



TRANSLATION BY PROTINA

Translation of the German Package Leaflet

**Information for the user
Magnesium-Diasporal[®] 150**

150.8 mg magnesium
Capsules, hard
Active ingredient: magnesium oxide

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 after taking, you must talk to your doctor

What is in this leaflet

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1. What Magnesium-Diasporal[®] 150 is and what it is used for

Magnesium-Diasporal[®] 150 is a mineral supplement.

Magnesium-Diasporal[®] 150 is used for magnesium deficiency if it causes muscular activity disorders (neuromuscular disorders, calf cramps).

If you do not feel better or if you feel worse after taking, you must talk to your doctor.

2. What you need to know before you take Magnesium-Diasporal[®] 150?

Magnesium-Diasporal[®] 150 may not be used:

- in case of severe renal impairment
- if you are hypersensitive (allergic) to magnesium oxide or any of the other ingredients of Magnesium-Diasporal[®] 150 listed in section 6.

Warnings and precautions

Talk to your doctor or pharmacist before taking Magnesium Diasporal[®] 150.

Children and adolescents (0 – 18 years)

There is no experience of treating children and adolescents.

Use of Magnesium-Diasporal[®] 150 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 named below may be influenced by concomitant treatment with Magnesium-Diasporal[®] 150.

- Antibiotics of aminoglycosides group, cisplatin 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[®]150 and medicines, containing the above-mentioned substances.

Pregnancy, breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Magnesium-Diasporal[®] 150 can be used during pregnancy and during breast-feeding without concerns.

Based on long-term experience, no effects on male and female fertility are anticipated.

Driving and using machines

No special precaution required.

3. How to take Magnesium-Diasporal[®] 150

Always take Magnesium-Diasporal[®] 150 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.

Dosage:

Unless otherwise prescribed by your doctor, the usual dosage for adults is 1 capsule in the morning and 1 capsule in the evening corresponding to a daily dosage of 301.6 mg magnesium ions.

Method of administration:

Take the capsule with plenty of liquid shortly before a meal.

If you take more Magnesium-Diasporal[®] 150 than you should

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

If you forget to take Magnesium-Diasporal[®] 150, do not take a double dose.

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

4. Possible side effects

Like all medicines, Magnesium-Diasporal[®] 150 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 higher dosage soft stool or diarrhoe may occur in uncommon cases during the treatment with Magnesium-Diasporal[®] 150.

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® 150?

Keep out of the sight and reach of children.

Store in the original package in order to protect from humidity. Store dry and not above 25° C.

Do not use this medicine after the expiry date which is stated on the container and the folding box. The expiry date refers to the last day of that month.

6. Contents of the pack and other information

What Magnesium-Diasporal® 150 contains:

The active ingredient is magnesium oxide.

1 hard capsule contains 250 mg magnesium oxide corresponding to 150.8 mg magnesium ions.

The other ingredients are: microcrystalline cellulose, Macrogol 6000, Magrocol stearate 2000, magnesium stearate, gelatin, titanium dioxide E171, sodium dodecyl sulfate.

Magnesium-Diasporal® 150 is free of gluten and lactose.

What Magnesium-Diasporal® 150 looks like and content of the packs:

White, non-transparent hard capsules

Magnesium-Diasporal® 150 is available in packages of 50 (N2) or 100 (N3) hard capsules.

Marketing Authorisation Holder and Manufacturer:

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