

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned

MagniMETICS™ with P5P Activator Effervescent Tablets Sucrose, Lactose, Gluten and Tartrazine Free Contains Isomalt, Sorbitol & Sucralose

Complementary Medicine – Health Supplement

Read this leaflet carefully because it contains important information for you MagniMETICS™ with P5P Activator is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use MagniMETICS™ with P5P Activator carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share MagniMETICS™ with P5P Activator with any other person.
- Ask your healthcare professional or pharmacist if you need more information or advice.

What is in this leaflet

1. What MagniMETICS™ with P5P Activator is and what it is used for.
2. What you need to know before you take MagniMETICS™ with P5P Activator.
3. How to take MagniMETICS™ with P5P Activator.
4. Possible side effects.
5. How to store MagniMETICS™ with P5P Activator.
6. Contents of the pack and other information.

1. What MagniMETICS™ with P5P Activator is and what it is used for

MagniMETICS™ with P5P Activator is a health supplement intended to be used by adults to support:

- normal psychological function;
- normal functioning of the nervous system;
- reduction of tiredness and fatigue;
- normal homocysteine metabolism;
- transformation of food into energy;
- muscle protein synthesis.

2. What you need to know before you take MagniMETICS™ with P5P Activator

Do not take MagniMETICS™ with P5P Activator if:

You experience a Hypersensitivity (*allergic reaction*) to any of the ingredients of MagniMETICS™ with P5P Activator (*as listed below in section 6*).

MagniMETICS™ with P5P Activator should not be used by persons suffering from:

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

Warnings and Precautions

The indicated daily dose of MagniMETICS™ with P5P Activator should not be exceeded.

Consult your Healthcare Professional if:

- you are following a low protein diet;
- your symptoms worsen.

MagniMETICS™ with P5P Activator contains Isomalt and Sorbitol, which may have an effect on blood sugar levels of individuals struggling with Diabetes Mellitus.

MagniMETICS™ with P5P Activator should not be given to children below the age of 18 years (*due to the Amino Acid content*) unless under the direct supervision of a qualified healthcare professional.

Other medicines and MagniMETICS™ with P5P Activator

Always tell your healthcare professional if you are taking any other medicines. This includes complementary or traditional medicines.

Take MagniMETICS™ with P5P Activator 2 hours before or after taking other medications including other natural health products.

Fertility, Pregnancy and Breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or planning to have a baby, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

The safety of Magnesium-L-Threonate, Taurine and L-Glycine and listed below in section 6, has not been established during pregnancy.

Driving and using machines

MagniMETICS™ with P5P Activator does not have any effect on the ability to drive or the use of machinery.

3. How to take MagniMETICS™ with P5P Activator

Do not share medicines with any other person.

Always take MagniMETICS™ with P5P Activator exactly as described in this leaflet or as your doctor, pharmacist or healthcare professional has told you. Check with your doctor or pharmacist if you are not sure.

For oral use only.

The usual dose of MagniMETICS™ with P5P Activator is one Yellow Effervescent Tablet of Component 1 dissolved in a glass of water in the morning with Breakfast and one Pink Effervescent Tablet of Component 2 dissolved in a glass of water at Night with Dinner.

MagniMETICS™ with P5P Activator must always be taken after meals.

Do not swallow the Effervescent tablet whole or chew it, the Effervescent tablet must be dispersed in a glass of approximately 200 ml water.

MagniMETICS™ with P5P Activator should be taken daily for as long as your healthcare professional indicates you to use it.

If you take more MagniMETICS™ with P5P Activator than you should

In the event of an overdosage, consult your doctor or pharmacist. If neither is available, contact your nearest hospital or poison centre.

If an overdose is suspected, MagniMETICS™ with P5P Activator should be stopped immediately.

Treatment is generally symptomatic and supportive.

If you forget to take MagniMETICS™ with P5P Activator

Do not take a double dose of MagniMETICS™ with P5P Activator to make up for a forgotten individual dose.

4. Possible side effects

MagniMETICS™ with P5P Activator can have side effects in exceptional instances.

Not all side effects reported for MagniMETICS™ with P5P Activator are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking MagniMETICS™ with P5P Activator, please consult your healthcare professional for advice.

Less frequent side effects:

- nausea (feeling sick)
- diarrhoea
- constipation
- indigestion
- bloating
- flatulence

Frequent side effects:

- bright yellow urine

Reporting of adverse reactions:

Should you notice any side effects not mentioned in this leaflet, please report it to AnaStellar Brands (Pty) Ltd. via pharmacist@anastellar.co.za, (011) 792 4601 or <https://anastellar.co.za>.

By reporting side effects, you can help provide more information on the safety of MagniMETICS™ with P5P Activator.

5. How to store MagniMETICS™ with P5P Activator

Store all medicines out of reach of children.

Store at or below 25 °C.

Do not refrigerate or freeze.

Protect from light and moisture.

Store in the original container.

Do not decant Effervescent tablets into pill boxes as they may react with the moisture in the air.

Do not store in a Bathroom or Kitchen.

Return all unused medicine to your pharmacist.

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

6. Contents of the pack and other information

What MagniMETICS™ with P5P Activator contains

MagniMETICS™ with P5P Activator is comprised of 2 Components.

Component 1:

Each Yellow Effervescent Tablet contains:

Vitamin B2 derived from Riboflavin 5 mg	5	mg
Vitamin B6 (Active) derived from Pyridoxal-5-Phosphate Monohydrate 54 mg	50	mg
Vitamin B12 (Active) derived from Methylcobalamin 50 µg	50	µg
Folate (Active) derived from (6S)-5-Methyltetrahydrofolate 556 µg	400	µg
Taurine	500	mg
L-Glycine	100	mg
Zinc derived from Zinc Citrate Trihydrate 81 mg	25	mg

All minerals are expressed in their elemental and non-elemental form.

The other ingredients are Citric Acid Anhydrous, Isomalt, Malic Acid, Passion Fruit or Pineapple Flavour, Polyethylene Glycol, Polyvinylpyrrolidone, Silicon Dioxide, Sodium Benzoate, Sodium Bicarbonate, Sorbitol, Sucralose, Tartaric Acid.

Component 2:

Each Pink 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.

The other ingredients are Citric Acid Anhydrous, Isomalt, Malic Acid, Blueberry or Grape Flavour, Polyethylene Glycol, Polyvinylpyrrolidone, Red Beet Juice (colour), Silicon Dioxide, Sodium Benzoate, Sodium Bicarbonate, Sorbitol, Sucralose, Tartaric Acid.

MagniMETICS Fizzy is Sucrose Free.

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

What MagniMETICS™ with P5P Activator looks like and contents of the pack

MagniMETICS™ with P5P Activator is available as a 10 Day Supply of 10x Passion Fruit or Pineapple flavoured Effervescent Tablets of Component 1 and 10x Blueberry or Grape Effervescent Tablets of Component 2.

Packed Product:

Each pack contains 2x Polypropylene IML printed tube with LDPE tamper evident push down white desiccant stoppers with 10x Yellow Effervescent tablets of Component 1 and 10x Pink Effervescent tablets of Component 2.

Pack size of 2x Tube enclosed within a cardboard carton.

Unit Carton with 1x Tamper Proof Seal on the lid opening.

Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd.

PO Box 639

Fontainebleau

2032

South Africa

+27 (0)11 792 4601

Registration Number

To be assigned

This leaflet was last revised in November 2025

The Professional Information leaflet is available on <https://anastellar.co.za>

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

PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSTATUS

Moet toegeken word

MagniMETICS™ with P5P Activator Bruistablette Sukrose-, Laktose-, Gluten- en Tartrasienvry Bevat Isomalt, Sorbitol & Sukralose

Aanvullende Medisyne – Gesondheidsaanvulling

Lees hierdie pamflet sorgvuldig deur, want dit bevat belangrike inligting vir jou MagniMETICS™ with P5P Activator is sonder 'n doktersvoorskrif aan jou beskikbaar om jou gesondheid in stand te hou. Nogtans moet jy bedagsaam wees wanneer jy MagniMETICS™ with P5P Activator gebruik om die beste resultate daarvan te kry.

- Hou hierdie pamflet, want dit mag nodig wees om dit weer te lees.
- Moenie MagniMETICS™ with P5P Activator met iemand anders deel nie.
- Vra jou gesondheidspraktisyn of apteker as jy meer inligting of advies benodig.

Wat is in hierdie pamflet

1. Wat MagniMETICS™ with P5P Activator is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy MagniMETICS™ with P5P Activator neem.
3. Hoe om MagniMETICS™ with P5P Activator te neem.
4. Moontlike newe-effekte.
5. Hoe om MagniMETICS™ with P5P Activator te bewaar.
6. Die inhoud van die kartondosie en ander inligting.

1. Wat MagniMETICS™ with P5P Activator is en waarvoor dit gebruik word

MagniMETICS™ with P5P Activator is 'n gesondheidsaanvulling met die doel om deur volwassenes gebruik te word om die volgende te ondersteun:

- normale psigologiese funksie;
- normale funksionering van die sensustelsel;
- vermindering van moegheid en uitputting;
- normale homosistieënmetabolisme;
- omskepping van voedsel in energie;
- spierproteïensintese.

2. Wat jy moet weet voordat jy MagniMETICS™ with P5P Activator neem

Moenie MagniMETICS™ with P5P Activator gebruik indien:

Jy 'n hipersensitieweit (*allergiese reaksie*) vir enige van die bestanddele van MagniMETICS™ with P5P Activator toon nie (*word in afdeling 6 aangegee*).

MagniMETICS™ with P5P Activator behoort nie gebruik te word deur persone wat ly aan:

- kroniese nierontoereikendheid (*oormatige Magnesium mag nie voldoende uitgeskei word nie*);
- intoleransie vir Sorbitol, 'n seldsame oorerflike toestand.

Waarskuwings en Voorsorgmaatreëls

Die daaglikse dosis van MagniMETICS™ with P5P Activator soos aangedui, behoort nie oorskry te word nie.

Raadpleeg jou Gesondheidsdeskundige indien:

- jy 'n lae-proteïen dieet volg;
- jou simptome erger word.

MagniMETICS™ with P5P Activator bevat Isomalt en Sorbitol wat moontlik 'n effek op bloedsuikervlakke mag hê van individue wat met Diabetes Mellitus sukkel.

MagniMETICS™ with P5P Activator behoort nie aan kinders jonger as 18 jaar gegee te word nie (*weens die Aminosuurinhoud*) tensy onder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige.

Ander medisyne en MagniMETICS™ with P5P Activator

Vertel altyd vir jou gesondheidsdeskundige as jy enige ander medisyne neem. Dit sluit aanvullende of tradisionele medisyne in.

Neem MagniMETICS™ with P5P Activator 2 uur voor of na jy enige ander medikasies neem, insluitend natuurlike gesondheidsprodukte.

Vrugbaarheid, Swangerskap en Borsvoeding

Indien jy swanger is of borsvoed, dink dat jy swanger mag wees of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsdeskundige voordat jy hierdie medisyne neem.

Die veiligheid van Magnesium-L-Treonaat, Tourien en L-Glisien, soos aangegee in afdeling 6, is nie bepaal gedurende swangerskap nie.

Motorbestuur en die gebruik van masjinerie

MagniMETICS™ with P5P Activator het nie 'n effek op die vermoë om te bestuur of wanneer 'n persoon masjinerie hanteer nie.

3. Hoe om MagniMETICS™ with P5P Activator te neem

Moenie enige medisyne met iemand anders deel nie.

Neem MagniMETICS™ with P5P Activator altyd presies soos in hierdie pamflet beskryf of soos jou dokter, apteker of ander gesondheidsdeskundige vir jou aanbeveel het. Vra jou dokter of apteker as jy nie seker is nie.

Slegs vir mondelike gebruik.

Die gewone dosis van MagniMETICS™ with P5P Activator is een Geel Bruistablet van Komponent 1 opgelos in 'n glas water in die Oggend saam met Ontbyt en een Pienk Bruistablet van Komponent 2 opgelos in 'n glas water Saans saam met Aandete.

MagniMETICS™ with P5P Activator moet altyd saam met Maaltye geneem word.

Moenie die Bruistablet heel sluk of dit kou nie, die Bruistablet moet in 'n glas met ongeveer 200 ml water opgelos word.

MagniMETICS™ with P5P Activator moet daaglik geneem word vir so lank as wat jou gesondheidsdeskundige dit aanbeveel.

As jy meer MagniMETICS™ with P5P Activator neem as wat jy moes

In die geval van 'n oordosering, raadpleeg jou dokter of apteker. As nie een van die twee beskikbaar is nie, kontak jou naaste hospitaal of gifbeheersentrum.

As 'n oordosis vermoed word, moet MagniMETICS™ with P5P Activator dadelik gestaak word.

Behandeling is oor die algemeen simptomaties en ondersteunend.

As jy vergeet om MagniMETICS™ with P5P Activator te neem

Moenie 'n dubbele dosis van MagniMETICS™ with P5P Activator neem om te vergoed vir 'n individuele dosis wat jy vergeet het nie.

4. Moontlike newe-effekte

MagniMETICS™ with P5P Activator kan in uitsonderlike gevalle newe-effekte hê.

Nie alle newe-effekte wat vir MagniMETICS™ with P5P Activator vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid versleg of as jy enige ongewenste newe-effekte ondervind terwyl jy MagniMETICS™ with P5P Activator neem, vra asseblief jou gesondheidsdeskundige vir advies.

Minder dikwelse newe-effekte:

- naarheid (voel mislik)
- diarree
- hardlywigheid
- slegte spysvertering
- opgeblaaide maag
- wonderigheid

Dikwelse newe-effekte:

- heldergeel urine

Aanmelding van newe-effekte:

As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, meld dit asseblief by AnaStellar Brands (Edms) Bpk. aan by pharmacist@anastellar.co.za, (011) 792 4601 of <https://anastellar.co.za>.

Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van MagniMETICS™ with P5P Activator te verskaf.

5. Hoe om MagniMETICS™ with P5P Activator te bewaar

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Moenie in 'n yskas verkoel of vries nie.

Beskerf teen lig en vogtigheid.

Bewaar in die oorspronklike houër.

Moenie Bruistablette in pillosies uitgooi nie, hulle mag met vogtigheid in die lug reageer.

Moenie in 'n Badkamer of Kombuis bêre nie.

Neem alle ongebruikte medisyne terug na jou apteker.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Die inhoud van die kartondosie en ander inligting

Wat MagniMETICS™ with P5P Activator bevat

MagniMETICS™ with P5P Activator bestaan uit 2 Komponente.

Komponent 1:

Elke Geel Bruistablet bevat:

Vitamiën B2 afgelei van Riboflavin 5 mg	5	mg
Vitamiën B6 (Aktief) afgelei van Piridoksale-5-Fosfaat Monohidraat 54 mg	50	mg
Vitamiën B12 (Aktief) afgelei van Metielkobalamien 50 µg	50	µg
Folaat (Aktief) afgelei van (6S)-5-Metieltetrahydrofolaat 556 µg	400	µg
Tourien	500	mg
L-Glisien	100	mg
Sink afgelei van Sinkstraatrihidraat 81 mg	25	mg

Alle minerale word in hul element- en nie-element vorm weergegee.

Die ander bestanddele is Appelsuur, Grenadella- en Pynappelgeur, Isomalt, Natriumbensoaat, Natriumbikarbonaat, Poliëtileenglikol, Polivinilpirrolidon, Silikondioksied, Sitroensuur Anhidries, Sorbitol, Sukralose en Wynsteensuur.

Komponent 2:

Elke Pienk Bruistablet bevat:

Magnesium afgelei van Magnesium-L-Treonaat 2 000 mg Magnesiumglisinaat 568 mg Magnesiumsitraat 161 mg	250	mg
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Alle minerale word in hul element- en nie-element vorm weergegee.

Die ander bestanddele is Appelsuur, Bloubessie- of Druivegeur, Isomalt, Natriumbensoaat, Natriumbikarbonaat, Poliëtileenglikol, Polivinilpirrolidon, Rooi Beetsap (Kleurmiddel), Silikondioksied, Sitroensuur Anhidries, Sorbitol, Sukralose en Wynsteensuur.

MagniMETICS™ with P5P Activator is Sukrosevry.

Versoeters: Isomalt (0,3 g), Sorbitol (0,3 g), and Sukralose (25 mg) per tablet.

Hoe MagniMETICS™ with P5P Activator lyk en die inhoud van die kartondosie

MagniMETICS™ with P5P Activator is beskikbaar as 'n 10 Dag Voorraad van 10x Grenadella- en Pynappelgeur Bruistablette van Komponent 1 en 10x Bloubessie- of Druivegeur Bruistablette van Komponent 2.

Verpakte Produk:

Elke kartondosie bevat 2x Polipropileen IML buise met drukwerk op, en met LDPE peuter-bevestigende, af-druk tipe wit droogmiddelstuiters, met 10x Geel Bruistablette van Komponent 1 en 10x Pienk Bruistablette van Komponent 2. Verpakking van 2x Buise in 'n kartondosie. Kartondosie met 1x Peuterbestande Seël op die boks-opening.

Houer van die Registrasiesertifikaat

AnaStellar Brands (Edms) Bpk.
Posbus 639
Fontainebleau
2032
Suid-Afrika
+27 (0)11 792 4601

Registrasienommer

Moet toegeken word

Hierdie pamflet is laas in November 2025 hersien

Die Professionele Inligtingspamflet is beskikbaar by <https://anastellar.co.za>

Hierdie ongeregisteerde medisyne is nie deur die SAHPRA vir sy gehalte, veiligheid of beoogde gebruik geëvalueer nie.

MgMP5P/LF/01