PROFESSIONAL INFORMATION
Go!® MAGNESIUM effervescent tablets

- Complementary Medicine.
- D.34.12. Health Supplements – Multiple substance formulation.
- This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS
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1. NAME OF THE MEDICINE
Go!® MAGNESIUM (effervescent tablets)

2. QUALITATIVE AND QUANTITATIVE COMPOSITION
Each effervescent tablet contains:

Active ingredients	Per effervescent tablet (maximum daily dose)	% NRV[a] per maximum daily dose (1 effervescent tablet)
Magnesium (elemental) provided by:	200 mg	48 %
Magnesium oxide providing magnesium (elemental)	241,84 mg 140 mg	34 %
Magnesium citrate providing magnesium (elemental)	413,79 mg 60 mg	14 %
Ascorbic acid (vitamin C)	150 mg	150 %

[a]Nutrient reference values for adults and children older than 4 years.
Go!® Magnesium is sugar and preservative free.
Go!® Magnesium contains artificial sweeteners per effervescent tablet: isomalt (300 mg), sorbitol (400 mg), sodium cyclamate (20 mg) and sodium saccharin (10 mg).
For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM
Effervescent tablet.
Go!® Magnesium effervescent tablets are bevelled edge, round, disc shaped, light pink to white and strawberry flavoured effervescent tablets.

4. CLINICAL PARTICULARS
4.1 Therapeutic indications
Go!® Magnesium is a vitamin and mineral health supplement indicated to aid in recovery after physical activity and for the reduction of tiredness and fatigue, maintaining good health together with psychological and muscle function.
Go!® Magnesium contains:
- Magnesium which contributes to the maintenance of normal muscle function, - electrolyte balance, - protein synthesis, - psychological function and - energy yielding metabolism. Magnesium also helps to metabolise carbohydrates, fats and proteins and assists with tissue formation.
- Vitamin C functions as an antioxidant. It helps with; cell protection from free radical damage, connective tissue formation, wound healing, and normal functioning of the immune - and nervous system.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.
Efficacy of support may vary between users.
4.2 Posology and method of administration
The recommended daily dosage is
Adults, adolescents and children 9 years and older:
One (1) effervescent tablet daily, dissolved in 250 ml of water, after a meal.
If the patient forgets to take Go!® Magnesium
Advise the patient to take the missed dose when they remember. Do not take a double dose to make up for forgotten individual doses.
Taking Go!® Magnesium with food, drink and alcohol
There is no known interaction between contents of Go!® Magnesium and food, drink and alcohol.
Advise the patient to not take dosage at the same time as other medications (see **4.5**).
4.3 Contraindications
- Must not be given to patients with known hypersensitivity to any of the ingredients of Go!® Magnesium (see section 6.1 List of excipients). Patients should be advised to consult their medical practitioner if in doubt.
- Patients taking any chronic medication should not use this product without consulting their medical practitioner.

4.4 Special warnings and precautions for use
- Patients with bleeding disorders or taking anticoagulants/blood thinners or antiplatelet medication should use this product with caution (see **4.5**).
- Patients with a history of oxalate kidney stones or kidney disease should avoid high doses of vitamin C due to increased risk of kidney stone formation.
- Do not exceed the daily recommended dose.
- Do not use after the date of expiry.

Porphyria
Safety has not been established.
4.5 Interaction with other medicinal products and other forms of interactions
No interaction studies have been performed on Go!® Magnesium, see below interactions with individual ingredients.

Active ingredient	Medicine	Description
Magnesium	Blood thinners (anticoagulant or anti-platelet medication) e.g., warfarin	May have a blood thinning effect increasing the risk of bleeding.
Magnesium	Antibiotics	The absorption of antibiotics may be decreased. Oral antibiotics should be taken at least two (2) hours before, or four (4) hours after Go!® Magnesium or similar supplements.
Magnesium	Bisphosphates	May decrease bisphosphonate absorption. Advise patients to separate doses of Go!® Magnesium and these medicines by at least two (2) hours.
Magnesium	Digoxin	May reduce absorption of digoxin.
Magnesium	Levodopa/carbidopa (Sinemet®)	May reduce the bioavailability of levodopa/carbidopa.
Magnesium	Sulfonylureas	May increase the systemic absorption of sulfonylureas, increasing effects and side effects.
Magnesium	Potassium sparing diuretics	Potassium sparing diuretics have magnesium sparing properties. Increased magnesium levels could result with concomitant use of potassium sparing diuretics and supplementation.
Vitamin C	Hormonal contraceptives	May increase blood levels of oestrogens.
Vitamin C	Fluphenazine	May decrease levels of fluphenazine.
Vitamin C	Indinavir (Crixivan®)	May decrease levels of indinavir.
Vitamin C	Levothyroxine (Synthroid®)	May decrease levothyroxine absorption.

4.6 Fertility, pregnancy and lactation
Pregnancy
Safety of some of the ingredients for use during pregnancy has not been established (see **4.3**), therefore this product should not be used in patients who are pregnant.
Breastfeeding
Safety of some of the ingredients for use during lactation (breastfeeding) has not been established (see **4.3**), therefore this product should not be used if patients are lactating (breastfeeding).
Fertility
There are no known effects of Go!® Magnesium on fertility.
4.7 Effects on the ability to drive and use machines.
Based on the side effect profile, Go!® Magnesium should not affect your ability to drive or operate machinery.
It is not always possible to predict to what extent Go!® Magnesium may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which Go!® Magnesium affects them.
4.8 Undesirable effects
Go!® Magnesium effervescent tablets are generally well tolerated with the occurrence of adverse events unknown.
Patients experiencing any side effects or sensitivity to any of the ingredients, should discontinue use.
Adverse reactions reported in the literature are listed below, by system organ class and frequency. Frequencies are defined as:
- very common (≥1/10)
- common (≥1/100 to <1/10)
- uncommon (≥1/1,000 to <1/100)
- rare (≥1/10,000 to 1</1,000)
- very rare (<1/10,000)
- not known (cannot be estimated from the available data)

System Organ Class	Frequency	Adverse Event
Immune system disorders	Not known	Hypersensitivity reactions or anaphylaxis, symptoms include: difficulty breathing or swallowing, angioedema, itchy throat, urticaria and itching.
Nervous system disorders	Not known	Headache.
Gastrointestinal disorders	Not known	Abdominal cramps, diarrhoea, heartburn, nausea, vomiting, esophagitis and gastrointestinal irritation.
Skin and subcutaneous tissue disorders	Not known	Hypersensitivity reaction (skin rash and itching).
Renal and urinary disorders	Not known	Kidney stones.

If symptoms persist, or if any adverse reactions occur, advise the patient to consult a healthcare provider.
Reporting of suspected adverse reactions
Reporting of suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare providers are requested to report any suspected adverse drug reactions to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.
4.9 Overdose
Symptoms
See **4.8 Undesirable effects**
In overdose, side effects can be precipitated and/or be increased.
There is no evidence that this product can lead to an overdose when used as recommended.
Treatment
If an accidental overdose occurs, treatment is symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES
5.1 Pharmacodynamic properties
Category and class: D.34.12. Complementary Medicine: Health Supplements – Multiple substance formulation
Magnesium
Extracellular magnesium is essential for maintaining nerve and muscle electrical potentials as well as for transmitting nerve impulses across neuromuscular junctions. Magnesium plays a crucial role in recovery after physical activity due to its pharmacodynamic properties, which involve its function as a cofactor in over 300 enzymatic reactions, particularly those related to energy production, muscle function, and protein synthesis. During and after physical exertion, magnesium helps to regulate muscle contractions and relaxations by balancing calcium levels. It also supports the conversion of glucose into energy and assists in the clearance of lactate from muscles, which may reduce muscle soreness and fatigue post-exercise. Moreover, magnesium has anti-inflammatory properties, which can help reduce exercise-induced inflammation and oxidative stress, contributing to quicker recovery times. Beyond its benefits in physical recovery, magnesium is also essential for maintaining healthy nerve function, supporting cardiovascular health, and promoting better sleep, all of which contribute to overall recovery.
Vitamin C
As a potent antioxidant, vitamin C neutralizes free radicals generated during physical activity, thereby reducing oxidative stress and inflammation that can contribute to muscle damage and soreness. It also plays a crucial role in collagen synthesis, which is vital for the repair and maintenance of connective tissues, such as tendons and ligaments, that are often stressed during physical activity. Additionally, vitamin C supports the immune system, which can be temporarily suppressed after strenuous exercise, thereby reducing the risk of infections and illness post-exercise. These combined effects make vitamin C a valuable supplement for promoting faster recovery.
5.2 Pharmacokinetic properties
Magnesium
Absorption: absorbed throughout the gastrointestinal tract with an estimate of one third of dietary magnesium absorbed. Efficiency of absorption depends on magnesium stores in the body. The average absorption of supplements is 38 %, however it may vary from 65 % in people with low magnesium stores to 11 % in those with high magnesium stores. Plasma concentrations peak at 4 hours after a dose.
Distribution: about 25 g of magnesium contained in the body, which is divided in almost equal portions between soft tissue and the skeleton. Roughly a third of skeletal magnesium is found at the surface of the bone and acts as a reservoir to maintain extracellular magnesium concentrations. The remaining two-thirds is tightly bound to bone and is not readily available as a source of magnesium. Extracellular magnesium makes up only 1 % of total body magnesium. In plasma, about 30 % is bound to plasma proteins, 55 % is ionized or free, and 15 % is complexed to anions.
Excretion: primarily via the kidneys and averages only 3 % to 5 % of the filtered load. Excretion ranges from 10 to 5000 mg over a 24-hour period. Urinary magnesium and pH are known to modulate urinary calcium excretion, however, the exact mechanism is unknown.
Vitamin C
Absorption: readily absorbed from the gastrointestinal tract and is widely distributed throughout the body tissues. Well absorbed orally at lower dose, but absorption decreases as the dose increases. Approximately 87 % of a 30 mg oral dose is absorbed, 80 % of a 100 mg dose is absorbed, 63 % of a 500 mg dose is absorbed, and less than 50 % of a 1250 mg dose is absorbed.
Excretion: reversibly oxidized to dehydroascorbic acid. Excess ascorbic acid and its metabolites are excreted in the urine.

6. PHARMACEUTICAL PARTICULARS
6.1 List of excipients
Citric acid anhydrous
Colourant: Allura red
Crospovidone
Flavourants: cherry and raspberry
Polyethylene glycol (PEG 6000)
Malic acid
Povidone
Sodium bicarbonate
Tartaric acid
Go!® Magnesium contains sweeteners per effervescent tablet: isomalt (300 mg), sorbitol (400 mg), sodium cyclamate (20 mg) and sodium saccharin (10 mg).
6.2 Incompatibilities
None known
6.3 Shelf life
24 months
6.4 Special precautions for storage
- Store all medicines out of reach of children.
- Store in a dry place at or below 25 °C.
- Protect from light and moisture.
- Keep in original packaging until use.
- Close cap firmly after use.
- Do not refrigerate.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label and carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6.5 Nature and contents of container
Go!® Magnesium effervescent tablets are bevelled edge, round, disc shaped, light pink to white and strawberry flavoured.
Go!® Magnesium effervescent tablets are available in:
One (1) printed plastic tube container with a spiral cap, that contains a desiccant, with ten (10) effervescent tablets. It is packed in a printed unit carton that includes a patient information leaflet.
Three (3) printed plastic tube containers with ten (10) effervescent tablets each (thirty (30) effervescent tablets in total), packed in a printed unit carton that includes a patient information leaflet.
6.6 Special precautions for disposal and other handling
No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION
Nativa (Pty) Ltd
260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa
Tel: +27 (0) 12 664 7110
Customer care line: 0860 628 482
Email: health@nativa.co.za

8. REGISTRATION NUMBER(S)
To be allocated

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION
To be allocated

10. DATE OF REVISION OF THE TEXT
September 2024

PPI.354/02