

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

SO

XS™ MAGNESIUM STICKS - powders **Each Powder Contains:**

Magnesium oxide 450 mg
providing Magnesium (elemental) 250 mg
Contains sorbitol 920 mg
Contains Sweetener (sucralose) 2 mg
Sugar free

D34.7 Minerals

COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

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.

XS™ MAGNESIUM STICKS is available without a doctor's prescription for you to supplement and complement maintaining your good health. Nevertheless, you still need to use XS™ MAGNESIUM STICKS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share XS™ MAGNESIUM STICKS with any other person.
- Ask your health care provider or pharmacist if you need more information or advice

What is in this leaflet:

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

1. What is XS™ MAGNESIUM STICKS and what it is used for?

XS™ MAGNESIUM STICKS contains magnesium as magnesium oxide to help complement and supplement maintaining your good health and support your active lifestyle.

The functions of magnesium found in XS™ MAGNESIUM STICKS includes:

- Contributes to normal energy -yielding metabolism.
- Contributes to a reduction of tiredness and fatigue.
- Contributes to the maintenance of normal muscle function.
- Contributes to normal psychological function.

2. What you need to know before you take XS™ MAGNESIUM STICKS.

Do not take XS™ MAGNESIUM STICKS

- If you are hypersensitive (allergic) to any of the ingredients, (See list in section 6.0).
- if you have severe kidney problems.
- If you have hypertension or suffer from any heart conditions.

Warnings and precautions

Take special care with XS™ MAGNESIUM STICKS. Consult your relevant health care provider prior to use:

- If you are pregnant, planning to become pregnant or are breastfeeding,
- if you suffer from any heart conditions.
- If you have confirmed magnesium deficiency as you may also have low calcium and low potassium levels.
- If you have diarrhoea.
- If you have ever had any surgery on your stomach.
- If you are taking other magnesium containing supplements.

Children and Adolescents

XS™ MAGNESIUM STICKS is not recommended for children under 12 years of age.

Other medicines and XS™ MAGNESIUM STICKS

There is no known interaction of XS™ MAGNESIUM STICKS and other medicines. Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines. This is particularly important if you are taking any of the following medicines as they may interact with XS™ MAGNESIUM STICKS.

In particular, you must allow a time interval of 2-3 hours between taking XS™ MAGNESIUM STICKS and the following medicines:

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

You must allow a time interval of 3-4 hours between taking XS™ MAGNESIUM STICKS 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;
- Cyclosporins, 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 used in 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 medicine;
- Digoxin, a medicine to treat heart rhythm disturbance and heart failure.

You should check with doctor, pharmacist or your healthcare provider if you are unsure.

XS™ MAGNESIUM STICKS with food, drink and alcohol

XS™ MAGNESIUM STICKS may be taken any time of the day preferably as recommended (See Section 3). Avoid use with alcohol.

Pregnancy and breast-feeding

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 complementary medicine. Safety in pregnancy and breastfeeding has not been established.

Driving and using machines

XS™ MAGNESIUM STICKS is not expected to influence your ability to drive. However, you should not drive, use machinery or perform tasks that require concentration until you are certain that XS™ MAGNESIUM STICKS does not adversely affect your ability to do so safely.

Important information about some of the ingredients of XS™ MAGNESIUM STICKS:

XS™ MAGNESIUM STICKS Contains sorbitol which may have an effect on the control of your blood sugar if you have diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking XS™ MAGNESIUM STICKS. XS™ MAGNESIUM STICKS Contains sorbitol and may have a laxative effect.

3. How to take XS™ MAGNESIUM STICKS

Always take XS™ MAGNESIUM STICKS exactly as described in this leaflet or as your doctor or pharmacist. Check with your doctor or pharmacist if you are not sure. The usual dose for Adults and children 12 years and over: Take one (1) powder per day or as directed by your healthcare provider. Sprinkle powder directly on the tongue. Allow the powder dissolve and swallow. Do not exceed the recommended daily dose unless directed by your doctor.

If you take more XS™ MAGNESIUM STICKS 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 XS™ MAGNESIUM STICKS

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

4. Possible side-effects

XS™ MAGNESIUM STICKS can have side effects. Not all side effects reported for XS™ MAGNESIUM STICKS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking XS™ MAGNESIUM STICKS, please consult your health care provider for advice.

If any of the following happens, stop taking XS™ MAGNESIUM STICKS, and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, mouth or throat, which may cause difficulty in swallowing or breathing.
- rash or itching.
- fainting.

- yellowing of your skin and eyes, also called jaundice.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction. You may need urgent medical attention or hospitalisation. Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- chest pain
- angina
- changes in the way your heart beats, for example, if you notice it beating faster, difficulty breathing,
- signs of recurrent infections such as fever or sore throat,
- less urine than is normal for you,

These are all serious side effects. You may need urgent medical attention. Tell your doctor as soon as possible if you notice any of the following:

- nausea
- abdominal cramps or stomach pains,
- headache,
- dizziness,
- tiredness,
- light-headedness,
- dry cough,
- muscle cramps,
- flatulence or wind,
- diarrhoea,
- loss of appetite.

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: SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", <https://www.sahpra.org.za/Publications/Index/8>. Botswana's s publications: BOMRA via Suspected Adverse Drug Reactions Reporting Form, <https://www.bomra.co.bw/index.php/suspected-adverse-drug-reactions-reporting-form>.

Namibia's publication: Adverse Medicine Reaction (Safety Yellow Form) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbbf343-3cf8-dba3-7ec1-50b881fdab26>.

May also report to Amway South Africa Pty Limited using the following email: Regulatory_Department@Amway.com.

By reporting side effects, you can help provide more information on the safety of XS™ MAGNESIUM STICKS.

5. How to store XS™ MAGNESIUM STICKS

Store all medicines out of the reach and sight of children. Store in the original container. Store at or below 25 °C. Keep in enclosed box to protect from sunlight, heat and moisture. Do not use XS™ MAGNESIUM STICKS after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use XS™ MAGNESIUM STICKS, if you notice the powder have changed colour.

Disposal of XS™ MAGNESIUM STICKS

Return all unused medicines to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What XS™ MAGNESIUM STICKS contains

The active substance is magnesium.

The other ingredients are sorbitol, citric acid, carboxymethylcellulose, lemon flavour, magnesium stearate, sucralose.

What XS™ MAGNESIUM STICKS looks like and contents of the pack

White powder, with a lemon taste and flavor.

It is available in a white paper box cartoon with lift 'n' peel tamper-proof seal containing 1,5 g powder individually packed in 20mm x 95mm paper-aluminium-surlyn multi-laminate stickpack. Pack size: 30 powder stickpacks.

Registration Number

This product has not yet been allocated by the regulatory authority.

Name and Address of Applicant/Holder of Certificate of Registration

Amway South Africa Pty Limited, Unit B1, 33 Brussels road, Spartan, Isando 1619.

Date of Publication

To be allocated by the regulatory authority.

Access to the corresponding Professional Information www.Amway.co.za

