

MAG-7

6-in-1 Magnesium Complex with Zinc

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

Always take this formulation 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.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

1. What MAG-7 is and what it is used for
2. What you need to know before you take MAG-7
3. How to take MAG-7
4. Possible side effects
5. How to store MAG-7
6. Contents of the pack and other Information

1. What MAG-7 is and what it is used for

MAG-7 is a blend of 6-in-1 Magnesium complex i.e. magnesium taurate, magnesium lactate, magnesium malate, magnesium bisglycinate, magnesium citrate and magnesium oxide with zinc gluconate which support sleep, help combat fatigue, reduce stress, support muscle relaxation and nerve.

2. What you need to know before you take MAG-7**Do not take MAG-7:**

- if you are allergic to any of the ingredients in the formulation.

Warnings and precautions

Visit your doctor to rule out any underlying conditions.

If you are taking other medication, you should consult your doctor before taking MAG-7.

You must talk to your doctor or pharmacist if you feel worse during use of this product, or if your symptoms do not improve.

Children and adolescents

- Do not give this product to children or adolescents under 18 years of age.

Other medicines and MAG-7

- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including health supplements such as MAG-7.

Pregnancy and breast-feeding

If you are pregnant or breast feeding your baby, please consult your health care provider for advice before taking MAG-7. Safety in pregnancy and when breastfeeding has not been established.

Driving and using machines

If you feel affected do not drive or use machinery.

3. How to take MAG-7

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Take 2 Capsule daily after food or as directed by Physician.

This product is not suitable for those under 18 years of age.

For oral use only. Don't take more than the recommended dose.

Consult a healthcare provider for long-term use or dosing recommendations for specific health concerns.

If you take more MAG-7 than you should

If you feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

If you forget to take MAG-7

Don't worry about the missed dose. Take the next dose as usual.

If you feel MAG-7 isn't working

See your doctor if your symptoms worsen or do not improve.

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

4. Possible side effects

Like all medicines, MAG-7 can cause side effects, although not everybody gets them.

Adverse reactions to MAG-7 are uncommon. Possible adverse reactions may include:

Dry mouth, rashes, itching, nausea, upset stomach, diarrhea, headache, nosebleed, and dizziness.

If you notice any side effects, discontinue use and tell your doctor or pharmacist.

5. How to store MAG-7

Keep this product out of the sight and reach of children. This product does not require any special storage conditions.

Do not use this product after the expiry date which is stated on the label and the carton.

Do not use this product if you notice a change in appearance.

Do not throw away any product via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information**What MAG-7 contains**

- Magnesium Taurate, Magnesium Lactate, Magnesium Malate, Magnesium Bisglycinate, Magnesium Citrate and Magnesium Oxide with Zinc Gluconate.

What MAG-7 looks like and contents of the pack

Pack sizes: 120 Capsules.

UK:

NBH&S Limited

New Bath Road, Matlock Bath DE3 4PX

IE/EU:

Bioreva Sciences Ltd

Unit A4, Gem Park,

Athlone Road, Longford, Republic of Ireland

References

1. <https://www.medicines.org.uk/emc/product/11577/smpc#gref>
2. <https://www.mayoclinic.org/drugs-supplements/magnesium-supplement-oral-route/description/drg-20070730>
3. <https://www.naturemade.com/products/magnesium-complex-with-d3-and-zinc?variant=41238541402251>
4. <https://www.apollopharmacy.in/otc/gnc-pro-performnce-zinc-magnesium-tab-60-s?srsIid=AfmB0orTKuZG2SiGhIL6dhVskI-hF4n2e7sQKhAg7yExs6xHES9eDN05>