PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRIPURE MAGNESIUM GUMMIES

Trimagnesium citrate (Magnesium)

Contains sugar: Glucose syrup (1,25 g); Sucrose (0,94 g)

Complementary Medicine

D 34.7 Minerals

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

Read all of this leaflet carefully because it contains important information for you

NUTRIPURE MAGNESIUM GUMMIES is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use NUTRIPURE MAGNESIUM GUMMIES carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your health care provider or pharmacist if you need more information or advice.
- Do not share NUTRIPURE MAGNESIUM GUMMIES with any other person.

What is in this leaflet

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

1. What NUTRIPURE MAGNESIUM GUMMIES is and what it is used for

NUTRIPURE MAGNESIUM GUMMIES is a health supplement containing magnesium that:

- Contributes to normal energy-yielding metabolism,
- Contributes to normal electrolyte balance,
- Contributes to a reduction of tiredness and fatigue,
- Contributes to the maintenance of normal muscle function,
- Contributes to normal protein synthesis.

2. What you need to know before you take NUTRIPURE MAGNESIUM GUMMIES

Do not take NUTRIPURE MAGNESIUM GUMMIES

- if you are hypersensitive (allergic) to any of the ingredients of NUTRIPURE MAGNESIUM GUMMIES (listed in section 6).

Warnings and precautions

Take special care with NUTRIPURE MAGNESIUM GUMMIES:

- if you are pregnant or breastfeeding as safety has not been established for NUTRIPURE MAGNESIUM GUMMIES;
- if you suffer from any serious health conditions or illnesses such as diabetes mellitus.

NUTRIPURE MAGNESIUM GUMMIES contains glucose syrup and sucrose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking NUTRIPURE MAGNESIUM GUMMIES.

Do not exceed the stated recommended daily dose.

If symptoms worsen, consult a relevant health care provider.

Other medicines and NUTRIPURE MAGNESIUM GUMMIES

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

AMINOGLYCOSIDE ANTIBIOTICS (such as gentamicin, amikacin, tobramycin, neomycin, and streptomycin): Taking aminoglycoside antibiotics and very high doses of magnesium can increase the risk for muscle weakness.

LEVODOPA/CARBIDOPA (medicines used for Parkinson's disease): Magnesium can reduce the bioavailability of levodopa/carbidopa. In vitro and animal research shows that magnesium produces an alkaline environment in the digestive tract, which might lead to degradation and reduced bioavailability of levodopa/carbidopa.

TETRACYCLINES ANTIBIOTICS (such as tetracycline, doxycycline, and minocycline): Magnesium decreases absorption of tetracyclines. Magnesium can form insoluble complexes with tetracyclines in the gut and decrease their absorption and antibacterial activity. Take these antibiotics 1 hour before or 2 hours after magnesium supplements.

CALCIUM: High doses of calcium can decrease dietary magnesium absorption. If you are at high risk for magnesium deficiency to take calcium supplements at bedtime, instead of with meals, to avoid inhibiting dietary magnesium absorption.

VITAMIN D: High doses of some forms of vitamin D can increase magnesium absorption. Various forms of vitamin D, including ergocalciferol, 25-hydroxyergocalciferol, calcifediol, and calcitriol increase magnesium absorption, especially when taken in high doses.

ZINC: High doses of zinc may decrease magnesium absorption.

NUTRIPURE MAGNESIUM GUMMIES with food and drink

NUTRIPURE MAGNESIUM GUMMIES is not influenced by taking it with food and drink.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before using this medicine. Safety in pregnancy and when breastfeeding has not been established for NUTRIPURE MAGNESIUM GUMMIES.

The effect of this medicine on fertility is not known.

Driving and using machines

It is not always possible to predict to what extent NUTRIPURE MAGNESIUM GUMMIES may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which NUTRIPURE MAGNESIUM GUMMIES affects them.

NUTRIPURE MAGNESIUM GUMMIES contains:

Glucose syrup and sucrose.

3. How to take NUTRIPURE MAGNESIUM GUMMIES

Do not share medicines prescribed for you with any other person.

Always use NUTRIPURE MAGNESIUM GUMMIES exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults: Take one gummy daily.

If you take more NUTRIPURE MAGNESIUM GUMMIES than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

In overdose, the onset of side effects can be sudden and/or be more severe. If this happens, stop using NUTRIPURE MAGNESIUM GUMMIES and tell your doctor immediately or go to the casualty department at your nearest hospital.

If you forget to take NUTRIPURE MAGNESIUM GUMMIES

Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

NUTRIPURE MAGNESIUM GUMMIES can have side effects.

Not all side effects reported for NUTRIPURE MAGNESIUM GUMMIES are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using NUTRIPURE MAGNESIUM GUMMIES, please consult your health care provider for advice.

Tell your doctor if you notice any of the following:

- diarrhoea,
- gastrointestinal irritation,
- nausea, and
- vomiting.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the "**6.04 Adverse Drug Reaction Reporting Form**", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8 . By reporting side effects, you can help provide more information on the safety of NUTRIPURE MAGNESIUM GUMMIES.

5. How to store NUTRIPURE MAGNESIUM GUMMIES

Store all medicines out of reach of children.

Store at or below 25 °C in a cool, dry place.

Do not use after the expiry date stated on the container.

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

What NUTRIPURE MAGNESIUM GUMMIES contains

The active substance is:

Trimagnesium citrate	580,36 mg
Providing Magnesium, elemental	65 mg

Contains sugar: Glucose syrup (1,25 g); Sucrose (0,94 g)

Other ingredients are carnauba wax, citric acid, citrus pectins, coconut oil, colourant, fruit juice concentrate, glucose syrup, sodium citrate, natural flavour (flavouring), sucrose, water.

What NUTRIPURE MAGNESIUM GUMMIES looks like and contents of the pack

NUTRIPURE MAGNESIUM GUMMIES is a conoid shaped, red gummy with a raspberry flavour filled into a white, shiny plastic bottle with a green cap and silver induction liner containing 60 gummies.

Holder of Certificate of Registration

MDI Healthcare cc
P.O. Box 35259,
Menlo Park,
Pretoria
0102

Marketed by:
NutriPure Healthcare
P.O. Box 16645,
Vlaeberg,
8018,
Cape Town.

This leaflet was last revised in
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Registration number
To be allocated.

Access to the corresponding Professional Information
For more information: www.nutripure.co.za

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