Megamag®

45mg | capsule Magnesium

Read this leaflet carefully before taking this medicine. It contains important information about your treatment.
This medicine is a SELF-MEDICATION proprietary supplement that can be used without prescription or consulting a doctor.
If you have any questions or concerns, ask your doctor or pharmacist for more information.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after one month of treatment.
- If you experience any side effect not listed in this leaflet, or if you experience one of the side effects listed as serious, tell your doctor or pharmacist.

In this leaflet:

1. What is MEGAMAG® 45 mg capsule and what is it used for?
2. What you should know before taking MEGAMAG® 45 mg capsule?
3. How to take MEGAMAG® 45 mg capsule?
4. What are the possible side effects?
5. How do you store MEGAMAG® 45 mg capsule?
6. Further information

1. WHAT IS MEGAMAG® 45 mg capsule AND WHAT IS IT USED FOR?

Mineral supplement.
This medicine contains magnesium.
If several of the following symptoms are experienced together, it may be a sign that you have a magnesium deficiency:
- nervousness, irritability, mild anxiety, temporary fatigue, minor sleep disorders,
- symptoms of anxiety such as digestive spasms or palpitations (healthy heart),
- muscle cramps, pins and needles.

Taking a magnesium supplement can improve these symptoms. If these symptoms do not improve after one month of treatment, seek the advice of your doctor or pharmacist.

2. WHAT YOU SHOULD KNOW BEFORE TAKING MEGAMAG® 45 mg capsule

This medicine is for use by adults and children over 15 years of age only.

Do not take MEGAMAG® 45 mg capsule:
- If you are allergic (hypersensitive) to the active ingredient or one of the other ingredients contained in MEGAMAG® 45 mg capsule, specifically maize as it contains maize starch.
- If you have severe kidney failure.

Take special care with MEGAMAG® 45 mg capsule:
This medicine is sometimes administered to sufferers of celiac disease. Maize starch can contain gluten, but only in trace amounts, and is therefore considered safe for people with celiac disease.

If you are taking or using other medicines:
Talk to your doctor or pharmacist before taking these capsules if you are taking or have recently taken another medicine, including any non-prescription medicine.

Pregnancy and breast feeding:
This medicine should only be used during pregnancy on the advice of your doctor.
If you discover that you are pregnant during your treatment, consult your doctor because only (s)he can judge whether it is necessary to continue your treatment.
You should avoid taking this medicine during breast feeding.
During pregnancy and breast feeding you should always seek the advice of your doctor or pharmacist before taking any medicine.

Important information about some of the ingredients contained in MEGAMAG® 45 mg capsule:
One of the ingredients in this medicine (maize starch) contains trace amounts of gluten.

3. HOW TO TAKE MEGAMAG® 45 mg capsule

This medicine is for use by adults and children over 15 years of age only.

Dose
To be taken orally.
Adults and children over 15 years of age. 4 to 6 capsules a day.

How to take the capsules
The capsules must be swallowed with a large glass of water during meals.

How often to take the capsules
The daily dose should preferably be divided up into several smaller doses and taken during meals.

Duration of treatment
The treatment should not exceed one month.

If you forget to take MEGAMAG® 45 mg capsule
Do not take a double dose to compensate for the forgotten dose.
If you have any questions about how to use this medicine, ask your doctor or pharmacist for more information.

4. WHAT ARE THE POSSIBLE SIDE EFFECTS?

Like all medicines, MEGAMAG® 45 mg capsule can cause side effects, although not everybody gets them. Side effects include:
- diarrhoea and abdominal pain.

If you experience any side effect not listed in this leaflet, or if certain side effects become serious, please tell your doctor or pharmacist.

5. HOW DO YOU STORE MEGAMAG® 45 mg capsule?

- Keep out of reach and sight of children.
- Do not use MEGAMAG® 45 mg capsule after the expiry date shown on the box. The expiry date refers to the last day of the month.
- There are no special storage requirements.
- Medicines should not be disposed of down a drain or with your household waste. Ask your pharmacist what you should do with any unused medicines. These measures will help protect the environment.

6. FURTHER INFORMATION

What is in MEGAMAG® 45 mg capsule:

The active ingredient is:
Magnesium ..... 45 mg
In the form of magnesium aspartate dihydrate 400 mg
per capsule.

The other ingredients are:
Maize starch, magnesium stearate.
The capsule shell: gelatine, indigotine (E132), titanium dioxide (E171).

What MEGAMAG® 45 mg capsule looks like and contents of the pack:
This medicine comes in capsule form. The pack contains 60 capsules.

Marketing Authorisation Holder / Distributor / Manufacturer:
LABORATOIRES MAYOLY SPINDLER
6, Avenue de l'Europe - BP 51
78401 Chatou Cedex - France

Last date this leaflet was approved: July 2010.

Detailed information on this medicine is available on the ANSM (France) website.

Health education advice:
Magnesium is a mineral element that is essential to the body. It enables the muscles to work properly and plays a crucial role in many enzymatic reactions. Many foods naturally contain magnesium and a balanced diet should provide you with your daily magnesium requirements (green vegetables, whole grain cereals, dried fruits and vegetables, chocolate and certain mineral waters).
However, if you experience a succession of signs possibly related to a magnesium deficiency (irritability, fatigue, difficulty sleeping, muscle cramps, etc.) a supplement might help you. Follow the recommended dose and treatment duration for MEGAMAG® 45 mg capsule detailed in this leaflet.

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