

# Gefomag

Magnesium Glycerophosphate BP 1 g  
equivalent to Magnesium 97 mg

## Composition:

**Gefomag:** Each chewable tablet contains Magnesium Glycerophosphate BP 1 g equivalent to Magnesium 97 mg.

## Pharmacology:

### Magnesium has two mechanisms of transport:

**Paracellular transport** is a passive mechanism that involves the absorption of  $Mg^{2+}$  through the small spaces between the epithelial cells. It is responsible for 90% of intestinal  $Mg^{2+}$  intake.

### Transcellular transport involves 2 processes:

The active transport of  $Mg^{2+}$  to the blood through the interior of the epithelial cell. This second type of  $Mg^{2+}$  transport is subject to tight regulation since the ions have to pass through two cell membranes.

The passive diffusion of liposoluble particles, such as glycerol, across the cells.

It is important for magnesium salts to remain soluble in the alkaline (pH 7-8) environment of the intestine where absorption takes place.

Amongst the different types of magnesium salts, magnesium glycerophosphate has the ability to remain soluble at a pH of 7-8.

## Indications:

Magnesium glycerophosphate is indicated for Chronic Hypomagnesaemia.

## Dosage & Administration:

Adults & Elderly:

- 1-2 tablets three times a day.
- 12 to 18 years: 1 tablet three times a daily.
- 4 to 12 years: 1 tablet twice daily.

Children (below 4 years): Not recommended as there is insufficient information.

Patients with Renal Impairment: No dose adjustment is necessary in patients with mild to moderate renal impairment **or as directed by the physicians.**

## Contraindication:

Magnesium Glycerophosphate is contraindicated in patients with hypersensitivity to any component of this product

Magnesium glycerophosphate is contraindicated in patients with severe kidney impairment (glomerular filtration rate <30 ml/min).

Magnesium glycerophosphate is contraindicated in patients with hyperphosphataemia due to its phosphate content.

## Warnings and Precautions:

Magnesium Glycerophosphate is not indicated for phenylketonuria, a history of bowel surgery, hyperphosphataemia (high phosphate levels), or kidney disease.

## Side Effects:

Side effects include diarrhea, nausea, stomach cramps, abdominal discomfort

## Use in Pregnancy and Lactation:

Pregnancy: Magnesium salts are routinely used to treat preeclampsia (a rise in blood pressure, and protein in the urine during pregnancy). Magnesium Chewable Tablets should only be used in pregnancy if it advised by a physician.

Lactation: Magnesium Glycerophosphate can be used during breast-feeding.

## Use in Children and Adolescents:

The safety and efficacy have not been established in children under 4 years.

## Drug Interactions:

Cardiovascular drugs: Digoxin and loop diuretics are magnesiuretic drugs and may affect magnesium balance

Specific Drugs: Cellulose Sodium Phosphate/Edetate Disodium: Avoid magnesium within 1 hour.

Fluorides/Tetracycline: Separate by 2-3 hours.

Other Drugs: Take magnesium 3-4 hours before or after to avoid absorption issues.

## Overdosage:

With higher doses of magnesium can cause flushing, thirst, low blood pressure, drowsiness, nausea, vomiting, confusion, muscle weakness, loss of tendon reflexes, respiratory depression, cardiac arrhythmias, coma, and cardiac arrest. Treatment of overdose should be symptomatic and supportive.

## Storage:

Store below 30°C, away from light and in a dry place. Keep all medicines out of the reach of children.

## Packing:

**Gefomag:** Each box contains 3X10 chewable tablets in Alu-PVDC blister pack and an insert.

Manufactured by:  
**Navana Pharmaceuticals PLC.**  
Rupshi, Rupganj, Narayanganj, Bangladesh  
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 **NAVANA PHARMA**