

Package leaflet: Information for the user

magnesium verla

5mmol granules for oral solution

Magnesium (as magnesium aspartate dihydrate)

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

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has 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, pharmacist or nurse. 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 Magnesium Verla is and what it is used for
2. What you need to know before you take Magnesium Verla
3. How to take Magnesium Verla
4. Possible side effects
5. How to store Magnesium Verla
6. Contents of the pack and other information

1. What Magnesium Verla is and what it is used for

The name of this product is Magnesium Verla 5 mmol granules for oral solution. This medicine is used as a dietary supplement for individuals who are deficient in magnesium. This may be a result of an insufficient intake of the mineral in your diet or your body is not absorbing magnesium adequately.

2. What you need to know before you take Magnesium Verla

Do not take Magnesium Verla:

- if you are allergic to magnesium aspartate dihydrate or any of the other ingredients of this medicine (listed in Section 6)
- if you are dehydrated
- if you have severe kidney problems
- if you have a tendency to develop kidney stones during kidney infection
- if you suffer from a condition where your kidneys are failing to produce urine (anuria) or are producing an abnormally small amount of urine (oliguria).

Warnings and precautions

Talk to your doctor, pharmacist or nurse before taking Magnesium Verla

- if you are diabetic the sugar content requires caution (see 'Important information about some of the ingredients of Magnesium Verla')
- if you have kidney problems.

Other medicines and Magnesium Verla

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription.

- To avoid impairment of absorption, Magnesium Verla should be taken 3-4 hours before or after taking tetracyclines (wide ranging antibacterial antibiotic), iron or sodium fluoride preparations.

Magnesium Verla with food and drink

Food and drink have no influence on the effect of this product.

Pregnancy and breast-feeding

Use of this product during pregnancy and breast-feeding is recommended where a magnesium deficiency has been medically diagnosed.

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.

Driving and using machines

Magnesium Verla does not normally produce any effects on ability to drive or use machines.

Magnesium Verla contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per sachet, that is to say essentially 'sodium-free'.

Magnesium Verla contains sucrose and lactose

- Each sachet contains 2.84 g of sucrose per dose. This should be taken into account in patients with diabetes mellitus.

May be harmful to the teeth

- Each sachet contains 2.3 mg of lactose.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

3. How to take Magnesium Verla

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

Adults and Children, over 10 years of age:

The contents of one sachet (5 g) taken orally 1-3 times daily.

Children 2 to 10 years:

The contents of one sachet (5 g) taken orally daily.

The contents of one sachet of Magnesium Verla granules should be dissolved by stirring in at least half a glass of water, tea or fruit juice.

If you take more Magnesium Verla than you should

Excessive taking of magnesium may cause diarrhoea. In patients with impaired kidney function, hypermagnesaemia (abnormally high level of magnesium in the blood) may occur. The symptoms for this include: thirst, nausea, vomiting, flushing of the skin, drop in blood pressure, drowsiness, confusion, loss of tendon reflexes, muscle weakness, respiratory depression, abnormal heart rate, coma and heart attack. If you suffer from these symptoms, stop taking Magnesium Verla and consult your doctor immediately.

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

4. Possible Side Effects

Like all medicines, this medicine can cause side effects, although not everyone gets them.

Uncommon: may affect up to 1 in 100 people

- loose stools or diarrhoea.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRC Pharmacovigilance, Website: www.hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Magnesium Verla

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the use before date which is stated on both the sachet and outer carton after 'Use Before'.

Store in a dry place. Do not store above 25°C.

Do not throw away any medicines 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 Magnesium Verla contains

- The active substance is magnesium aspartate dihydrate.
- Each 5 g sachet of granules for oral solution contains magnesium aspartate dihydrate equivalent to 121.56 mg (5 mmol) of magnesium.
- The other ingredients are sucrose, citric acid, saccharin sodium, tangerine flavour (contains lactose) and colloidal anhydrous silica.

What Magnesium Verla looks like and contents of the pack

Magnesium Verla is available as a sachet packed in cartons of 20 and 50.

Not all pack sizes may be marketed.

Each sachet contains yellow-tinged, free-flowing granules for solution with a slight odour and taste of tangerine that reduces during storage.

Marketing Authorisation Holder and Manufacturer:

Marketing Authorisation Holder:

Rowa Pharmaceuticals Ltd., Bantry, Co. Cork, Ireland

Manufacturer:

Verla-Pharm Arzneimittel GmbH & Co. KG
Hauptstraße 98,
Tutzing, Germany D-82327.

This leaflet was last revised in January 2024