

MAGNORTM
TABLET

میگنور

COMPOSITION:

Each film coated tablet contains:			
Magnesium (as Magnesium oxide) USP	250 mg.	Vitamin B ₆ (as Pyridoxine HCl) USP	1.4 mg.
Vitamin D (as Cholecalciferol) USP	2.5 mcg.	Riboflavin B ₂ (Riboflavin 5 phosphate) USP	1.4 mg.
Zinc (as Zinc Gluconate) USP	10 mg.	Thiamine B ₁ (as Thiamine HCl) USP	1.1 mg.
Vitamin E (as D-alpha tocopherol acetate) USP	12 mg.	Chromium (as Chromium Chloride Hexahydrate) USP	25 mcg.
Manganese (as Manganese gluconate) USP	2 mg.	Selenium (as Sodium Selenite) USP	27.5 mcg.
Copper (as Cuperic gluconate) USP	1000 mcg.	Vitamin C (as Ascorbic Acid) USP	40 mg.

Product Specs.: In-house

WARNING:
Toxicity due to overdose may lead unwanted adverse event.

INDICATIONS & USE:

Magnesium is essential for your body’s health. It helps maintain teeth and bones and is needed for the transmission of nerve impulses and the contractions of muscles. Many enzymes require magnesium to work properly and it is necessary for the burning of fat, carbohydrates and proteins from food for energy. Low magnesium levels (hypomagnesaemia) can make you feel ill. It also causes numbness and cramps in the hands and feet, irregular heartbeats and fatigue (lack of energy) and vomiting.

You may need to take magnesium because your body’s levels are low. Low levels of magnesium can be caused by a diet deficiency in leafy green vegetables. It can also happen if your intestine is not absorbing enough magnesium from your diet or you are taking other medicines or have illnesses that cause you to lose Magnesium from your body.

Magnesium usually taken as capsules with water orally. Blood tests will be required to keep a check on your body’s magnesium levels and adjust the dose of your dos. The hospital pharmacy will supply you with enough magnesium for two weeks treatment at home. Before you run out make an appointment with your GP for further supplies. If your GP prefers the hospital to continue your treatment then please contact your consultant’s secretary to make alternative arrangements.

SUGGESTED USE: You should take one tablet daily or as directed by the physician.

SIDE EFFECTS:

All medicines have side effects, but they don’t occur in all the people who take them. Speak to your doctor if any of the following main side effects continue or if they become troublesome.

- Irritation of the stomach lining
- Diarrhoea

If you experience any other side effects that you are concerned about while taking the Magnor, please speak with your doctor.

INGREDIENTS FACTS:

Serving Size 1 Tablet

Composition	Quantity	Recommended Daily Allowance (RDA)	Therapeutic Use
Magnesium (as Magnesium oxide) USP	250 mg	Adults: 19 – 51years or older 400-420 mg daily for men and 310-320 mg for women. Pregnancy: 350-360 mg Lactation: 310-320 mg	Magnesium is required for energy production and it is also important to nerve impulse conduction, muscle contraction, and normal heart rhythm.
Vitamin D (as Cholecalciferol) USP	2.5 mcg	Adults: 19 – 51years or older 15-20 mcg daily for men women. Pregnancy: 15 mcg Lactation: 15 mcg	Vitamin D promotes calcium absorption in the gut and maintains adequate serum calcium and phosphate concentrations to enable normal bone mineralization. It is also needed for bone growth. Vitamin D sufficiency prevents rickets in children and osteomalacia in adults. Together with calcium, vitamin D also helps protect older adults from osteoporosis.
Zinc (as Zinc Gluconate) USP	10 mg	Adults: 19 – 51years or older 11mg daily for men and 9-8 mg women. Pregnancy: 12-11 mg Lactation: 13-12 mg	Zinc is involved in many aspects of cellular metabolism and it plays a role in enhancing immune function, and wound healing. Zinc also supports healthy growth and development during pregnancy, infancy, childhood, and adolescence.

Vitamin E (as D-alpha tocopherol acetate) USP	12 mg	Adults: 19 – 51years or older 15 mg daily for men women. Pregnancy: 15 mg Lactation: 19 mg	Vitamin E might help prevent or delay the chronic diseases associated with free radicals, in addition to its activities as an antioxidant, vitamin E is involved in immune function. Vitamin E also increases the expression of enzymes that inhibit platelet aggregation.
Manganese (as Manganese gluconate) USP	2 mg	Adults: 19 – 51years or older 2.3 mg daily for men and 1.8 mg for women. Pregnancy: 2 mg Lactation: 2.6 mg	Manganese is involved in cholesterol, glucose, and carbohydrate metabolism; bone formation; reproduction; and immune response.
Copper (as Cuperic gluconate) USP	1000 mcg	Adults: 19 – 51years or older 900 mg daily for men and women. Pregnancy: 1000-1300 mcg Lactation: 1000-1300 mcg	Copper plays a role in iron metabolism is also involved in many physiologic processes, such as brain development, pigmentation, and immune system functioning.
Vitamin B ₆ (as Pyridoxine HCl) USP	1.4 mg.	Adults: 19 – 51years or older 1.3-1.7 mg daily for men and 1.3-1.5 mg women. Pregnancy: 1.9 mg Lactation: 2.0 mg	Vitamin B ₆ performs a wide variety of functions in the body and is extremely versatile, with involvement in more than 100 enzyme reactions, mostly concerned with protein metabolism.
Riboflavin B ₂ (Riboflavin 5 phosphate) USP	1.4 mg.	Adults: 19 – 51years or older 1.3 mg daily for men and women. Pregnancy: 1.4 mg Lactation: 1.6 mg	Riboflavin is an essential component and play major roles in energy production; cellular function, growth, and development; and metabolism of fats, drugs, and steroids.
Thiamine B ₁ (as Thiamine HCl) USP	1.1 mg.	Adults: 19 – 51years or older 1.2 mg daily for men and 1.1 for women. Pregnancy: 1.4 mg Lactation: 1.4 mg	Thiamine plays a critical role in energy metabolism and, therefore, in the growth, development, and function of cells.
Chromium (as Chromium Chloride Hexahydrate) USP	25 mcg.	Adults: 19 – 51years or older 35-30 mcg daily for men and 25-20 mcg women. Pregnancy: 29-30 mcg Lactation: 44-45 mcg	Chromium might play a role in carbohydrate, lipid, and protein metabolism. Chromium Oligopeptide binds to and activates the insulin receptor to promote insulin action. Chromium might also have antioxidant effects.
Selenium (as Sodium Selenite) USP	27.5 mcg.	Adults: 19 – 51years or older 55 mcg daily for men women. Pregnancy: 60 mcg Lactation: 70 mcg	Selenium, which is nutritionally essential for humans, is a constituent of more than two dozen selenoproteins that play critical roles in reproduction, thyroid hormone metabolism, and protection from oxidative damage in the liver and infection.
Vitamin C (as Ascorbic Acid) USP	40 mg.	Adults: 19 – 51years or older 75-90 mg daily for men and 65-75 mg for women. Pregnancy: 80-85 mg Lactation: 115-120 mg	Vitamin C is required for in protein metabolism Vitamin C is also an important physiological antioxidant and has been shown to regenerate other antioxidants.

Magnor is a nutritional product that contains vitamins and minerals. In order to reduce the feeling of fatigue and tiredness, it contributes to the normal functioning of the nervous system.

INSTRUCTIONS:

- Store below 30°C.
 - Protect from heat, sunlight & moisture.
 - Keep out of the reach of children.
 - To be sold on the prescription of a registered medical practitioner only.
- DOSAGE:** As directed by the physician.

PRESENTATION:

Magnor Tablet : Pack of 3 x 10 tablets.

Manufactured by:
Phytocon International (Pvt.) Ltd.
339-A, Sundar Industrial Estate, Raiwind Road, Lahore, Pakistan.

Manufactured for:
CCL Pharmaceuticals (Pvt.) Ltd.
62 Industrial Estate, Kot Lakhpat, Lahore, Pakistan.

FOR FURTHER INFORMATION PLEASE CONTACT:



Distributed & Marketed by:
Nexpharm Healthcare (Pvt.) Ltd.
65 Industrial Estate, Kot Lakhpat, Lahore, Pakistan.

ہدایات:
• ۳۰ درجہ سینٹی گریڈ سے کم درجہ حرارت پر رکھیں۔
گرمی، دھوپ اور نمی سے بچائیں۔
بچوں کی پہنچ سے دور رکھیں۔
صرف مستند ڈاکٹر کے نسخہ پر فروخت کریں۔
خوراک: ڈاکٹر کی ہدایت کے مطابق استعمال کریں۔

