



### Dosing and Administration<sup>3,4</sup>:

One capsule daily with the main meal

### Contraindications<sup>3,4</sup>:

Hypersensitivity to pyridoxine, magnesium and any component of the formulation.

### Precautions<sup>3,4</sup>:

- Use with caution in renal impairments, cardiovascular diseases, thyroid issues, neurological diseases, epilepsy, and neuromuscular diseases (myasthenia gravis).
- Concomitant use of this product with other drugs should be done with a time interval of at least 2 hours.

### Pregnancy and breastfeeding<sup>3,4</sup>:

- The risk or benefit to the mother and infant should be considered.

### Drug interactions<sup>3,4</sup>:

- The concurrent use with other medications such as chemotherapy drugs, immunomodulators, bisphosphonates (alendronate), antibiotics (tetracyclines & quinolones), diuretics, anticoagulants (warfarin & aspirin), anticonvulsants, levodopa, antacids, other supplements and herbal products should be done with caution.

### Side effects<sup>3,4</sup>:

OctaHeal Magnesium plus B6 is possibly safe, but rarely and in high doses may occurs following side effects:

- Skin sensitivity, hives, itching, nausea, vomiting, colic, hypotension, difficulty breathing, fainting, dizziness, fatigue, Palpitations and irregular heartbeat.



Rx Code: 85393

### Reference:

1. Agostini, C. et al. Scientific Opinion on the substantiation of health claims related to magnesium. EFSA Journal 2010, 8(10):1807
2. Abraham, G. E. et al. Effect of Vitamin B-6 on Plasma and Red Blood Cell Magnesium Levels in Premenopausal Women. Annals of Clinical and Laboratory Science; 1981, Vol. 11, No. 4.
3. Magnesium oxide monograph/ Uptodate/2023
4. Vitamin B6 monograph/ Uptodate/ 2023

# OCTAHEAL

## Magnesium Plus B6



Neuromuscular Balance

# 60

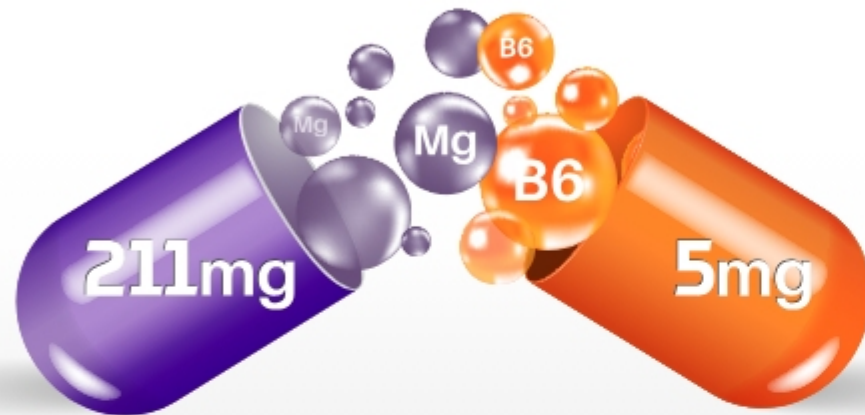
Capsules

- Supports Nerve & Muscle Function
- Helps Relieve Muscle Spasms Improvement



## OCTAHEAL Magnesium Plus B6

OctaHeal Magnesium plus B6 is a superb supplement with magnesium and vitamin B6. This product provides a practical, ideal solution for when you're overworked or stressed, doing sport, studying or preparing for exams, feeling fatigued, or need to concentrate.



**1** Nervous System Support

**2** Relieves Muscle Spasms

**3** Stress Reduction

### More About Magnesium Plus B6

**Magnesium and vitamin B6** are essential nutrients that the body needs to stay healthy. A lack of either can have a negative impact on our health.

Both nutrients help combat tiredness and fatigue, contribute to normal energy metabolism, normal functioning of the nervous system, normal protein synthesis and maintain normal psychological function<sup>1</sup>.

When taken together, their properties are multiplied. Studies show that the addition of vitamin B6 to magnesium supplements has a synergistic effect on magnesium. Vitamin B6 is a water-soluble organic nutrient involved in the transport of magnesium across cell membranes through the formation of chelates. In this way, it helps magnesium to reach the places where it is needed, optimising its bioavailability and effectively preventing magnesium deficiency in certain organs<sup>2</sup>.

# Solution for Healthy Life

