



170 mm

12 mm

57 mm

2 mm

2 mm

295 mm

12 mm

12 mm

Driving and using machines

Magnesium Kora Healthcare has no or negligible influence on the ability to drive and use machines.

3. How to take Magnesium Kora Healthcare

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is

Adults (over 18 years) 1-2 tablets 3 times daily (equal to 291.6 – 583.2 mg magnesium).

Use in children and adolescents

Children and Adolescents (12 to 18 years) 1 tablet 3 times daily (equal to 291.6 mg magnesium).

Magnesium Kora Healthcare tablets are not recommended for children less than 12 years. Other form(s) of this medicine may be more suitable for children under 12 years; ask your doctor or pharmacist.

As older patients may have reduced kidney function, dose adjustment may be necessary depending on their kidney function as detailed in section Renal patients below.

Renal patients:

Do not take Magnesium Kora Healthcare if you have severe renal failure.

No change to the recommended dose is required if you have mild to moderate renal failure.

The blood magnesium levels of children and adolescents (12 to 18 years) and renal patients need to be monitored at regular intervals.

The duration of magnesium supplementation will depend upon the clinical needs of each patient.

Directions for use:

Tablets for oral use.

The tablet may be broken in half using the score line. The score line is only there to help you break the tablet if you have difficulty swallowing it whole, not to divide into equal parts.

If you take more Magnesium Kora Healthcare than you should

No side effects are expected in cases where the kidneys are fully functioning. Any excessive amount of magnesium will be excreted through your kidneys.

If you have taken more of this medicine than directed, or if a person with severe kidney problems, or if a child accidentally has taken this medicine, please contact your doctor or local hospital casualty department for judgement of the risk and advice. Symptoms may include: light-headedness/dizziness, nausea, vomiting, drowsiness, shortness of breath and cardiac arrest.

If you forget to take Magnesium Kora Healthcare

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

Common (may affect up to 1 to 10 people): Soft stools or diarrhoea following high doses.

Very rare (may affect up to 1 in 10,000 people): Fatigue if Magnesium Kora Healthcare is used long-term.

If you get any side effects such as diarrhoea, you should discuss this with your doctor or a pharmacist. Your doctor may temporarily interrupt your treatment with Magnesium Kora Healthcare. After the symptoms improve your doctor may recommend that you restart treatment, with a reduced dosage.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly (see details below). By reporting side effects, you can help provide more information on the safety of this medicine.

UNITED KINGDOM

Yellow Card Scheme

Website: <http://www.mhra.gov.uk/yellowcard> or search for MHRA Yellow Card in the Google Play or Apple App Store

5. How to store Magnesium Kora Healthcare

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

This medicine does not require any special storage conditions.

Do not use this medicine after the expiry date which is stated on the blister and 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 Kora Healthcare contains

The active substance is magnesium. Each tablet contains magnesium citrate nonahydrate equivalent to 97.2 mg (4 mmol) magnesium

The other ingredients are mannitol (E421), copovidone, microcrystalline cellulose (E460(i)), magnesium stearate (E572).

What Magnesium Kora Healthcare looks like and contents of the pack

White, oblong tablet, marked with "MG2 and "97" on either side of a score line on one side. Dimensions: 18 mm x 8.7 mm. Magnesium Kora Healthcare is available in packs of 60 or 100 tablets.

Not all pack sizes may be marketed.

Marketing Authorisation Holder

Kora Corporation Ltd t/a Kora Healthcare

20 Harcourt Street,

Dublin 2,

D02 H364,

Ireland

Manufacturer

Lusomedicamenta Sociedade Tecnica Farmaceutica, S.A.

Estrada Consiglieri Pedroso, 69 - B, Queluz de Baixo,

Barcarena,

2730-055, Portugal

This medicinal product is authorised in the Member States of the European Economic Area and in the United Kingdom (Northern Ireland) under the following names:

Ireland, Belgium, Netherlands

Magmedi 97 mg tablets

United Kingdom (Northern Ireland)

Magnesium Kora Healthcare 4 mmol (97 mg) tablets

This leaflet was last revised in

March 2022

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KORA

HEALTHCARE

71-02

12 mm