

Magnide™ Tablet

Magnesium 365 mg

Composition

Magnide™ Tablet: Each tablet contains 605.33 mg Magnesium Oxide BP equivalent to 365 mg Magnesium.

Pharmacology

Magnesium is the second most abundant intracellular divalent cation and is a cofactor for more than 300 metabolic reactions in the body. These processes include protein synthesis, cellular energy production and storage, cell growth and reproduction, DNA and RNA synthesis, and stabilization of mitochondrial membranes. Magnesium is one of the minerals responsible for managing bone metabolism, nerve transmission, cardiac excitability, neuromuscular conduction, muscular contraction, vasomotor tone, and blood pressure. Magnesium also plays a significant role in glucose and insulin metabolism, mainly through its impact on tyrosine kinase activity, phosphorylase b kinase activity, and glucose transporter protein activity. Because of these vital roles, magnesium levels may be affected by stressors to the body, such as in certain disease states. Supplementation with magnesium may have therapeutic effects in these situations.

Pharmacokinetics

Absorption of a micronutrient as Mg is affected by other nutrients and reaches an estimated 30–50% of dietary Mg intake at basal conditions, while the absorption fraction declines with age and raising Mg intake. The drug absorption depends on both the kind of Mg salt and other food elements that may either augment or abate it.

Distribution of Mg is mainly intracellular, <1% circulates in the blood (both extracellularly and intracellularly), and total serum Mg comprises three states with roughly 60% ionized, 33% protein bound and 7% anion complexed.

Elimination of Mg is handled by renal filtration with 25% being reabsorbed in the proximal convoluted tubule and further 50–60% being reabsorbed in the loop of Henle. Around 70–80% of plasma Mg undergoes glomerular filtration, but merely 3% is eventually excreted in the urine.

Indication

Magnide™ is indicated for the treatment of following condition:

- Relieving the symptoms of magnesium deficiency
- Cardiovascular system: Rapid heartbeat, heart rate irregularity, heart attack, angina pectoris (chest pain caused by narrowing / obstruction of heart-feeding vessels), mild severe hypertension
- Nervous system and muscles: Sudden and excessive contractions (tetania) in the muscles, muscle cramp, gastrointestinal cramps, increased stimulability of muscles and nerves, calf cramps, cramp conditions in newborn and young children and stress
- Gynecological diseases, birth and pregnancy: Pre-term contraction, cervical insufficiency, premature membrane rupture, contractions during pregnancy (eclampsia [Disease with seizures, blood pressure increase, protein in the urine, water retention in body during pregnancy]/preeclampsia [Disease with blood pressure increase, protein in the urine, water retention in body during pregnancy]), tocolysis requiring the use of beta mimetic (interruption of the uterine contractions), dysmenorrhea.
- Orthopedics: Calcification and ossification
- Prevention of kidney stone formation (prevention of recurrence of calcium oxalate urolithiasis)
- Diabetes treatment and migraine (a kind of headache)

Dosage & Administration

Magnesium supplements must be taken with meal to reduce stomach upset and diarrhea. The recommended daily dose for adults and adolescents (12-17 years) is 1-2 tablets.

Use in Pregnancy and Lactation

The recommended daily dose in pregnancy and lactation is 1-2 tablets. (During pregnancy & lactation, this product should be used only when clearly needed)

Use in Special populations

Kidney failure: Should not be used in patients with severe kidney insufficiency.

Liver failure: There are no data on patients with liver insufficiency.

Usage in elderly: There is no data on the use in elderly patients.

Side effects

Mild side effects include-Nausea, Vomiting, Diarrhea, Cramp, Tiredness, Weakness, Confusion. These side effects disappear when the dose is reduced or treatment is discontinued. Serious side effects include-low blood pressure, changes in the recording of the heart's electrical activity (ECG), depression, severe allergic reaction (e.g. swelling in mouth and throat, itching, rash, redness), respiratory depression, coma. These may require emergency medical treatment. These serious side effects occur very rarely.

Precaution

This product may contain inactive ingredients, which can cause allergic reactions or other problems. If anyone have the following health problem, consult with doctor before using this product: kidney disease, alcohol dependence, liver disease, phenylketonuria (PKU), or any other condition that requires limit/avoid these substances from diet.

Drug-Drug Interactions

Other medicines can affect treatment with **Magnide™** Tablet. If you are using any of the following: medicines, tell your doctor; muscle relaxants (non-depolarizing neuromuscular blockers), aminoquinolones, nitrofurantoin, penicillamine, tetracyclines, fluoroquinolones (antibiotics), Digoxin (for the treatment of heart failure), Lithium (Control of emotional changes and depression), Sodium polystyrene sulfonate (allows potassium to be removed from the body), Cellulose sodium phosphate (used to prevent kidney stones), Other medicines containing magnesium (including magnesium enemas), Barbiturates (drugs used for the treatment of insomnia), opioids (substances that act as morphine in the body), hypnotics (soporifics), Nifedipine (drugs used in high blood pressure or heart problems).

Storage

Store below 25° C. Protected from light and moisture. Keep all medicines out of the reach of children.

How supplied

Magnide™ Tablet: Each box contain 30 tablets in blister packs.

Manufactured by



SQUARE
PHARMACEUTICALS LTD.
BANGLADESH