
Consumer Medicine Information

1. What is in the leaflet?

This leaflet answers some common questions about ¹²Mg Optima™ Relax powder.

It does not contain all of the available information. It does not take the place of talking to a healthcare professional or pharmacist.

All medicines and supplements have risks and benefits. A healthcare professional or pharmacist has weighed the risks of you taking ¹²Mg Optima™ Relax powder against the benefits they expect it will have for you.

If you have any concerns about taking this supplement, ask your healthcare professional or pharmacist.

Keep this leaflet with the supplement.

You may need to read it again.

2. What ¹²Mg Optima™ Relax is used for

¹²Mg Optima™ Relax contains evidenced-based ingredients that are indicated to promote relaxation during times of stress. Albion® Magnesium bisglycinate is scientifically designed to provide a highly bioavailable form of magnesium.

Magnesium may function as a Gamma-aminobutyric acid (GABA) receptor agonist promoting the effects of GABA while glycine functions as an inhibitory neurotransmitter and may assist with relaxation. GABA is the major inhibitory neurotransmitter in the central nervous system.

Glutamine is a precursor to GABA production while Theanine, a unique amino acid from Green Tea, has clinically demonstrated the promotion of relaxation potentially via binding to glutamate receptors reducing the activity of this excitatory neurotransmitter. Pyridoxal (B6) is a cofactor for the enzyme Glutamate Decarboxylase that synthesises GABA and zinc may act as a modulator of both excitatory and inhibitory neurotransmission.

Your healthcare professional or pharmacist may have prescribed ¹²Mg Optima™ Relax for another reason.

Ask your healthcare professional or pharmacist if you have any questions concerning why ¹²Mg Optima™ Relax has been prescribed.

¹²Mg Optima™ Relax is not addictive.

3. Before you take ¹²Mg Optima™ Relax

3a) When you MUST NOT take it

Do not take ¹²Mg Optima™ Relax if:

- You have had an allergic reaction to ¹²Mg Optima™ Relax or any ingredient listed in section 8b.**
- The packaging is torn, missing or shows signs of tampering.**
- The expiry date (EXP) printed on the pack has passed.** If it has expired or is damaged, return it to a pharmacist for disposal. If you take this medicine after the expiry date has passed, it may not work as well.

If you are not sure if you should start taking ¹²Mg Optima™ Relax contact a healthcare professional or pharmacist.

3b) Before you start to take it

You must tell your doctor if:

- You have any allergies to any other medicines, foods, preservatives, dyes or additives.**
¹²Mg Optima™ Relax contains Malic acid, Silica, Lemon Lime Flavour, Stevia, Citric acid and Maltodextrin.
If you experience any allergic reaction or other side effects after consuming ¹²Mg Optima™ Relax discontinue use and consult with your healthcare professional or pharmacist.
- You are pregnant or planning to become pregnant**
- You are breastfeeding or planning to breastfeed**
- You have or have had any other health problems or issues including:**
 - Mental health problems
 - Kidney conditions

If you have not told your healthcare professional or pharmacist about any of the above, tell them before you start taking ¹²Mg Optima™ Relax.

3c) Taking other medicines

Tell your healthcare professional or pharmacist if you are taking any other medicines, including any that you get without a prescription from a naturopath, supermarket or health food store.

Tell your healthcare professional or pharmacist if you are taking any of the following:

- Certain antibiotics including:
 - Aminoglycosides
 - Quinolone
 - Tetracycline
- Biphosphates
- Calcium channel blockers
- Muscle relaxants
- Potassium-sparing diuretics

Healthcare professionals and pharmacists have more information on medicines to be careful with or avoid while taking ¹²Mg Optima™ Relax.

4. How to take ¹²Mg Optima™ Relax

4a) How much to take

Follow all directions given by your healthcare professional or pharmacist carefully.

Take ¹²Mg Optima™ Relax exactly as your healthcare professional or pharmacist has prescribed. They may differ from the information contained in this leaflet.

4b) How much ¹²Mg Optima™ Relax should be taken?

Add 5 g (1 scoop) to 100-200mL of cold water or juice, one (1) to two (2) times per day or as described by the healthcare practitioner.

Your healthcare professional or pharmacist will tell you how much ¹²Mg Optima™ Relax powder to take each day. This depends on the condition being treated and whether any other medicines are being used.

4c) How to take ¹²Mg Optima™ Relax

Powder should be stirred into cool liquids and consumed immediately.

4d) When to take ¹²Mg Optima™ Relax

Before meals, or otherwise prescribed by the healthcare professional.

4e) How long to take ¹²Mg Optima™ Relax

Take ¹²Mg Optima™ Relax as long as the healthcare professional prescribes.

4f) If you forget to take ¹²Mg Optima™ Relax

Do not try to make up for missed doses by taking an extra dose.

This may increase the chance of getting an unwanted side effect.

If it is almost time for the next dose, skip the dose you missed and take the next dose when you are meant to.

If you are unsure of what to do, check with your healthcare professional or pharmacist.

4g) If you have taken too much ¹²Mg Optima™ Relax (overdose)

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much ¹²Mg Optima™ Relax you have taken and they can determine what action is best. Please visit your healthcare professional or pharmacist if there are signs of discomfort.

5. While you are taking ¹²Mg Optima™ Relax

5a) Things you MUST do

If you are about to start a new medicine, you must tell your healthcare professional or pharmacist you are taking ¹²Mg Optima™ Relax.

Always follow your healthcare professional or pharmacist's instructions carefully.

5b) Things you MUST NOT do

Do not heat ¹²Mg Optima™ Relax or add it into hot foods.

Do not expose ¹²Mg Optima™ Relax to extreme heat conditions or moisture.

6. Side effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Ask your healthcare professional or pharmacist to answer any questions you may have.

Tell your healthcare professional or pharmacist if you notice any of the following and they worry you:

- Stomach upset
- Nausea
- Diarrhoea
- Vomiting

These side effects are usually mild and dose related. Most of them disappear completely in a few days after the dose of ¹²Mg Optima™ Relax is lowered or stopped.

If symptoms persist consult your healthcare practitioner.

7. After taking ¹²Mg Optima™ Relax

7a) Storage

Keep ¹²Mg Optima™ Relax in its bottle until it is time to use. If you take the powder out of the bottle before use, it may not keep well.

Always store ¹²Mg Optima™ Relax only in its original container. Store below 25°C.

Do not store ¹²Mg Optima™ Relax, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on windowsills.

Heat and dampness can destroy the medicine.

Keep out of reach of children.

8. Product description

8a) What ¹²Mg Optima™ Relax looks like

¹²Mg Optima™ Relax is an off-white powder. It is in a white cylinder bottle and each container holds 150 g of powder (30 doses).

8b) Ingredients

Active Ingredients per 5g (1 scoop) dose

- Magnesium as amino acid chelate 150 mg
- TRAACS® - (bisglycinate chelate)
L-Glutamine 500 mg
- Green Tea Dry Leaf Extract
Equiv. green tea dry leaf 40 g
Equiv. Theanine not less than 100 mg
- Pyridoxal 5-Phosphate (Vitamin B6) 15.6 mg
Equiv. Pyridoxine 10 mg
- Zinc (as citrate) 5 mg

Excipient Ingredients

Malic acid, Silica, Lemon Lime Flavour, Stevia, Citric acid, Maltodextrin

¹²Mg Optima™ Relax does not contain any artificial colours, flavour or sweeteners.

¹²Mg Optima™ Relax is suitable for vegetarians.

¹²Mg Optima™ Relax is gluten and dairy free.

9. Translation

To read this information in other languages go to www.medlab.co/translate.

10. Manufacturer

¹²Mg Optima™ Relax is supplied in Australia by:

A division of Medlab Clinical Limited™

66 McCauley Street

Alexandria NSW 2015

Toll free: 1300 369 570

Australian Listing Number

AUST L 262421

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Medlab Clinical Limited™