PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX BODYMAG™ 1500mg hard capsules

Magnesium bisglycinate 750 mg and magnesium taurate 750 mg per daily dose (3 capsules), providing 173 mg elemental magnesium

Sugar free

COMPLEMENTARY MEDICINE

Health Supplement

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

This leaflet is also available in Afrikaans on the product pages at https://genologix.co.za/product/genologix-bodymag-magnesium-combo-1500mg-30-days-supply/ (30-day pack) and https://genologix.co.za/product/genologix-bodymag-magnesium-combo-1500mg-bulk-120-days-supply/ (120-day pack).

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

Genologix BodyMag 1500mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix BodyMag 1500mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix BodyMag 1500mg 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 Genologix BodyMag 1500mg is and what it is used for
2. What you need to know before you take Genologix BodyMag 1500mg
3. How to take Genologix BodyMag 1500mg
4. Possible side effects
5. How to store Genologix BodyMag 1500mg
6. Contents of the pack and other information

1. What Genologix BodyMag 1500mg is and what it is used for

Genologix BodyMag 1500mg is a health supplement. It contains two forms of magnesium: magnesium bisglycinate (magnesium bound to the amino acid glycine) and magnesium taurate (magnesium bound to the amino acid taurine).

Genologix BodyMag 1500mg:

- contributes to the maintenance of normal muscle function;
- helps to metabolise carbohydrates, fats and proteins;
- contributes to the development and maintenance of bones and teeth;
- contributes to a reduction of tiredness and fatigue; and
- contains taurine, which is important for energy metabolism (the transformation of food into energy).

2. What you need to know before you take Genologix BodyMag 1500mg

Do not take Genologix BodyMag 1500mg:

- if you are hypersensitive (allergic) to magnesium, glycine or taurine or any of the other ingredients of Genologix BodyMag 1500mg (listed in section 6).
- if you have severe kidney disease.

Warnings and precautions

Take special care with Genologix BodyMag 1500mg. Talk to your doctor or pharmacist before taking it:

- if you have kidney problems, because your kidneys may not be able to remove extra magnesium;
- if you have a heart condition called heart block or a very slow heartbeat;
- if you have myasthenia gravis (a muscle weakness disease); or
- if you take any of the medicines listed under "Other medicines and Genologix BodyMag 1500mg".

Magnesium from other supplements or antacids should be taken into account when taking Genologix BodyMag 1500mg.

Children and adolescents

Do not give Genologix BodyMag 1500mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix BodyMag 1500mg

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

Magnesium can reduce the absorption of some medicines. Take these medicines at least 2 hours before or 4 hours after taking Genologix BodyMag 1500mg:

- antibiotics called tetracyclines (e.g. doxycycline) or quinolones (e.g. ciprofloxacin);
- bisphosphonates (medicines for weak bones, e.g. alendronate);
- levothyroxine (a thyroid medicine).

Talk to your doctor or pharmacist before you take it if you take medicine for high blood pressure, water tablets (diuretics) or muscle relaxants.

Genologix BodyMag 1500mg with food, drink and alcohol

Genologix BodyMag 1500mg can be taken with or without food. Taking it with food may reduce stomach upset.

Pregnancy, breastfeeding and fertility

Consult a relevant health care provider prior to use if you are pregnant or breastfeeding. Genologix BodyMag 1500mg is not intended for use during pregnancy or breastfeeding.

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 using machines

Genologix BodyMag 1500mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix BodyMag 1500mg may interfere with your daily activities. Do not drive, operate machinery or take part in activities that need you to be alert until you know how Genologix BodyMag 1500mg affects you.

Genologix BodyMag 1500mg contains

Genologix BodyMag 1500mg contains no sugar and no sweeteners.

3. How to take Genologix BodyMag 1500mg

Do not share medicines prescribed for you with any other person.

Always take Genologix BodyMag 1500mg 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.

Adults (18 years and older): take three (3) capsules a day. This provides 173 mg of elemental magnesium.

Do not take more than three (3) capsules in 24 hours.

Children and adolescents under 18 years: Genologix BodyMag 1500mg is not intended for this age group.

How to take it:

1. Take the capsules during the day, all at once or spread across the day.
2. Swallow the capsules whole with a glass of water.
3. Stop taking Genologix BodyMag 1500mg if you get any side effects (see section 4).

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

If you take more Genologix BodyMag 1500mg than you should

If you take too many capsules, you may get diarrhoea, nausea or stomach cramps. People with kidney problems may get muscle weakness, drowsiness or a slow heartbeat from too much magnesium. If this happens, get medical help straight away.

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 Genologix BodyMag 1500mg

If you forget a dose, take your next dose at the usual time the next day.

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

If you stop taking Genologix BodyMag 1500mg

You can stop taking Genologix BodyMag 1500mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix BodyMag 1500mg can have side effects.

Not all side effects reported for Genologix BodyMag 1500mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix BodyMag 1500mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix BodyMag 1500mg and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the 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 reaction to Genologix BodyMag 1500mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- loose stools or diarrhoea,
- nausea (feeling sick),
- stomach cramps or discomfort.

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 Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of Genologix BodyMag 1500mg.

You can also report side effects directly to Genologix by completing the side effect report form on our website at https://genologix.co.za/adr-form-page/, or by contacting us on 087 094 0594, WhatsApp 060 532 8317 or info@genologix.co.za.

5. How to store Genologix BodyMag 1500mg

Store all medicines out of reach of children.

- Store in a cool, dry place at or below 25 °C.
- Protect from light and moisture.
- Keep the capsules in the original pouch. Reseal the pouch tightly after each use.
- Do not store in a bathroom.
- Do not use after the expiry date printed on the pouch.
- Do not use Genologix BodyMag 1500mg if the pouch seal is broken or the capsules look damaged.

Return all unused medicine 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 Genologix BodyMag 1500mg contains

The active substances are magnesium bisglycinate and magnesium taurate.

Active ingredient	Per capsule	Per daily dose (3 capsules)	% NRV*
Magnesium bisglycinate	250 mg	750 mg	
providing elemental magnesium	35 mg	105 mg	
Magnesium taurate	250 mg	750 mg	
providing elemental magnesium	22,7 mg	68 mg	

Active ingredient	Per capsule	Per daily dose (3 capsules)	% NRV*
Total elemental magnesium	57,7 mg	173 mg	43%
*NRV = Nutrient Reference Value for adults			

The other ingredients are microcrystalline cellulose and hypromellose (the vegan capsule shell).

Microcrystalline cellulose is a plant fibre used as a filler. It makes sure that every capsule contains the correct amount of the active ingredient. These ingredients are not active ingredients. They are only used to help us make the capsules accurately and consistently.

What Genologix BodyMag 1500mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a white powder.

Genologix BodyMag 1500mg is available in two pack sizes: 90 capsules (30 daily doses) and 360 capsules (120 daily doses). Both are packed in a resealable, laminated, light-protective pouch.

Holder of Certificate of Registration

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Registration number

Not applicable. Unregistered complementary medicine, Act 101/1965.

Access to the corresponding Professional Information

The Professional Information for Genologix BodyMag 1500mg is available on request from Genologix on 087 094 0594 or info@genologix.co.za. Address your correspondence for the attention of the Responsible Pharmacist.