

MagniMETICS™ Fizzy 10 Day & 30 Day Effervescent Tablets

PROFESSIONAL INFORMATION

Complementary Medicine – Health Supplement

SCHEDULING STATUS

To be assigned

1. NAME OF THE MEDICINE

MagniMETICS™ Fizzy 10 Day & 30 Day Effervescent Tablets.

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

MagniMETICS™ Fizzy is comprised of 1 Component.

Each Effervescent Tablet contains:

Magnesium derived from Magnesium-L-Threonate 2 000 mg Magnesium Glycinate 568 mg Magnesium Citrate 161 mg	250	mg
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All minerals are expressed in their elemental and non-elemental form.

Suitable for Vegetarians.

Sucrose, Lactose, Gluten and Tartrazine Free.

Sweeteners: Isomalt (0,3 g), Sorbitol (0,3 g), and Sucralose (25 mg) per tablet.

For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Effervescent Tablets.

Blueberry or Grape flavoured Pink coloured Effervescent Tablet.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

MagniMETICS™ Fizzy is a health supplement intended to support physical and mental performance in adults including:

- reduction of tiredness and fatigue;
- normal energy metabolism;
- normal functioning of the nervous system.

4.2 Posology and method of administration

For oral use only.

Dissolve One Effervescent tablet in a glass of water once Daily after meals.

The Effervescent tablet must not be swallowed whole or be chewed, it must be dispersed in a glass of approximately 200 ml water.

Take 2 hours before or after taking other medications or natural health products.

4.3 Contraindications

Do not use if you have a hypersensitivity to any of the ingredients, including excipients listed in section 6.1.

MagniMETICS™ Fizzy should not be used by persons suffering from:

- chronic renal impairment (*excess Magnesium may not be adequately excreted*);
- Sorbitol Intolerance, a rare hereditary condition.

Not suitable for children below the age of 9 years (*due to high Magnesium content*) unless under the direct supervision of a qualified healthcare professional.

4.4 Special warnings and precautions for use

The indicated daily dose should not be exceeded.

Consult your Healthcare Professional if your symptoms worsen.

Contains Isomalt and Sorbitol, which may have an effect on blood sugar levels of individuals struggling with Diabetes Mellitus.

4.5 Interactions with other medicines

Alcohol: excessive intake increases the turnover of Magnesium.

Bisphosphonates: Magnesium can decrease the absorption of oral bisphosphonates, such as alendronate.

Tetracyclines: Magnesium may reduce the absorption of tetracyclines.

4-Quinolones: Magnesium may reduce absorption of 4-quinolones if not taken 2 hours apart.

4.6 Fertility, Pregnancy and Breastfeeding

Always check with your doctor before taking any medicines if you are pregnant, planning to have a baby or breastfeeding.

The safety of Magnesium-L-Threonate as contained in MagniMETICS™ Fizzy during pregnancy has not been established.

4.7 Effects on ability to drive and use of machines

None.

4.8 Undesirable effects

Organ System	Less Frequent
Gastrointestinal discomfort	Nausea, diarrhoea, constipation, indigestion, bloating and flatulence

Reporting of suspected adverse reactions:

If you experience any adverse reactions not mentioned in this leaflet, report it to AnaStellar Brands (Pty) Ltd. via pharmacist@anastellar.co.za, (011) 792 4601 or <https://anastellar.co.za>.

4.9 Overdose

Treatment of overdose should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Magnesium: Magnesium is an essential cofactor for enzymes requiring ATP (these are involved in glycolysis, fatty acid oxidation and amino acid metabolism). It is required for the synthesis of RNA and replication of DNA; neuromuscular transmission; and Calcium metabolism. Magnesium plays a role in the regulation of the opening of N-methyl-D-aspartate receptor (NMDAR) in the brain, thus influencing synaptic transmission and plasticity.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Blueberry or Grape Flavour
Citric Acid Anhydrous
Isomalt
Malic Acid
Polyethylene Glycol
Polyvinylpyrrolidone
Red Beet Juice (Colour)
Silicon Dioxide
Sodium Benzoate
Sodium Bicarbonate
Sorbitol
Sucralose
Tartaric Acid

6.2 Incompatibilities

None.

6.3 Shelf life

2 years.

6.4 Special precautions for storage

Store at or below 25 °C.

Do not refrigerate or freeze.

Protect from light and moisture.

Keep the Effervescent tablets in the tube until required for use, don't decant into other containers.

Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6.5 Nature and contents of container

MagniMETICS™ Fizzy is available in two pack sizes, a 10 Day Supply as well as a 30 Day Supply Effervescent Tablets.

10-day supply:

Pack of 1x Polypropylene IML printed tube with LDPE tamper evident push down white desiccant stoppers with 10x Effervescent tablets contained in the tube.
Pack size of 1x Tube enclosed within a cardboard carton.
Unit Carton with 1x Tamper Proof Seal on the lid opening.

30-day supply:

Pack of 3x Polypropylene IML printed tubes with LDPE tamper evident push down white desiccant stoppers with 10x Effervescent tablets contained in each tube.
Pack size of 3x Tubes enclosed within a cardboard carton.
Unit Carton with 1x Tamper Proof Seal on the lid opening.

6.6 Special precautions for disposal

No special requirements.

7. Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd.
PO Box 639
Fontainebleau
2032
South Africa
+27 (0)11 792 4601

8. Registration number

To be assigned

9. Date of first authorisation

TBC

10. Date of revision of the text

September 2025

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety, or intended use.