
	Alpha Pharm - Alpha Magnesium SR 60's & 100's_Insert Redesign Artwork Version: 009/13-06-2019		
	Colours: 	Dimensions Insert: (H x Wmm) 296 x 188 mm	
Please note that whilst all designs, copy and die lines are carefully checked for accuracy by Bio Delta, it remains the responsibility of the client to check all the above mentioned items before proceeding to sign off artwork. Bio Delta does not take responsibility for our clients artwork infringing on copyright. Bio Delta does not accept any liability from any party that results from product claims made on this packaging. The full responsibility to prove the efficacy and claims of this product rests with the customer.	Item	Date	Person Resp.
	Spelling:		
	Grammar:		
	Legislation & Claims:		
	Packaging Size:		

ALPHA PHARM ALPHA MAGNESIUM SR

SCHEDULING STATUS

S0

PROPRIETARY NAME (AND DOSAGE FORM)

ALPHA PHARM ALPHA MAGNESIUM SR, tablets.

COMPOSITION

Each tablet contains:		* % NRV's
Magnesium (elemental)	70 mg	
(as Amino Acid Chelate; Chloride; Aspartate and Lactate)		

PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine
Category D

Discipline: Health supplement.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PHARMACOLOGICAL ACTION AND INDICATIONS

Magnesium is needed in many biochemical reactions in the body, which help to maintain normal muscle function and healthy nervous system metabolism.

CONTRAINDICATIONS

Do not use in renal impairment, acute dehydration or if any gastric disorders occur.

Magnesium-containing supplements may also be contraindicated in some cardiac conditions. Patients suffering from cardiac illnesses should not take additional supplements, before discussing their intention with their doctor. Vitamin and mineral supplements should not replace a balanced diet.

WARNINGS AND SPECIAL PRECAUTIONS

Keep out of the reach of children.

Do not exceed the stated dose. In case of accidental overdose, consult a Doctor or Pharmacist or seek medical advice immediately. Discontinue usage if hypersensitive to the active ingredient.

Do not discontinue prescribed medicine, without consulting with your doctor.

Vitamin and/or mineral supplements should not replace a balanced diet. Diarrhea and bowel discomfort may occur when taking magnesium.

INTERACTIONS

If you are on any medication, consult a Doctor or Pharmacist before using the product. Patients suffering from cardiac illnesses should not take additional supplements, before discussing their intention with their doctor.

PREGNANCY AND LACTATION

Consult a Doctor or Pharmacist before taking any supplements. Safety in pregnancy has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 1 or 2 tablets a day after a meal.

Do not exceed recommended daily dose.

SIDE EFFECTS AND SPECIAL PRECAUTIONS

None known at the prescribed daily dosage. Discontinue if hypersensitive to any of the actives occur. Diarrhea and bowel discomfort may occur when taking Magnesium.

KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is supportive and symptomatic. Should accidental overdose occurs, discontinue use and consult a Doctor or Pharmacist or seek medical advice.

IDENTIFICATION

Mauve, round coated tablets.

PRESENTATION

60 or 100 tablets in a amber glass bottle with seal.

STORAGE INSTRUCTIONS

Keep in a dry, cool place below 25°C.

KEEP OUT OF REACH OF CHILDREN.

MANUFACTURED FOR

Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel: +27 12 643 5840
Manufactured in South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT

May 2016.

CATEGORY D

Discipline: Health supplement.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.



0023/2019/TR



ALPHA PHARM ALPHA MAGNESIUM SR

SKEDULERINGS STATUS

S0

EIENDOMSNAAM EN DOSEERVORM

ALPHA PHARM ALPHA MAGNESIUM SR, tablette.

SAMESTELLING

Elke tablet bevat:		* % NRV's
Magnesium (elemental)	70 mg	
(as Amino Acid Chelate; chloride; aspartaat; laktaat)		

PHARMAKOLOGIESE KLASSIFIKASIE

Kategorie D

Disipline: Gesondheids Aanvulling.

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie.

Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie.

PHARMACOLOGIESE AKSIE EN INDIKASIE

Magnesium is nodig in baie biochemiese reaksies in die liggaam, wat help om normale spierfunksie en gesonde senuweestelsel metabolisme te handhaaf.

KONTRA-INDIKASIE

Moenie gebruik as enige nier probleme, akute dehidrasie, of 'n maag versteurings voorkom nie. Magnesium bevatende aanvullings kan ook in sommige hart kondisies teenaangedui word. Patiënte wat ly aan hart siektes moet nie bykomende aanvullings neem, voordat hulle dit nie met hul dokter bespreek het nie.

WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Hou buite bereik van kinders. Tensy anders voorgeskryf, moenie die aanbevele dosis oorskryf nie. In geval van toevallige oordosis, raadpleeg 'n geneesheer of kry onmiddellik mediese advies. Moenie neem indien bekende hipersensitiwiteit teenoor enige van die bestandele. Moenie voorgeskrewe medisyne staak, sonder om met dokter of apteker te konsulteer nie. Vitamien en mineraal-aanvullings moet nie 'n gebalanseerde dieet vervang nie. Diarree en dem ongemak kan voorkom met die neem van magnesium.

INTERAKSIES

Magnesium bevatende aanvullings kan ook in sommige hart kondisies teenaangedui word. Patiënte wat ly aan hart siektes moet nie bykomende aanvullings neem, voordat hulle dit nie met hul dokter bespreek het nie. As jy op enige medikasie is, raadpleeg 'n dokter of apteker voordat die produk gebruik word.

SWANGERSKAP EN LAKTASIE

Raadpleeg 'n geneesheer voordat enige aanvullings tydens swangerskap of laktasie gebruik word. Veiligheid in swangerskap is nie vasgestel nie.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem 1 of 2 tablette n dag na 'n maaltyd. Moenie die voorgeskrewe dosis oorskryf nie.

NEWE EFFEKTE EN SPESIALE VOORSORGMATREËLS

Geen bekend as die voorgeskrewe daaglikse dosis gebruik word nie. Staak gebruik indien hipersensitiwiteit vir enige van die aktiewe voorkom. Diarree en dem ongemak kan voorkom met die neem van magnesium.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Behandeling is ondersteunend en simptomaties. Indien per ongeluk oordoseer, staak die gebruik en raadpleeg 'n geneesheer of kry mediese advies.

IDENTIFIKASIE

Lig pers, ronde bedekte tablette.

AANBIEDING

60 of 100 tablette in 'n bruin glas bottel met seël.

BERGINGSANWYSINGS

Bewaar op 'n koel, droë plek benede 25 °C.

HOU BUITE BEREIK VAN KINDERS.

VERVAARDIG VIR

Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel: +27 12 643 5840
Manufactured in South Africa

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET

Mei 2016.

KATEGORIE D

Disipline: Gesondheids Aanvulling.

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie.

Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie.



0023/2019/TR



PATIENT INFORMATION LEAFLET

ALPHA PHARM ALPHA MAGNESIUM SR

SCHEDULING STATUS

S0

PROPRIETARY NAME (AND DOSAGE FORM)

ALPHA PHARM ALPHA MAGNESIUM SR, tablets.

COMPOSITION

Each tablet contains:		* % NRV's
Magnesium (elemental)	70 mg	
(as Amino Acid Chelate; Chloride; Aspartate and Lactate)		

GENERAL INFORMATION

As you have any questions about this product, please talk with your Doctor or Pharmacist.

It is to be used only by the patient for whom it is prescribed. Do not share it with other people.

If your symptoms do not improve or if they become worse, check with your doctor. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about the product. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this product. This information is not specific medical advice and does not replace information you receive from your health care provider. You must talk with your Doctor or Pharmacist for complete information about the risks and benefits of using the product.

INDICATION AND USE

Magnesium is needed in many biochemical reactions in the body, which help to maintain normal muscle function and healthy nervous system metabolism.

INSTRUCTIONS BEFORE TAKING THE MEDICINE

Some medical conditions may interact with the product. Tell your doctor or pharmacist if you have any medical conditions, especially if any of the following apply to you:

- if you are pregnant, planning to become pregnant, or are breast-feeding
- if you are taking any prescription or nonprescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have liver problems, or metabolism problems

CONTRAINDICATIONS

Do not use in renal impairment, acute dehydration or if any gastric disorders occur.

Magnesium-containing supplements may also be contraindicated in some cardiac conditions. Patients suffering from cardiac illnesses should not take additional supplements, before discussing their intention with their doctor.

Do not use this product if you are allergic to any of the ingredients.

Contact your Doctor or Pharmacist right away if this applies to you.

WARNINGS AND SPECIAL PRECAUTIONS

Keep out of the reach of children.

Do not exceed the stated dose. In case of accidental overdose, consult a Doctor or Pharmacist or seek medical advice immediately.

Discontinue usage if hypersensitive to the active ingredient.

Do not discontinue prescribed medicine, without consulting with your doctor.

Vitamin and/or mineral supplements should not replace a balanced diet.

Diarrhea and bowel discomfort may occur when taking magnesium.

INTERACTIONS

If you are on any medication, consult a doctor or pharmacist before using the product. Patients suffering from cardiac illnesses should not take additional supplements, before discussing their intention with their doctor. This is not a complete list of all interactions that may occur. Ask your Doctor or Pharmacist if this product may interact with other medicines that you take. Check with your Doctor or Pharmacist before you start, stop, or change the dose of any medicine.

PREGNANCY AND LACTATION

Consult a Doctor or Pharmacist before taking any supplements. Safety in pregnancy has not been established.

INSTRUCTIONS ON HOW TO TAKE THE MEDICINE

Do not share medicines prescribed for you with any other person. In the event of over dosage, consult your Doctor or Pharmacist. If neither is available, contact the nearest hospital or poison control centre.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 1 or 2 tablets a day after a meal.

Do not exceed recommended daily dose.

Use as directed by your Doctor or Pharmacist. Check the label on the medicine for exact dosing instructions.

Take by mouth with food.

If you miss a dose for 1 or more days, there is no cause for concern. If your Doctor or Pharmacist recommends that you take it, try to remember your dose every day.

Ask your Doctor or Pharmacist any questions you may have about how to use the product.

SIDE EFFECTS

Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen while taking this medicine, please consult your Doctor or Pharmacist for advice.

All medicines may cause side effects, but many people have no, or minor, side effects. No COMMON side effects have been reported with this product. Seek medical attention right away if any of these SEVERE side effects occur:

- Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue).

This is not a complete list of all side effects that may occur. If you have questions about side effects, contact your Doctor or Pharmacist.

Diarrhea and bowel discomfort may occur when taking Magnesium.

KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is supportive and symptomatic. Should accidental overdose occurs, discontinue use and consult a Doctor or Pharmacist or seek medical advice.

STORAGE AND DISPOSAL

Keep in a dry, cool place below 25 °C.

STORE ALL MEDICINE OUT OF REACH OF CHILDREN.

Check with your pharmacist about how to dispose safely of unused medicine.

PRESENTATION

60 or 100 tablets in a amber glass bottle with seal.

IDENTIFICATION

Mauve, round coated tablets.

MANUFACTURED FOR

Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel: +27 12 643 5840
Manufactured in South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT

May 2016.

DISCIPLINE

Category D

Discipline: Health supplement.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.



0023/2019/TR



PASIENT INFORMASIE BROSJURE

ALPHA PHARM ALPHA MAGNESIUM SR

SKEDULERINGS STATUS

S0

EIENDOMSNAAM EN DOSEERVORM

ALPHA PHARM ALPHA MAGNESIUM SR, tablette.

SAMESTELLING

Elke tablet bevat:		* % NRV's
Magnesium (elemental)	70 mg	
(as Amino Acid Chelate; chloride; aspartaat; laktaat)		

ALGEMENE INFORMASIE

As jy enige vroe of hierdie produk het, moet praat met jou dokter, apteker of ander gesondheidsorg verskaffer. Dit moet slegs gebruik word deur die pasiënt vir wie dit voorgeskryf is en moenie dit met ander mense deel nie.

As jou simptome nie verbeter nie, of as hulle erger raak, gaan praat met jou dokter of apteker. Hierdie inligting nie enige medisyne as veilige doeltreffende, of goedgekeur is vir enige pasiënt of gesondheid toestand behandeling onderskryf.

Dit is net 'n kort opsomming van algemene inligting oor die produk en word nie onderskryf om te diagnoseer, behandel, genees of om enige siekte toestand te verhoed nie. Dit sluit nie al die inligting in, oor die moontlike gebruik, aanwysings, waarskuwings, voorsorgmaatreë, interaksies, nuwe-effekte, of risiko's wat van toepassing is op hierdie produk nie. Hierdie inligting is nie spesifieke mediese advies nie, en vervang nie inligting wat jy van jou dokter, apteker of gesondheidsorg diensverskaffer ontvang nie. Vra jou dokter of apteker vir volledige inligting oor die risiko's en voordele van die gebruik van die produk.

INDIKASIE EN GEBRUIK

Magnesium is nodig in baie biochemiese reaksies in die liggaam, wat help om normale spierfunksie en gesonde senuweestelsel metabolisme te handhaaf.

INSTRUKSIES VOOR DIE MEDISYNE GENEEM MOET WORD

Vertel altyd u gesondheids praktisynd indien u enige ander medikasie neem. Indien u swanger is of u baba borsvoed, konsulteer asseblief eers met u dokter, apteker of ander mediese gesondheids praktisynd voordat u die medikasie neem.

Sommige mediese toestande kan ook in interaksie met hierdie produk he. Raadpleeg jou dokter of apteker indien u enige van die volgende mediese toestande op u van toepassing is:

- As jy swanger is, beplan om swanger te raak, of borsvoed
- Indien u enige voorkryf of nie voorgeskrewe medisyne, kruie of ander aanvullings neem.
- As jy allergieë tot medisyne, kos of enige ander stowwe het.
- As jy lewer probleme, of metabolisme probleme het.

KONTRA-INDIKASIES

Moenie gebruik as enige nier probleme, akute dehidrasie, of 'n maag versteurings voorkom nie. Magnesium bevatende aanvullings kan ook in sommige hart kondisies teenaangedui word. Patiënte wat ly aan hart siektes moet nie bykomende aanvullings neem, voordat hulle dit nie met hul dokter bespreek het nie.

Moet nie hierdie produk gebruik as jy allergies is vir enige van die bestanddele

Kontak jou dokter of apteker dadelik as dit op jou van toepassing is.

WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Hou buite bereik van kinders. Tensy anders voorgeskryf, moenie die aanbevele dosis oorskryf nie. In geval van toevallige oordosis, raadpleeg 'n geneesheer of kry onmiddellik mediese advies. Moenie neem indien bekende hipersensitiwiteit teenoor enige van die bestandele. Moenie voorgeskrewe medisyne staak, sonder om met dokter of apteker te konsulteer nie. Vitamien en mineraal-aanvullings moet nie 'n gebalanseerde dieet vervang nie. Diarree en dem ongemak kan voorkom met die neem van magnesium.

INTERAKSIES

Magnesium bevatende aanvullings kan ook in sommige hart kondisies teenaangedui word. Patiënte wat ly aan hart siektes moet nie bykomende aanvullings neem, voordat hulle dit nie met hul dokter bespreek het nie. As jy op enige medikasie is, raadpleeg 'n dokter of apteker voordat die produk gebruik word.

Dit is nie 'n volledige lys van alle interaksies wat mag voorkom nie. Vra jou gesondheidsorg diensverskaffer indien hierdie produk interaksie met ander medisyne wat jy neem het. Gaan met jou gesondheidsorg verskaffer voordat jy begin, stop, of die dosis van enige medisyne verander.

SWANGERSKAP EN LAKTASIE

Raadpleeg 'n geneesheer voordat enige aanvullings tydens swangerskap of laktasie gebruik word. Veiligheid