

SCHEDULING STATUS [S0]

3640  
South Africa

MN PREMIUM FAST MAG CAPSULES

PHARMACEUTICAL CLASSIFICATION:

Complimentary Medicine Cat D: Health Supplement 34.12 Multiple Substance Formulation

DATE OF PUBLICATION

October 2024

**MN Premium Fast Mag** is a health supplement and as such has not been evaluated by the SAHPRA. This unregistered medicine is not intended to diagnose, treat, cure, or prevent any disease. Health supplements are only intended to supplement the diet or to complement health.

**READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU**

Available without a doctor's prescription.

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

**ACTIVE INGREDIENTS PER VEGETARIAN CAPSULE**

|                                          |                                          |
|------------------------------------------|------------------------------------------|
| Magnesium AAC (amino acid chelate)       | 250mg providing 50mg elemental magnesium |
| Magnesium Liposome                       | 75mg providing 9mg elemental magnesium   |
| Magnesium Oxide                          | 108mg providing 65mg elemental magnesium |
| <b>Total Elemental Magnesium = 124mg</b> |                                          |
| Vitamin B6 (Pyridoxine)                  | 15mg                                     |
| Vitamin D3 (Cholecalciferol)             | 6.25mcg (250IU)                          |

Inactive: Silicon Dioxide

**BEFORE YOU TAKE MN PREMIUM FAST MAG:**

- If you are taking other supplements, read the label, since these supplements may contain the same ingredients.
- Do not take if you are hypersensitive to any of the active or inactive ingredients.
- Tell your healthcare provider if you are taking any other medicines, this includes complementary or traditional medicines.

**WHAT MN PREMIUM FAST MAG IS USED FOR:**

Maximum daily elemental magnesium supports high performance and endurance. Boosts energy and helps improve muscle recovery.

**PREGNANCY AND BREASTFEEDING:**

If you are pregnant or breastfeeding, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

**DIRECTIONS:**

Adults and children 9 years and older: Take two (2) capsules once a day.  
Do not exceed the daily recommended dose.  
This product is not recommended for children under 9 years old.

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

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

**POSSIBLE SIDE-EFFECTS:**

Gastrointestinal upset: Nausea, vomiting, abdominal pain, constipation, diarrhoea, poor appetite.

Not all side effects reported are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, discontinue use immediately and please consult your doctor, pharmacist, or other healthcare provider for advice.

**HOW TO STORE AND DISPOSE MN PREMIUM FAST MAG:**

Store all medicines out of reach of children.  
Store at or below 25°C in a cool, dry place.  
Keep the container tightly closed.  
Do not use this medicine after the expiry date shown on the label.  
Return all unused or expired medicine to your pharmacist for safe disposal.

**PRESENTATION:**

Container of 60 Vegetarian Capsules

**IDENTIFICATION:**

White vegetarian capsule containing white powder.

**NAME AND BUSINESS ADDRESS OF THE APPLICANT:**

BFC Pharmaceuticals cc  
P.O Box 1581  
Kloof

SKEDULERINGSTATUS [S0]

MN PREMIUM FAST MAG KAPSULES

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne Kat D: Gesondheidsaanvulling 34.12 Meervoudige Stof Formulasie

**MN Premium Fast Mag** is 'n gesondheidsaanvulling en is nie deur die SAHPRA geëvalueer nie. Hierdie ongeregistreerde medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie. Gesondheidsaanvullings is slegs bedoel om die dieet of gesondheid aan te vul.

LEES HIERDIE HELE BLAD NOUKEURIG DEUR OMDAT DIT BELANGRIKE INLIGTING VIR U BEVAT

Beskikbaar sonder 'n doktersvoorskrif.

- Hou hierdie blad. Dit mag nodig wees dat u dit weer moet lees.
- Moenie met enige ander persoon deel nie.
- Vra vir u gesondheidsorgverskaffer of apteker as u meer inligting of advies benodig.

AKTIEWE BESTANDELE PER VEGETARIESE KAPSULE

|                                     |                                             |
|-------------------------------------|---------------------------------------------|
| Magnesium AAC (aminosuurchelaat)    | 250mg wat 50mg elementêre magnesium verskaf |
| Magnesium liposoom                  | 75mg wat 9mg elementêre magnesium verskaf   |
| Magnesiumoksied                     | 108mg wat 65mg elementêre magnesium verskaf |
| Totale Elementêre Magnesium = 124mg |                                             |
| Vitamiën B6 (Piridoksien)           | 15mg                                        |
| Vitamiën D3 (Cholecalciferol)       | 6.25mcg (250IU)                             |

Onaktiewe bestanddeel: Silikondioksied

VOORDAT U MN PREMIUM FAST MAG GEBRUIK:

- As u ander aanvullings gebruik, lees die etiket, aangesien hierdie aanvulling moontlik dieselfde bestanddele kan bevat.
- Moenie gebruik as u oorsensitief is vir enige van die aktiewe of onaktiewe bestanddele nie.
- Laat u gesondheidsorgverskaffer weet as u ander medisyne gebruik, dit sluit komplementêre of tradisionele medisyne in.

WAARVOOR MN PREMIUM FAST MAG GEBRUIK WORD:

Maksimum daagliks elementêre magnesium ondersteun hoe werkverrigting en uithouvermoë. Verhoog energie en help om spier herstel te verbeter.

SWANGERSKAP EN BORSVOEDING:

Indien u swanger is of borsvoed, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

GEBRUIKSAANWYSINGS:

Volwassenes en kinders 9 jaar en ouer: Neem twee (2) kapsules daagliks. Moenie die daaglikse aanbevole dosis oorskry nie. Hierdie produk word nie aanbeveel vir kinders onder 9 jaar oud.

In geval van 'n oordosis, raadpleeg u dokter of apteker. As een van hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Moenie 'n dubbele dosis drink om vir vergete individuele dosisse op te maak nie.

MOONTLIKE NEWE-EFFEKTE:

Gastro-intestinale ongemak: Naarheid, braking, maagpyn, hardlywigheid of diarree, swak eetlus.

Nie alle nuwe-effekte wat aangemeld is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheidstoestand vererger of as u enige ongewenste effekte ervaar terwyl u hierdie medisyne gebruik, moet u onmiddellik die gebruik stop en asseblief u dokter, apteker of ander gesondheidsorgverskaffer raadpleeg vir advies.

HOE OM MN PREMIUM FAST MAG TE STOOR EN WEG TE GOOI:

Bêre alle medisyne buite die bereik van kinders. Bêre dit by of onder 25°C in 'n koel, droë plek. Hou die houer stewig toegesluit. Moenie die medisyne gebruik na die vervaldatum nie. Gee alle ongebruikte of vervalde medisyne terug aan u apteker vir veilige verwydering.

AANBIEDING:

Houer van 60 Vegetariese Kapsules

IDENTIFIKASIE:

Wit vegetariese kapsule wat wit poeier bevat.

NAAM EN BESIGHEIDSDRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc  
Posbus 1581  
Kloof  
3640  
Suid-Afrika

DATUM VAN PUBLIKASIE

Oktober 2024