

PROPRIETARY NAME AND DOSAGE FORM:

Magnesium Complex (CAPSULES)

COMPOSITION:

Each capsule for oral administration, contains Magnesium Glycinate (20%) and Magnesium citrate (14%)

PHARMACOLOGICAL ACTION:

Both forms of Magnesium are readily available for absorption by the human body. In doing so assist in combating symptoms of Magnesium deficiency.

INDICATIONS:

Indication of Magnesium deficiency:

- Nausea
- Constipation
- Headaches
- Nighttime leg cramps
- Numbness or tingling in the legs or hands
- General body weakness
- Tremors
- Heart palpitations

CONTRAINDICATIONS:

- Use of calcium channel blockers (certain blood pressure medications)
- Compromised kidney function
- Use of insulin
- Use of certain antibiotics, quinolone, tetracycline and nitrofurantoin
- Pregnancy
- Neuromuscular disease
- Heart disease

WARNING:

If any of the contraindications occur, please consult treating physician prior to use of Magnesium Complex

DOSAGE AND DIRECTIONS FOR USE:

- 4 - 8 yrs 1 capsule per day
- 8 - 14 yrs 2 capsules per day
- 14 yrs plus 3 capsules per day

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

Nausea, vomiting and diarrhoea, muscle weakness, fatigue and low blood pressure.

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF TREATMENT:

When taken in very large amounts, magnesium is **POSSIBLY UNSAFE**. Large doses might cause too much magnesium to build up in the body, causing serious side effects including an irregular heartbeat, low blood pressure, confusion, slowed breathing, coma, and death

Treatment of severe magnesium toxicity requires urgent dialysis in conjunction with IV calcium which acts as an antagonist.

IDENTIFICATION:

White powder encapsulated in a size 00 clear capsule.

PRESENTATION

Magnesium Complex CAPSULES Sealed bag of 90 capsules

STORAGE INSTRUCTIONS:

Store at or below 25°C **IN ORIGINAL PACKAGING** and protect from light and moisture.

KEEP OUT OF REACH OF CHILDREN.

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

NAME AND BUSINESS ADDRESS OF MANUFACTURER AND DISTRIBUTOR:

Pierre@ecohealth Pty Ltd 2014/265835/07 • 19 Pieter Street, Highveld Techno Park, Centurion,0169

DATE OF PUBLICATION OF THIS PACKAGE INSERT: 18 March 2024