

MagniMETICS™ with P5P Activator Effervescent Tablets

PROFESSIONAL INFORMATION

Complementary Medicine – Health Supplement

SCHEDULING STATUS

To be assigned

1. NAME OF THE MEDICINE

MagniMETICS™ with P5P Activator Effervescent Tablets.

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

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.

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

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.

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

Component 1

Effervescent Tablets.
Passion Fruit or Pineapple flavoured Yellow coloured Effervescent Tablet.

Component 2

Effervescent Tablets.
Blueberry or Grape flavoured Pink coloured Effervescent Tablet.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

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.

4.2 Posology and method of administration

For oral use only.

Dissolve one Effervescent Tablet of Component 1 in a glass of water in the Morning with Breakfast and one Effervescent Tablet of Component 2 in a glass of water at Night with Dinner.

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

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™ 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.

Not suitable for children below the age of 18 years (*due to high Amino Acid 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.

Zinc supplementation may cause a Copper or Iron deficiency.

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.

4.5 Interactions with other medicines

Alcohol: excessive intake of alcohol may increase renal excretion of Magnesium and the turnover of Pyridoxine.

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

Levodopa: effect of levodopa may be reduced by a high dosage of Vitamin B6.

Phenytoin: Large doses of Vitamin B6 may reduce its serum levels.

Phenobarbital: Large doses of Vitamin B6 may reduce its serum levels.

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, Taurine, and L-Glycine as contained in MagniMETICS™ with P5P Activator 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	Frequent
Gastrointestinal discomfort	Nausea, diarrhoea, constipation, indigestion, bloating and flatulence	
Urinary		Bright yellow Urine

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

Folate: Folate is involved in the synthesis of purines and pyrimidines, which are constituents of DNA, as well as the synthesis of amino acids glycine and methionine. Deficiency leads to impaired cell division.

L-Glycine: Glycine retards muscle degeneration by supplying additional creatine, a compound present in muscle tissue and is utilised in the construction of DNA and RNA. It improves glycogen storage, thus freeing up glucose for energy needs.

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.

Taurine: Taurine is a building block of all the other Amino Acids and is found in high concentrations in the heart muscle, skeletal muscle, and central nervous system. Taurine has a protective effect on the brain.

Vitamin B2: Riboflavin functions as a component of two flavin coenzymes – flavin mononucleotide (FMN) and flavin adenine dinucleotide (FAD). It participates in oxidation-reduction reactions in numerous metabolic pathways and in energy production. Examples include the oxidation of glucose, certain amino acids and fatty acids; reactions with several intermediaries of the Krebs cycle; conversion of pyridoxine to its active coenzyme; and conversion of tryptophan to niacin. Riboflavin has a role as an antioxidant. It may be involved in maintaining the integrity of erythrocytes.

Vitamin B6: Vitamin B6 is converted to pyridoxal phosphate and pyridoxamine phosphate in erythrocytes. It is a cofactor for more than 100 reactions involved in the metabolism of carbohydrates, lipids and proteins. Pyridoxal phosphate is also involved in the synthesis of neurotransmitters and metabolism of other vitamins (e.g., conversion of tryptophan to niacin (Vitamin B3)).

Vitamin B12: Vitamin B12 is involved in the recycling of coenzymes responsible for folate metabolism and in the degradation of Valine, an amino acid constituent of most proteins. It is also required for nerve myelination, cell replication, haematopoiesis, and nucleoprotein synthesis.

Zinc: Zinc is an essential component of over 200 enzymes. It plays an important role in the metabolism of proteins, carbohydrates, lipids and nucleic acids. It is a cofactor in a range of biochemical processes, including the synthesis of DNA, RNA and protein. Zinc is crucial for normal development and function of cells mediating innate immunity, neutrophils, and NK cells.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Component 1

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

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

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™ with P5P Activator is available as a 10 Day Supply of Effervescent Tablets.

10-day supply:

Pack of 2x Polypropylene IML printed tube with LDPE tamper evident push down white desiccant stoppers with 10x Effervescent tablets contained in the tube.

Pack contains 10x Yellow Effervescent tablets of Component 1 and 10x Pink Effervescent tablets of Component 2.

Pack size of 2x 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

November 2025

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