

PROPRIETARY NAME AND DOSAGE FORM:
MAGNESIUM
EFFERVESCENT TABLETS (10)

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 effervescent contains:

Ingredients	Elemental value	*NRV
Magnesium (as Magnesium Glycinate and Carbonate)	210 mg	50%
Vitamin C (as L-Ascorbic Acid)	200 mg	200%
Contains Sugar: Dextrose (monosaccharide)	1050 mg	-
Artificial sweetener: sucralose	20 mg	-
* South African Nutrient reference values for individuals 4 years and older - not established		

Other Ingredients: Citric acid, sodium bicarbonate, polyethylene glycol, flavourant & colourant.
Contains: Monosaccharide: dextrose monohydrate of which sugar: 0,978 g and Non-nutritive sweetener (artificial sweetener): Sucralose

PHARMACOLOGICAL CLASSIFICATION:
34. 12 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 digestive discomfort.

INTERACTIONS:
No known interactions with existing conditions at recommended dose.
Medicines that will interact with this effervescent are:
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: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. Take once a day.

Do not exceed the recommended dose. This product should not be used as a substitute for a balanced diet.
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:
Light orange coloured round pressed effervescent tablets with a berry flavour.
PRESENTATION:
Ten effervescent tablets packed in a white polypropylene tube, with green snap on lid. Tube is packed into an outer cardboard carton in pack sizes of either 10 or 30 effervescent tablets, with clear, detailed information printed on the box.

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:
July 2023

HANDELSNAAM EN DOSERINGSVORM:
MAGNESIUM
BRUISTABLETTE (10)

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 diagnoseering, behandeling, genesing of voorkoming van enige siekte nie.
SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke bruistablet bevat:

Bestanddele	Elementeel waarde	*NRV
Magnesium (as Magnesiumglisinaat en Karbonaat)	210 mg	50%
Vitamiën C (as L-Askorbiensuur)	200 mg	200%
Bevat suiker: Dekstrose (monosakkaried)	1050 mg	-
Kunsmatige versoeter: sukaralose	20 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - nie vagestel nie		

Ande Bestanddele is: Sitroensuur, natriumbikarbonaat, poliëtilenglikol, geurmiddel en kleurstof.
Bevat: Monosakkaried: dekstrosemonohidraat waarvan suiker: 0,978 g en Nie-voedsame versoeter (kunsmatige versoeter): Sukralose

FARMAKOLOGIESE KLASSIFIKASIE:
34. 12 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 bestandele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot maag ongemak.

INTERAKSIES:
Geen bekende interaksies teen die aanbevole dosis.
Medisyne wat kan interaksie hê met idie bruistablet 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 beengesondheid gebruik word, belemmer.

DOSIS EN GEBRUIKSAANWYSINGS:
Die aanbevole gebruik is:

- Volwassenes: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Neem een keer per dag.

Moenie die aanbevole dosis oorskry nie. Die produk moenie 'n gebalanseerde dieët vervang nie.
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, verwarring en 'n onreëlmatige hartklop kan lei.
- Maagseldame: 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 verwarring.

IDENTIFIKASIE:
Ligoranje - ronde gedrukte bruistablette met 'n bessie geur.
AANBIEDING:
Tien bruistablette verpak in 'n wit polipropileenbuis, met 'n groen knipdeksel. Die buis is in 'n buitekartonverpakking in pakkette van 10 of 30 bruistablette, met duidelike, gedetailleerde inligting wat op die boks gedruk is.

BERGINGSANWYSINGS:
Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat.
HOU BUITE BEREIK VAN KINDERS
REGISTRASIE NOMMER:
Word ge-allockeer.

NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:
Vitatech
Adress: Cnr Parkin & Delson Street
North End, Gqeberha, 6001, Suid Afrika.
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DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:
Julie 2023

PROPRIETARY NAME AND DOSAGE FORM:
MAGNESIUM
EFFERVESCENT TABLETS (10)

DISCLAIMER: This medicine has not been evaluated by SAPHRA. 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

COMPOSITION: Each effervescent contains:

Ingredients	Elemental value	*NRV
Magnesium (as Magnesium Glycinate and Carbonate)	210 mg	50%
Vitamin C (as L-Ascorbic Acid)	200 mg	200%
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Other Ingredients: Citric acid, sodium bicarbonate, polyethylene glycol, flavourant & colourant.

Contains: Monosaccharide: dextrose monohydrate of which sugar: 0,978 g and Non-nutritive sweetener (artificial sweetener): Sucralose

WHAT IS THIS SUPPLEMENT USED FOR:

Magnesium is an essential supplement that serves the following purposes:

- Muscle function and relaxation: Magnesium helps muscles contract and relax properly.
- Energy production: It plays a crucial role in converting food into energy.
- Bone health: Magnesium supports bone density and strength.
- Nervous system function: It aids in nerve signal transmission.
- Improved sleep quality: Magnesium may help improve sleep by promoting muscle relaxation.

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.
- These effervescent contain sugar and are therefore not recommended for diabetics.

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: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. Take once a day.

IF YOU TAKE MORE THAN YOU SHOULD:

In the event of an overdose, consult your doctor or pharmacist immediately. If neither is available, contact that 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:

- upset stomach, nausea, vomiting, gas, or diarrhoea

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

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HANDELSNAAM EN DOSERINGSVORM:
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VRYWARING: Hierdie medisyne is nie deur SAPHRA 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
- Besook die dokter indien daar kommerwekkende simptome is.

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke bruistablet bevat:

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Ander bestanddele is: Sitroensuur, natriumbikarbonaat, poliëtileenglikol, geurmiddel en kleurstof.

Bevat: Monosakkaried: dekstrosemonohidraat waarvan suiker: 0,978 g en Nie-voedsame versoeter (kunsmatige versoeter): Sukralose

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Magnesium is 'n essensiële aanvulling wat die volgende doeleindes dien:

- Spierfunksie en ontspanning: Magnesium help om spiere korrek te kontrakteer en te ontspan.
- Energieproduksie: Dit speel 'n belangrike rol in die omskakeling van kos in energie.
- Beensgesondheid: Magnesium ondersteun been digtheid en sterkte.
- Senuweestelsel-funksie: Dit help in die oordrag van senuweesendings.
- Verbeterde slaapkwaliteit: Magnesium kan slaap verbeter deur spierontspanning te bevorder.

VOORDAT JY HIERDIE AANVULLING NEEM:

Moenie neem indien jy allergies is vir enige van die bestanddele. Neem spesiale sorg wanneer jy enige aanvulling neem:

- Oorskry nie die daaglikse aanbevole hoeveelheid nie.
- Raadpleeg 'n professionele persoon as jy aan allergieë ly.

- Soek professionele advies as enige ander medikasie geneem word of as daar 'n ander mediese toestand aanwesig is.
- As jy ander aanvullings neem, lees die etiket aangesien hierdie aanvullings dieselfde bestanddele mag bevat.
- As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy hierdie medisyne gebruik.
- Hierdie bruiseende tablette bevat suiker en word daarom nie aanbeveel vir diabete 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: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Neem een keer per dag.

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:

- maagklip, naarheid, braking, gas of diarree

IDENTIFIKASIE:

Ligoranje - ronde gedrukte bruistablette met 'n bessie geur.

AANBIEDING:

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BERGINGSAANWYSINGS:

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REGISTRASIE NOMMER:

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Julie 2023