

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS

S0

### MSM+ MAGNESIUM LIQUID SUSPENSION

MAGNESIUM, CALCIUM, METHYLSULFONYLMETHANE (MSM)

### SUGAR FREE

Complementary Medicine

Category D: 34.12

Health Supplement: Multiple Substance Formulation

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

#### Read all of this leaflet carefully because it contains important information for you

MSM + Magnesium is available without a doctor's prescription. for you to maintain your health. Nevertheless, you still need to use MSM + Magnesium carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share MSM + Magnesium with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- Health supplements are intended only to complement health or supplement the diet.
- In general, health supplements should not be intended for supply to any children under the age of seven (7) months old unless where supplementation is medically warranted
- A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance

#### What is in this leaflet

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

## **1. What MSM + Magnesium is and what it is used for**

A combination of ingredients that contribute to the development and maintenance of bones and teeth, tissue formation and maintenance of normal muscle function. The product acts as factor in the maintenance of good health and helps metabolise carbohydrates, fats and proteins.

## **2. What you need to know before you take MSM + Magnesium**

### **Do not use:**

- if you are hypersensitive (allergic) to any of the ingredients in MSM + Magnesium (listed in section 6).

### **Warnings and special precautions:**

Special care should be taken with MSM + Magnesium:

- Please consult a health care provider prior to use if you are pregnant or breastfeeding.
- Do not take at bedtime.

### **Children:**

MSM + Magnesium is not suitable for children unless under the care of a relevant health care professional.

### **Other medicine and MSM + Magnesium:**

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

### **MSM + Magnesium with food and drink and alcohol:**

None known.

### **Pregnancy and breastfeeding and fertility:**

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

**Driving and use of machinery:**

It is not always possible to predict to what extent MSM + Magnesium may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which MSM + Magnesium affects them.

**MSM + Magnesium contains himalayan salt and water:**

If you are allergic or think you may be allergic to any of the ingredients listed above, avoid use or consult your health care provider prior to use.

**3. How to take MSM + Magnesium**

Shake the bottle before use.

Adults: Drink 3 ml once daily in a glass of water. Do not exceed the daily dose.

Do not take at bedtime. (See section 2 Warnings and special precautions)

Do not share medicine that has been prescribed for you with any other person.

Always use MSM + Magnesium exactly as described in this leaflet or as your doctor, pharmacist or nurse have told you. Check with your doctor, pharmacist or nurse if you are not sure.

**If you take more MSM + Magnesium than you should:**

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

**If you forget to take MSM + Magnesium:**

Do not take / receive a double dose to make up for forgotten individual doses.

**If you stop taking MSM + Magnesium**

Consult your health care provider should you feel unwell.

#### 4. Possible side effects

MSM + Magnesium can have side effects.

A hypersensitivity reaction may occur if you are allergic to any of the ingredients in MSM + Magnesium, in which case stop using and contact your health care provider.

Not all side effects reported for MSM + Magnesium are included in this leaflet. Should your general health worsen or if you experience any untoward effect while taking MSM + Magnesium, please consult your health care provider for advice.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8>

By reporting side effects, you can help provide more information on the safety of MSM + Magnesium

#### 5. How to store MSM + Magnesium

- Store all medicines out of reach of children.
- Store in a cool dry place below 25° C
- Do not use after the expiry date stated on the label / bottle
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

#### 6. Contents of this pack and other information

The active substances are:

Ingredient	Amount per 3 ml
Magnesium chloride hexahydrate 11,8 %	1887 mg
providing Magnesium (elemental)	222,67 mg
Calcium chloride dihydrate 27,2 %	44,04 mg
providing Calcium (elemental)	11,98 mg
Methylsulfonylmethane (MSM)	30 mg

**Other ingredients:**

Himalayan salt

Water

**What MSM + Magnesium looks like and contents of the pack**

Clear to off-white liquid suspension packed in a clear PET Bottle with a white flip cap

Pack sizes: 100 ml, 200 ml and 500 ml

**Holder of Certificate of Registration**

MC Pharma (PTY) Ltd

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South Africa

**This leaflet was last revised in****Registration number**

To be allocated.

**Access to the corresponding Professional Information**