

Package leaflet: Information for the user

Magnesium 4mmol Chewable Tablets Magnesium glycerophosphate

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- The name of this medicine is Magnesium 4mmol Chewable Tablets but it will be referred to as “Magnesium Chewable Tablets” throughout the rest of this leaflet.

What is in this leaflet

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

1. What Magnesium Chewable Tablets is and what it is used for

Magnesium Chewable Tablets contains 4mmol of magnesium in the form of magnesium glycerophosphate. Magnesium is an essential mineral which is important in many activities within the body, especially nerve and muscle function. Magnesium chewable tablets is given to supplement magnesium levels when the level of magnesium in the body is too low.

2. What you need to know before you take Magnesium Chewable Tablets

Do not take Magnesium Chewable Tablets:

- if you are allergic or intolerant to any of the ingredients (listed in section 6)
- if you have hyperphosphataemia (high levels of phosphate in your blood)
- if you have kidney disease

Warnings and precautions

Talk to your doctor or pharmacist before taking Magnesium Chewable Tablets if you have ever had an operation on your bowel.

Other medicines and Magnesium Chewable Tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

This is because Magnesium Chewable Tablets can affect the way some other medicines work. Also some other medicines can affect the way Magnesium Chewable Tablets works.

In particular, you must allow a time interval of 2-3 hours between taking Magnesium Chewable Tablets and the following medicines:

- Cellulose sodium phosphate, used to prevent kidney stones
- EDTA, used in hospital for high calcium levels
- Fluorides, used for preventing tooth decay
- Tetracyclines, antibiotics to treat infections

You must allow a time interval of 3-4 hours between taking Magnesium Chewable Tablets and the following medicines:

- Aminoquinolines, medicines to treat malaria
- Quinidine and quinidine derivatives, medicines to treat heart rhythm disorders
- Nitrofurantoin, Nitroxoline, antibiotics to treat infections
- Penicillamine, medicine used to treat severe rheumatoid arthritis and used in Wilson's disease
- Iron, to treat anaemia
- Bisphosphonates, to treat osteoporosis e.g. alendronate, risedronate
- Eltrombopag, to correct bleeding deficiency

The following medicines may cause magnesium deficiency, your doctor may decide to adjust your daily dose of magnesium:

- Aminoglycosides, antibiotics used to treat infections e.g. gentamicin, streptomycin and neomycin
- Certain medicines used to treat cancer such as cisplatin and EGF-receptor antagonists such as cetuximab and erlotinib
- Ciclosporins, medicines used to suppress the body's immune system e.g. following an organ transplant
- Water tablets (Diuretics), medicines used to treat blood pressure or heart failure e.g. thiazide, furosemide, bumetanide
- Proton Pump Inhibitors, medicines used to treat high acid in the stomach or oesophagus. e.g. omeprazole, pantoprazole
- Amphotericin B, antibiotic that fights fungal infections in the body
- Rapamycin, medicine used to suppress the body's immune system e.g. following an organ transplant
- Pentamidine, medicine to treat infections such as pneumonia
- Foscarnet, an antiviral medication
- Digoxin, a medicine to treat heart rhythm disturbance and heart failure

Pregnancy, breast-feeding and fertility

The effectiveness and safety of Magnesium Chewable Tablets has not been properly studied in pregnant women although magnesium salts are routinely used to treat preeclampsia (a rise in blood pressure, and protein in the urine during pregnancy). Magnesium Chewable Tablets should only be used in pregnancy if your doctor has decided that the benefits of treatment outweigh any potential risks. Magnesium Chewable Tablets can be used during breast-feeding. Based on long-term experience, no effects from magnesium on male and female fertility are expected.

Driving and using machines

Magnesium Chewable Tablets has no or negligible influence on the ability to drive and use machines.

Magnesium Chewable Tablets contains sorbitol, sucrose and sodium.

This medicine contains 25 mg sorbitol in each chewable tablet.

Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic

disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine.

This medicinal product contains sucrose. May be harmful to the teeth. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

This medicine contains 12.64 mg sodium (main component of cooking/table salt) in each chewable tablet. This is equivalent to 0.6 % of the recommended maximum daily dietary intake of sodium for an adult.

3. How to take Magnesium Chewable Tablets

Always use Magnesium Chewable Tablets exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

The amount of Magnesium Chewable Tablets that you will be prescribed will depend on your particular condition and needs.

- Adults, including the elderly. The usual dose is 1-2 tablets three times a day. Your doctor may decide to monitor your magnesium at regular intervals.
- Patients with poor kidney function may need to be monitored at regular intervals and dose adjusted.
- Children: Magnesium Chewable Tablets should only be used if a doctor has decided that the benefit of treatment outweigh any potential risk. Children need to be monitored regularly and have their dose adjusted.

Children below 4 years: Not recommended as there is insufficient information regarding the use of Magnesium Chewable Tablets in this age group.

Children (4 to 12 years): 1 tablet twice per day.

Children (12 to 18 years): 1 tablet three times a day.

Magnesium Chewable Tablets are to be chewed before swallowing.

If you take more Magnesium Chewable Tablets than you should

Contact a doctor or healthcare professional immediately. Symptoms are given in section 4.

If you forget to take Magnesium Chewable Tablets

Take one as soon as you remember and continue to take the remainder of the doses as directed. Do not take a double dose to make up for a forgotten tablet.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Magnesium Chewable Tablets may cause diarrhoea.

It is possible that you may receive too much magnesium.

Tell your doctor or healthcare professional immediately if you have any of the following symptoms:

- flushing, thirst, feeling sick, being sick
- drowsiness, confusion
- muscle weakness

- low blood pressure (you may feel faint when standing from a seated or lying position), abnormal heart beats
- breathing problems.

If any of the side effects get serious please tell your doctor or healthcare professional.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via Yellow Card Scheme Website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Magnesium Chewable Tablets

Keep the bottle tightly closed in order to protect from moisture.
After first opening of the bottle, use within 2 months.

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the label or carton after (EXP). The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Magnesium Chewable Tablets contains

- Each tablet contains 4mmol (97.2mg) of the active substance magnesium (as magnesium glycerophosphate, with quantity: 777.6 mg).
- The other ingredients are sorbitol (E420), povidone K30, cellulose, microcrystalline (E460), citric acid, sucralose, lemon flavour (including flavouring preparation, maltodextrin, sucrose, gum arabic, glyceryl triacetate, alpha-tocopherol), croscarmellose sodium and stearic acid (E570).

What Magnesium Chewable Tablets looks like and contents of the pack

Magnesium Chewable Tablets are white to off white round, flat tablets.

Tablets are packed in white HDPE bottles with a LDPE cap and a desiccant placed inside the cap, in pack size of 50 chewable tablets.

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