



TRANSLATION BY PROTINA

Translation of the German

Package Leaflet

Information for the user

Magnesium-Diasporal[®] 100

98.6mg magnesium

Lozenges

Active ingredient: magnesium citrate

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- If you do not feel better or if you feel worse, you must talk to your doctor

What is in this leaflet

1. What Magnesium-Diasporal[®] 100 is and what it is used for
2. What you need to know before you take Magnesium-Diasporal[®] 100
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1. What Magnesium-Diasporal[®] 100 is and what it is used for

Magnesium-Diasporal[®] 100 is a mineral supplement.

Magnesium-Diasporal[®] 100 is used for magnesium deficiency if it causes muscular activity disorders (neuromuscular disorders, calf cramps).

2. What you need to know before you take Magnesium-Diasporal[®] 100?

Magnesium-Diasporal[®] 100 may not be used:

- Severe renal disfunction and disorders of conduction on the heart that causes slow heartbeat (bradycardia)
- if you are hypersensitive (allergic) to magnesium citrate or any of the other ingredients of Magnesium-Diasporal[®] 100

Use of Magnesium-Diasporal[®] 100 and other medicines

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines even those not prescribed. The effect of the following active substances and preparation respectively named below may be influenced by concomitant treatment.

- Magnesium salts may enforce the activity of neuromuscular blocking substances (pancuronium bromide, succinylcholin halogenide).
- Antibiotics of aminoglycosides group, cis-platin and cyclosporin A induce an increased renal magnesium loss.
- Magnesium, iron, fluorides and tetracyclines interact in their resorption.

A 2 to 3 hour interval should therefore be observed in between the administration of Magnesium-Diasporal[®] 100 and medicines, containing the above-mentioned substances.

Pregnancy and lactation:

Magnesium-Diasporal[®] 100 can be used during pregnancy and during breast-feeding without concerns.

Driving and using machines

No special precaution required.

Important information about some of the other ingredients of Magnesium-Diasporal[®] 100:

This medicine contains sucrose. If you have been told that you have an intolerance to some sugars, contact your doctor before taking Magnesium-Diasporal[®] 100.

In case of frequent and permanent use, Magnesium-Diasporal[®] 100 may be harmful to your teeth (caries) because of the sugar content.

3. How to take Magnesium-Diasporal[®] 100

Always take Magnesium-Diasporal[®] 100 exactly as described in this leaflet. Check with your doctor or pharmacist if you are not sure.

Dosage:

Unless otherwise prescribed by your doctor the usual dose for adults is 3x1 lozenges daily corresponding to 295,8mg magnesium ions.

Method of administration:

Lozenges for sucking

If you have the impression that the effect of Magnesium-Diasporal[®] 100 is too strong or too weak, talk to your doctor or pharmacist.

If you take more Magnesium-Diasporal[®] 100 than you should

No special measure is necessary, in case of normal kidney function. Any excessive amount of magnesium will be excreted through your kidneys.

If you have any further question on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. The frequency of side effects is defined in the following categories:

Very common	More than 1 in 10 users
Common	Less than 1 in 10, but more than 1 in 100 users
Uncommon	Less than 1 in 100, but more than 1 in 1.000 users
Rare	Less than 1 in 1.000, but more than 1 in 10.000 users
Very rare	Less than 1 in 10.000 users, including individual cases
Not known	Frequency cannot be estimated from the available data

Possible side effects

At the beginning of the treatment with Magnesium-Diasporal[®] 100 soft stools or diarrhoe may occur in uncommon cases, which are harmless and will subside again. With long-term treatment tiredness may appear in very rare cases.

The therapy should be temporarily interrupted and can be assimilated after improvement and elimination of the symptoms respectively with a reduced dosage.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger Allee 3, D-53175 Bonn, Website: <http://www.bfarm.de>.

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Magnesium-Diasporal® 100?

Keep out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the container and the folding box.

6. Contents of the pack and other information:

Magnesium-Diasporal® 100 contains:

The active ingredient is magnesium citrate.

1 lozenge contains 610 mg magnesium citrat (calc. anhydrous) corresponding to 98,6 mg (= 4 mmol = 8 mval) magnesium ions.

The other ingredients are sucrose, powdered cellulose, citric acid, xanthan gum, calcium stearate, sodium saccharin, flavoring substances.

Advice for diabetics:

1 lozenge contains only 0.1 g sucrose (=sugar) corresponding to 0.006 CE (carbohydrate exchange). To take this into account within a special diabetes diet is not required.

Magnesium-Diasporal® 100 is free of glutene and lactose.

What Magnesium-Diasporal® 100 looks like and content of the packs:

White to off- white, round, biconvex lozenges with a slight orange flavor.

Magnesium-Diasporal® 100 is available in packages of 50 (N2) or 100 (N3) lozenges.

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