

PROFESSIONAL INFORMATION

SCHEDULING STATUS:

To be allocated.

PROPRIETARY NAME AND DOSAGE FORM:

Magnesium Powder™ (powder).

COMPOSITION (per 5g teaspoon):

Ingredients:	
Magnesium Amino Acid Chelate	75mg
Magnesium Citrate	50mg
Magnesium Aspartate	50mg
Magnesium Phosphate	175mg
Malic Acid	600mg
Glutamine	500mg
Taurine	500mg
Levocarnitine (Carnitine)	73.3mg
Thiamine Hydrochloride (Vitamin B1)	28mg
Riboflavin (Vitamin B2)	2mg
Nicotinamide (Vitamin B3)	20mg
Pantothenic Acid (Vitamin B5)	70mg
Pyridoxine Hydrochloride (Vitamin B6)	50mg
Folic Acid	150mcg
Cyanocobalamin (Vitamin B12)	20mcg
Ascorbic Acid (Vitamin C)	120mg
Potassium	100mg
Additional Ingredients:	
Silica Colloidal Anhydrase, Maltodextrin, Natural Orange Powder, Stevia.	

This product is suitable for vegetarians. (Sugar Free)

PHARMACOLOGICAL CLASSIFICATION:

Category D (Complementary Medicine) – Health Supplement.
This medicine has not been evaluated by SAHPRA for its quality, safety and intended use.

PHARMACOLOGICAL ACTION

PHARMACOKINETICS:

Magnesium Powder™ is a combination of Magnesium Amino Acid Chelate, Magnesium Citrate, Magnesium Aspartate, Magnesium Phosphate, Malic acid, Glutamine, Taurine, Levocarnitine, Thiamine Hydrochloride, Riboflavin, Nicotinamide, Pantothenic Acid, Pyridoxine Hydrochloride, Folic Acid, Cyanocobalamin, Ascorbic Acid, Potassium on which pharmacokinetic studies have not been conducted.

PHARMACODYNAMICS:

Magnesium Powder™ provides essential nutrients required for stress resistance, energy production, musculoskeletal health including muscle function and repair.

Elemental Magnesium is provided in four forms: Magnesium Amino Acid Chelate, Magnesium Citrate, Magnesium Aspartate and Magnesium Phosphate. This allows for optimal absorption and utilization of Magnesium.

Magnesium is required for many functions in the body but is especially important for the maintenance of the musculoskeletal, nervous and cardiovascular system.

Potassium is essential for healthy nerve and muscle function.

Malic Acid is essential for the production of energy at a cellular level. Together with Magnesium, it is beneficial in reducing symptoms of muscle aches, pains and fatigue.

Taurine is an amino acid which is essential for the regulation of calcium and potassium within cells.

Glutamine is an amino acid which is important for cells and tissues within the body and is easily depleted during intensive exercise and physical stress.

Thiamine is required for musculoskeletal and nervous system health.

Riboflavin and Nicotinamide is required for energy production.

Pyridoxine Hydrochloride is required for the absorption of Vitamin B12 and provides support during stress and fatigue. It is required for the production of many neurotransmitters and is essential for maintaining normal cellular levels of Magnesium.

Cyanocobalamin and Folic Acid is required for healthy nervous and cardiovascular systems. It is also required for the formation of red blood cells.

L-Carnitine is required for the production of energy at a cellular level.

INDICATIONS:

Magnesium Powder™ provides dietary supplementation where magnesium therapy would be beneficial. It also provides essential nutrients required for stress resistance, energy production, musculoskeletal health including muscle function and repair.

CONTRAINDICATIONS:

This product should not be taken by individuals under the age of 16 years. It should be avoided in individuals with renal and hepatic diseases. Do not use if a known hypersensitivity or allergy exists towards any of the ingredients. If in doubt, consult your medical practitioner.

WARNINGS AND SPECIAL PRECAUTIONS:

Should your general health worsen, or if you experience any untoward effects while taking this medicine, please consult your pharmacist or healthcare professional for advice. Do not exceed the recommended daily dosage. Do not use after the expiry date.

INTERACTIONS:

If you are taking any chronic medication, do not use this product without consulting your medical practitioner.

Antibiotics: High dose of elemental magnesium as found in **Magnesium Powder™** have shown to affect the absorption and efficacy of various antibiotics.

Antihypertensives: Concomitant use with magnesium as found in **Magnesium Powder™** may result in irregular blood pressure.

Diuretics: Concomitant use with magnesium as found in **Magnesium Powder™** may result in irregular blood pressure.

Skeletal Muscle Relaxants: Concomitant use with magnesium as found in **Magnesium Powder™** may result in irregular levels of magnesium in the body.

PREGNANCY AND BREASTFEEDING:

Although regarded as safe, consult your healthcare professional before use in pregnancy and breastfeeding.

DOSAGE AND DIRECTIONS FOR USE:

Always tell your healthcare professional if you are taking any other medicine.

Adults: Take 3mg (1 flat teaspoon = 210mg of elemental magnesium) daily or as professionally advised. Best taken in the evening but can be taken at any time of the day.

SIDE EFFECTS:**Immune System Disorders:**

Frequency unknown: Hypersensitivity reactions

Gastrointestinal Disorders:

Frequency unknown: Gastrointestinal disturbances

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT:

High doses of Magnesium Powder may cause stomach upset, irregular heartbeat, low blood pressure, confusion or slowed breathing. In the event of overdosage, consult your healthcare professional or pharmacist. If neither is available, contact your nearest hospital or poison centre. Treatment is symptomatic and supportive.

IDENTIFICATION:

A light yellow grainy powder.

PRESENTATION:

150g of powder in a white plastic bottle with an induction seal and a tamper proof lid.

STORAGE INSTRUCTIONS:

Store below 30°C in a dry place.
KEEP OUT OF REACH OF CHILDREN

REGISTRATION NUMBER:

To be allocated.

NAME AND BUSINESS ADDRESS OF APPLICANT:

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DATE OF REGISTRATION

To be confirmed

CATEGORY

Category D (Complementary Medicine) – Health Supplement. This medicine has not been evaluated by SAHPRA for its quality, safety and intended use.

Good Health Products Pty Ltd

REFERENCES

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