

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS:

To be allocated.

### PROPRIETARY NAME AND DOSAGE FORM:

**Organic Magnesium Ultra** (tablets).

### COMPOSITION (per tablet):

<b>Ingredients:</b>	
Magnesium Amino Acid Chelate (Equivalent Magnesium 160mg)	800mg
Magnesium Citrate (Equivalent Magnesium 40mg)	248mg
Magnesium Aspartate (Equivalent Magnesium 20mg)	267mg
Total Magnesium (Equivalent Elemental Magnesium 220mg)	1314mg
Pyridoxine Hydrochloride (Vitamin B6)	30mg
Cholecalciferol (Vitamin D3)	100IU
<b>Encapsulating Aids:</b>	
Magnesium Stearate, Silica Colloidal Anhydrase, Microcrystalline, Cellulose, Crospovidone, Povidone.	

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:

**Organic Magnesium Ultra** is a combination of Magnesium Amino Acid Chelate, Magnesium Citrate, Magnesium Aspartate, Pyridoxine Hydrochloride and Cholecalciferol on which pharmacokinetic studies have not been conducted.

#### PHARMACODYNAMICS:

**Organic Magnesium Ultra** is a combination product which is beneficial for individuals where magnesium supplementation is required.

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

Pyridoxine Hydrochloride is required for the absorption and activity of Magnesium by ensuring normal cellular levels are maintained.

Cholecalciferol increases the absorption of Magnesium.

#### INDICATIONS:

**Organic Magnesium Ultra™** is a dietary supplement where magnesium therapy would be beneficial.

#### CONTRAINDICATIONS:

This product should not be taken by individuals under the age of 13 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 doctor, 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: Concomitant use with a high dose of elemental magnesium as found in **Organic Magnesium Ultra** has shown to affect the absorption and efficacy of various antibiotics.

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

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

Skeletal Muscle Relaxants: Concomitant use with magnesium as found in **Organic Magnesium Ultra** 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 1 tablet daily or as professionally advised. It is 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:

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

#### IDENTIFICATION:

Large, oblong white film coated tablets.

**PRESENTATION:**

60 or 120 tablets in a white bottle with an induction seal and tamper proof screw cap.

**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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