

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS

**S0**

#### **BRUNEL BASICS SLOW-RELEASE MAGNESIUM tablets**

Magnesium sulphate, dicalcium phosphate.  
Sugar free.

#### **COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT**

##### **D34.7 Minerals**

**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.**

BRUNEL BASICS SLOW-RELEASE MAGNESIUM is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take BRUNEL BASICS SLOW-RELEASE MAGNESIUM carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.

#### **What is in this leaflet**

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

#### **1. What BRUNEL BASICS SLOW-RELEASE MAGNESIUM is and what it is used for**

BRUNEL BASICS SLOW-RELEASE MAGNESIUM is a mineral supplement. Magnesium helps the body to form healthy bones and teeth and helps muscles to work properly. BRUNEL BASICS SLOW-RELEASE MAGNESIUM also contains the minerals calcium and phosphorous, which aids the magnesium's function and helps with maintaining good health.

#### **2. What you need to know before you take BRUNEL BASICS SLOW-RELEASE MAGNESIUM**

##### **Do not take/give BRUNEL BASICS SLOW-RELEASE MAGNESIUM:**

- if you are hypersensitive (allergic) to magnesium or to any of the other ingredients of BRUNEL BASICS SLOW-RELEASE MAGNESIUM (see **What BRUNEL BASICS SLOW-RELEASE MAGNESIUM contains**);
- if the child is younger than 4 years old.

#### **Children and adolescents**

BRUNEL BASICS SLOW-RELEASE MAGNESIUM may be used by children aged 4 years and older, who are able to swallow tablets.

#### **Other medicines and BRUNEL BASICS SLOW-RELEASE MAGNESIUM**

- Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines.)
- BRUNEL BASICS SLOW-RELEASE MAGNESIUM should not be taken at the same time as other medication.

#### **Pregnancy, 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 healthcare provider for advice before taking BRUNEL BASICS SLOW-RELEASE MAGNESIUM.
- There is no evidence that BRUNEL BASICS SLOW-RELEASE MAGNESIUM will cause harm to you or your baby during pregnancy or breastfeeding.

### **Driving and using machines**

Safety and efficacy when driving or operating machinery have not been established. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how BRUNEL BASICS SLOW-RELEASE MAGNESIUM affects you.

### **3. How to take BRUNEL BASICS SLOW-RELEASE MAGNESIUM**

Do not share medicines with any other person.

Always take BRUNEL BASICS SLOW-RELEASE MAGNESIUM exactly as described in this leaflet, or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

*Children 4 – 8 years:* Take 1 tablet daily.

*Adults and children from 9 years old:* Take 2 – 3 tablets daily.

If you have the impression that the effect of BRUNEL BASICS SLOW-RELEASE MAGNESIUM is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.

BRUNEL BASICS SLOW-RELEASE MAGNESIUM should be taken after food.

### **If you take more BRUNEL BASICS SLOW-RELEASE 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.

Take this leaflet and the rest of the remaining BRUNEL BASICS SLOW-RELEASE MAGNESIUM with you so the doctor will know what you have taken.

### **4. Possible side effects**

BRUNEL BASICS SLOW-RELEASE MAGNESIUM can have side effects.

Not all side effects reported for BRUNEL BASICS SLOW-RELEASE MAGNESIUM are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking BRUNEL BASICS SLOW-RELEASE MAGNESIUM, please consult your healthcare provider for advice.

If any of the following happens, stop taking BRUNEL BASICS SLOW-RELEASE MAGNESIUM and tell your doctor immediately or go to the casualty department at your nearest hospital:

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

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to BRUNEL BASICS SLOW-RELEASE MAGNESIUM. 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.

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

*Side effects occurring less frequently:*

- loose stools/diarrhoea.

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 or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reactions Reporting Form**”, found online **under SAHPRA’s publications**: <http://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of BRUNEL BASICS SLOW-RELEASE MAGNESIUM.

### 5. How to store BRUNEL BASICS SLOW-RELEASE MAGNESIUM

- Store all medicines out of reach of children.
- Store at or below 25 °C in a cool, dry place, protected from light.
- Do not store in a bathroom due to high humidity.
- Do not use after the expiry date printed on the label.
- Store in the original packaging.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

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

#### What BRUNEL BASICS SLOW-RELEASE MAGNESIUM contains

Each tablet contains:

The active substances are:

Magnesium Sulphate .....	440 mg
providing magnesium (elemental) .....	68,4 mg
Dicalcium Phosphate .....	230 mg
providing calcium (elemental) .....	67,7 mg
providing phosphorous (elemental) .....	52,4 mg

The other ingredients are compritol, magnesium stearate (E572) and Nutrafinish purple colouring.

#### What BRUNEL BASICS SLOW-RELEASE MAGNESIUM looks like and contents of the pack

90 medium round tablets with a purple coating, packed in a black PET container.

#### Holder of certificate of registration

Brunel Laboratoria (Pty) Ltd  
1 Van Tonder Street  
Sunderland Ridge  
Centurion  
0157  
[info@brunel.co.za](mailto:info@brunel.co.za)

#### This leaflet was last revised in

Will be allocated by SAHPRA upon registration.

#### Registration number

Will be allocated by SAHPRA upon registration.

#### Access to corresponding Professional Information

The Professional Information for BRUNEL BASICS SLOW-RELEASE MAGNESIUM is available on <https://www.brunel.co.za/professional-information/> or can be requested from the contact details above.

# PASIËNTINLIGTINGSBLAD

## SKEDULERINGSSTATUS

**S0**

### **BRUNEL BASICS SLOW-RELEASE MAGNESIUM** tablette

Magnesiumsulfaat, dikalsiumfosfaat.

Suikervry.

### **KOMPLEMENTÊRE MEDISYNE: GESONDHEIDSAANVULLING**

#### **D34.7 Minerale**

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

**Lees hierdie hele inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou.**

BRUNEL BASICS SLOW-RELEASE MAGNESIUM is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te onderhou. Nietemin, moet jy BRUNEL BASICS SLOW-RELEASE MAGNESIUM versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.

#### **Wat is in hierdie inligtingsblad**

1. Wat BRUNEL BASICS SLOW-RELEASE MAGNESIUM is, en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy BRUNEL BASICS SLOW-RELEASE MAGNESIUM neem.
3. Hoe om BRUNEL BASICS SLOW-RELEASE MAGNESIUM te neem.
4. Moontlike newe-effekte.
5. Hoe om BRUNEL BASICS SLOW-RELEASE MAGNESIUM te bêre.
6. Inhoud van die verpakking en ander inligting.

**1. Wat BRUNEL BASICS SLOW-RELEASE MAGNESIUM is, en waarvoor dit gebruik word**  
BRUNEL BASICS SLOW-RELEASE MAGNESIUM is 'n mineraalaanvulling. Magnesium help die liggaam om gesonde bene en tande te vorm en help spiere om behoorlik te werk. BRUNEL BASICS SLOW-RELEASE MAGNESIUM bevat ook die minerale kalsium en fosfor, wat die magnesium se funksie aanhelp en help met die ondersteuning van goeie gesondheid.

**2. Wat jy moet weet voordat jy BRUNEL BASICS SLOW-RELEASE MAGNESIUM neem**  
**Moet nie BRUNEL BASICS SLOW-RELEASE MAGNESIUM neem/gee:**

- indien jy hipersensitief (allergies) is vir magnesium of vir enige van die ander bestanddele van BRUNEL BASICS SLOW-RELEASE MAGNESIUM nie (sien **Wat BRUNEL BASICS SLOW-RELEASE MAGNESIUM bevat**);
- indien die kind jonger as 4 jaar oud is nie.

#### **Kinders en adolessente**

BRUNEL BASICS SLOW-RELEASE MAGNESIUM mag deur kinders gebruik word wat ouer as 4 jaar oud is en pille kan sluk.

#### **Ander medisyne en BRUNEL BASICS SLOW-RELEASE MAGNESIUM**

- Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit komplementêre of tradisionele medisyne in.)
- BRUNEL BASICS SLOW-RELEASE MAGNESIUM moet nie gelyktydig met ander medikasie geneem word nie.

#### **Swangerskap, borsvoeding en vrugbaarheid**

- Indien jy swanger is of jou baba borsvoed, dink dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy die medisyne neem.
- Daar is geen bewyse dat BRUNEL BASICS SLOW-RELEASE MAGNESIUM skade aan jou of jou baba sal veroorsaak tydens swangerskap of borsvoeding nie.

### **Bestuur en die gebruik van masjiene**

Dit is nie vasgestel of BRUNEL BASICS SLOW-RELEASE MAGNESIUM veilig en doeltreffend is tydens bestuur en die gebruik van masjiene nie. Moet nie 'n voertuig bestuur, masjiene hanteer, of enigiets anders doen wat jou aandag vereis totdat jy weet hoe BRUNEL BASICS SLOW-RELEASE MAGNESIUM jou affekteer nie.

### **3. Hoe om BRUNEL BASICS SLOW-RELEASE MAGNESIUM te neem**

Moet nie jou medisyne met enige ander persoon deel nie.

Neem BRUNEL BASICS SLOW-RELEASE MAGNESIUM altyd presies soos aangedui in hierdie inligtingsblad, of soos jou dokter of apteker vir jou verduidelik het. Vra gerus jou dokter of apteker indien jy onseker is.

Die gewone dosis is:

*Kinders 4 – 8 jaar oud:* Neem 1 tablet daagliks.

*Volwassenes en kinders vanaf 9 jaar oud:* Neem 2 – 3 tablette daagliks.

Indien jy die indruk kry dat die uitwerking van BRUNEL BASICS SLOW-RELEASE MAGNESIUM te sterk of te swak is, bespreek dit met jou dokter of apteker.

Moet nie die aanbevole dosis oorskry nie.

BRUNEL BASICS SLOW-RELEASE MAGNESIUM moet na etes geneem word.

### **As jy meer BRUNEL BASICS SLOW-RELEASE MAGNESIUM neem as wat jy moet**

In die geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Neem hierdie inligtingsblad en die oorblywende BRUNEL BASICS SLOW-RELEASE MAGNESIUM saam met jou sodat die dokter kan sien wat jy geneem het.

### **4. Moontlike nuwe-effekte**

BRUNEL BASICS SLOW-RELEASE MAGNESIUM kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir BRUNEL BASICS SLOW-RELEASE MAGNESIUM gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of jy enige ongunstige effekte ondervind terwyl jy BRUNEL BASICS SLOW-RELEASE MAGNESIUM neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om BRUNEL BASICS SLOW-RELEASE MAGNESIUM te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling;
- uitslag of gejeuk;
- floute.

Hierdie is baie ernstige nuwe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op BRUNEL BASICS SLOW-RELEASE MAGNESIUM gehad het. Dringende mediese bystand of hospitalisasie mag nodig wees.

Vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling in jou naaste hospitaal as jy een van die volgende opmerk:

- borspyn;
- angina
- veranderinge in die manier waarop jou hart klop, byvoorbeeld as jy voel dat dit vinniger klop;
- asemhalingsprobleme.

Hierdie is almal ernstige nuwe-effekte. Jy kan dalk dringende mediese bystand benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:

*Nuwe-effekte wat minder gereeld voorkom:*

- los stoelgange/diarree.

Indien jy enige nuwe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

### **Aanmelding van nuwe-effekte**

Indien jy nuwe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reactions Reporting Form", wat aanlyn by **SAHPRA se publikasies** beskikbaar is: <http://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van BRUNEL BASICS SLOW-RELEASE MAGNESIUM te verskaf.

### **5. Hoe om BRUNEL BASICS SLOW-RELEASE MAGNESIUM te bêre**

- Bêre alle medisyne buite die bereik van kinders.
- Bêre teen of onder 25 °C in 'n koel, droë plek, en beskerm teen lig.
- Moet nie in die badkamer bêre nie.
- Moet nie gebruik word na die vervaldatum soos aangedui op die etiket nie.
- Bêre in die oorspronklike verpakking.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

### **6. Inhoud van die pak en ander inligting**

#### **Wat BRUNEL BASICS SLOW-RELEASE MAGNESIUM bevat**

Elke tablet bevat:

Die aktiewe bestanddele is:

Magnesiumsulfaat .....	440 mg
lewer magnesium (elementaal) .....	68,4 mg
Dikalsiumfosfaat .....	230 mg
lewer kalsium (elementaal) .....	67,7 mg
lewer fosfor (elementaal) .....	52,4 mg

Die ander bestanddele is kompritool, magnesiumstearaat (E572) en Nutrafinish perskleursel.

#### **Hoe BRUNEL BASICS SLOW-RELEASE MAGNESIUM lyk en inhoud van die verpakking**

90 medium ronde tablette met 'n pers deklaag, verpak in 'n swart PET houër.

#### **Houër van die registrasiesertifikaat**

Brunel Laboratoria (Edms) Bpk  
Van Tonderstraat 1  
Sunderland Ridge  
Centurion  
0157  
[info@brunel.co.za](mailto:info@brunel.co.za)

#### **Hierdie inligtingsblad is laas hersien in**

Sal met registrasie deur SAHPRA toegeken word.

#### **Registrasienommer**

Sal met registrasie deur SAHPRA toegeken word.

#### **Toegang tot die ooreenstemmende Professionele Inligtingsblad**

Die Professionele Inligtingsblad vir BRUNEL BASICS SLOW-RELEASE MAGNESIUM is beskikbaar by <https://www.brunel.co.za/professional-information/> of dit kan aangevra word deur die kontakbesonderhede hier bo te gebruik.

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