONS:

Store in a cool, dry place below 25 °C. Do not leave container open.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

Vitatech

Physical address: Cnr Parkin & Delson Street
North End, Gqeberha, 6001, South Africa.

Tel: 041 816 3100

Email: ask@vitatechhealth.com

Website: www.vitatechhealth.com

DATE OF PUBLICATION OF THE PACKAGE INSERT:

November 2025

vitatech® NAPPI CODE:

3001499001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

**MAGNESIUM GLYCINATE
KAPSULES (30)**

VRYWARING: Hierdie medisyne is nie deur SAHPRA geëvalueer ten opsigte van die kwaliteit, veiligheid of beoogde gebruik daarvan nie. Hierdie medisyne is nie bedoel vir die diagnose, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke kapsule bevat:

Bestanddele	Elementeel waarde	*NRV
Magnesium (as Magnesiumglisinaat) waarvan Elementele Magnesium is	500 mg 100 mg	24%
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer		

Ander bestanddele is: Magnesiumstearaat, silikoondioksied en kapsule-dop (HPMC en gesuiwerde water)

FARMAKOLOGIESE KLASSIFIKASIE:

34.7 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

INDIKASIES: Aangedui as 'n aanvulling waar swak dieetinname van die genoemde aktiewe bestanddele voorkom.

KONTRA-LNDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot spysverteringsongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat met Magnesium mag interaksioneer is:

- Antibiotika: Magnesiumaanvullings mag die absorpsie van sekere antibiotika, soos tetracyclines en quinolones, verminder.
- Bloeddrukmedikasie: Wanneer dit saam met kalsiumkanaalblokkeerders of ACE-inhibeerders gebruik word, kan magnesium hul effekte versterk en moontlik tot lae bloeddruk lei.
- Spierslappers: Gelyktydige gebruik met spierslappers kan die spierslappende effekte verhoog.
- Bisfosfonate: Magnesiumaanvullings kan moontlik die absorpsie van bisfosfonate, wat vir beegesondheid gebruik word, belemmer.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Volwassenes: Neem 1 kapsule daagliks met 'n glas water na 'n maaltyd. Indien gebruik as deel van die Magnesium-stel, neem dit saans 30-90 minute voor slaapyd om slaap en optimale herstel te ondersteun.

Moenie die aanbevole dosis oorskry nie. Die produk moenie 'n gebalanseerde dieet vervang nie.

'n Gesonde, gevarieerde dieet is die beste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling en sterk geestelike en fisieke prestasie te bereik.

MOONTLIKE NEWE-EFFEKTE EN SPESIALE VOORBERGING:

Hierdie aanvulling moet met versigtigheid gebruik word by individue met die volgende mediese toestande:

- Nierprobleme: Individue met nierprobleme mag 'n risiko loop vir 'n opbou van magnesium, wat moontlik tot swakheid, verarring en 'n onreëlmatige hartklop kan lei.
- Spysverteringsprobleme: In sommige gevalle kan magnesiumaanvullings diarree, kramp en naarheid veroorsaak, veral wanneer dit in hoë dosisse geneem word.
- Hartblok: Hoë dosisse magnesium kan hartblok moontlik vererger, 'n toestand waar elektriese seine in die hart versteur is.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

In geval van 'n toevallige oordosis, staak die gebruik en soek onmiddellik mediese hulp. Behandeling is simptome en ondersteunend.

Simptome van 'n oordosis kan insluit:

- diarree, naarheid, braking, spierswakheid, en verarring.

IDENTIFIKASIE:

Wit kapsule.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëld sertifikaat, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 3 blaaspakke met elk 10 kapsules wat 'n totaal van 30 kapsules bevat.

BERIGINGSAAANWYSINGS:

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat. HOU BUITE BEREIK VAN KINDERS

REGISTRASIE NOMMER:

Word ge-allokeer.

NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:

Vitatech

Adres: Cnr Parkin & Delson Street
North End, Gqeberha, 6001, Suid Afrika.

Tel: 041 816 3100

E-pos: ask@vitatechhealth.com

Webwerf: www.vitatechhealth.com

DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:

November 2025

vitatech® NAPPI CODE:

3001499001

Claim it from your medical aid.

PROPRIETARY NAME AND DOSAGE FORM:

MAGNESIUM GLYCINATE CAPSULES (30)

DISCLAIMER: This medicine has not been evaluated by SAHPRA. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

Read all this leaflet carefully because it contains important information for you. This medicine is available without a doctor's prescription, for you to use as a vitamin supplement. Nevertheless, you still need to use it carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must go see a doctor if you experience worrying symptoms.

SCHEDULING STATUS: Unscheduled

CONTAINS: Each capsule contains:

Ingredients	Elemental value	*NRV
Magnesium (as Magnesium Glycinate) of which Elemental Magnesium	500 mg 100 mg	24%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Magnesium stearate, silicon dioxide and capsule shell (HPMC and purified water)

WHAT IS THIS SUPPLEMENT USED FOR:

80% BIOAVAILABLE MAGNESIUM GLYCINATE IS GENTLE ON THE STOMACH

Magnesium is an essential supplement that supports the following functions:

- Helps support normal sleep quality.
- Helps maintain normal muscle function.
- Contributes to normal energy-yielding metabolism.
- Supports normal bone health.
- Contributes to normal nervous system function.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

BEFORE YOU TAKE THIS SUPPLEMENT:

Do not take if you are allergic to any of the ingredients. Take special care when taking any supplement:

- Do not exceed the daily recommended amount.
- Seek professional advice if suffering from any **allergies**.
- Seek professional advice if **any other medications** are being taken or another medical condition is present.
- If you are taking other supplements, read the label as these supplements may contain the same ingredients.
- If you are **pregnant or breast feeding** your baby, please consult your health care provider for advice before taking this medicine.
- This supplement should not impair or affect your ability to **drive or operate heavy machinery**.

TAKING/USING OTHER MEDICATION:

There are no known interactions at the recommended dosage for healthy individuals. See "PACKAGE INSERT Interactions."

HOW TO TAKE:

The recommended usage is:

Adults: Take 1 capsule daily with a glass of water after a meal. If using as part of the Magnesium Pack, take in the evening 30-90 minutes before bedtime to support sleep and optimal recovery.

IF YOU TAKE MORE THAN YOU SHOULD:

In the event of an overdose, consult your doctor or pharmacist immediately. If neither is available, contact the nearest hospital or medical centre. Treatment is symptomatic and supportive.

POSSIBLE SIDE EFFECTS:

These supplements are generally well-tolerated when taken as directed. Symptoms of overdose may include:

- diarrhoea, nausea, vomiting, muscle weakness, and confusion.

If you experience any unusual or severe side effects, discontinue use, and seek medical attention.

IDENTIFICATION:

White capsule.

PRESENTATION:

Packaged as a printed box with tamper-proof seal, labelled with clear, detailed information printed on the box.

Contents are 3 blister packs of 10 capsules each, containing 30 capsules in total.

STORAGE INSTRUCTIONS:

Store in a cool, dry place below 25 °C. Do not leave container open.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

Vitatech
Physical address: Cnr Parkin & Delson Street
North End, Gqeberha, 6001, South Africa.
Tel: 041 816 3100
Email: ask@vitatechhealth.com
Website: www.vitatechhealth.com

DATE OF PUBLICATION OF THE PACKAGE INSERT:

November 2025

vitatech® NAPPI CODE:

3001499001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

MAGNESIUM GLYCINATE KAPSULES (30)

VRYWARING: Hierdie medisyne is nie deur SAHPRA geëvalueer nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie.

Lees alle inligting in die inligtingsblad noukeurig, dit bevat belangrike inligting vir die verbruiker. Die medisyne is beskikbaar sonder 'n dokters voorskrif, vir gebruik as 'n vitamien aanvulling. Nieteenstaande, dit is belangrik dat die produk korrek gebruik moet word om die beste resultate te verkry.

- Moenie die pamflet weggooi nie, dit mag dalk nodig wees om dit weer te lees
- Vra jou apteker indien jy meer inligting of advies nodig het
- Besoek die dokter indien daar kommerwekkende simptome is.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke kapsule bevat:

Bestanddele	Elementeel waarde	*NRV
Magnesium (as Magnesiumglisinaat) waarvan Elementele Magnesium is	500 mg 100 mg	24%
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer		

Anders bestanddele is: Magnesiumstearaat, silikoondioksied en kapsule-dop (HPMC en gesuiwerde water)

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

80% BIOBESKIKBARE MAGNESIUM GLYSINAAT IS SAG OP DIE MAAG

Magnesium is 'n noodsaaklike aanvulling wat die volgende funksies ondersteun:

- Help om normale slaapkwaliteit te ondersteun.
- Help om normale spierfunksie te behou.
- Dra by tot normale energiestofwisseling.
- Ondersteun gesonde beendigheid.
- Dra by tot normale senuweestelsel-funksie.

'n Gesonde, gevarieerde dieet is die beste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling en sterk geestelike en fisieke prestasie te bereik.

VOORDAT JY HIERDIE AANVULLING NEEM:

Moenie dit inneem as jy allergies is vir enige van die bestanddele nie.

Wees versigtig wanneer jy enige aanvulling gebruik:

- Moet nie die daaglikse aanbevole hoeveelheid oorskry nie.
- Raadpleeg 'n professionele persoon as jy aan enige **allergieë** ly.
- Raadpleeg 'n professionele persoon as enige **ander medikasie** gebruik word of 'n ander mediese toestand teenwoordig is.
- As jy ander aanvullings gebruik, lees die etiket aangesien hierdie aanvullings dieselfde bestanddele kan bevat.
- As jy **swanger is of jou baba borsvoed**, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy hierdie medisyne gebruik.

- Hierdie aanvulling behoort nie jou vermoë om te **bestuur of swaar masjinerie** te bedryf nie.

INTERAKSIES MET ANDER MEDISYNE:

Daar is geen bekende interaksies by die aanbevole dosis vir gesonde individue nie. Verwys na die "VOUBILJET interaksies"

HOE OM DIT TE GEBRUIK:

Die aanbevole gebruik is:

Volwassenes: Neem 1 kapsule daaglik met 'n glas water na 'n maaltyd. Indien gebruik as deel van die Magnesium-stel, neem dit saans 30-90 minute voor slaapyd om slaap en optimale herstel te ondersteun.

AS JY MEER NEEM AS WAT JY MOET:

In geval van 'n oordosis, raadpleeg onmiddellik jou dokter of apteker. As hulle nie beskikbaar is nie, kontak die naaste hospitaal of mediese sentrum. Behandeling is simptome en ondersteunend.

MOONTLIKE NEWE-EFFEKTE:

Hierdie aanvullings word gewoonlik goed verdra as dit soos voorgeskryf geneem word. Simptome van 'n oordosis kan insluit:

- diarree, naarheid, braking, spierswakheid, en verwarrring.

IDENTIFIKASIE:

Wit kapsule.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëelde sertifikaat, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 3 blaaspakke met elk 10 kapsules wat 'n totaal van 30 kapsules bevat.

BERGINGSAAANWYSINGS:

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat.

HOU BUIE BEREIK VAN KINDERS

REGISTRASIE NOMMER:

Word ge-allockeer.

NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:

Vitatech
Adres: Cnr Parkin & Delson Street
North End, Gqeberha, 6001, Suid Afrika.
Tel: 041 816 3100
E-pos: ask@vitatechhealth.com
Webwerf: www.vitatechhealth.com

DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:

November 2025

vitatech® NAPPI CODE:

3001499001

Claim it from your medical aid.