**Package leaflet: Information for the user**

**PANANGIN, 140 mg/158 mg film-coated tablets**
Magnesium aspartate, potassium aspartate

**Read all of this leaflet carefully before you start using this medicine because it contains important information for you.**
Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

**What is in this leaflet**



## 1. What PANANGIN is and what it is used for

PANANGIN tablets are mineral additive which contains magnesium and potassium that are crucial cations in cell function. They play important part in several enzymes, are crucial components of cell structure and participate in muscle function (at molecular level). PANANGIN tablets are used to avoid and treat potassium and magnesium deficiency (e.g. increased need for magnesium and potassium, ionic absorption disorders and loss of electrolytes caused by prolonged use of diuretics or diarrhoea).

## 2. What you need to know before you take PANANGIN tablets

**Do not use PANANGIN tablets:**
- if you are allergic to magnesium aspartate or potassium aspartate or any of the other ingredients of this medicine (listed in section 6),
- if you have acute or chronic renal insufficiency
- if you have Addison's disease
- if you have type 3 atrioventricular block or cardiogenic shock (blood pressure below 90 mmHg)
- if you have hyperkalaemia (excess potassium)
- if you use potassium-sparing diuretics

**Warnings and precautions**
Take special care with PANANGIN if you have diseases involving hyperkalaemia, which requires regular checking of serum potassium levels.

**Children**
No data.

**Other medicines and PANANGIN**
Tell your doctor or pharmacist if you are using or have recently used or might use any other medicines.
PANANGIN may affect the effects of other medicines. PANANGIN reduces absorption of oral tetracycline, ferric salts and sodium fluoride. The interval between taking these medicines and

PANANGIN must be at least 3 hours. Caution must be exercised and serum potassium level must be regularly checked if this medicine is indicated for combination therapy with angiotensin converting enzyme inhibitors (ACE inhibitors).

**Pregnancy and breast-feeding**
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.
There are no data available on the safety and efficacy of using PANANGIN tablets during pregnancy or breast-feeding.

**Driving and using machines**
There are no data available on the effect of PANANGIN on the ability to drive and use machines.
Long-term experience shows that using this medicine does not require additional safety measures when driving or using machines.

## 3. How to take PANANGIN tablets

Recommended dose is 2 PANANGIN tablets 3 times a day, in more severe cases 3 tablets 3 times a day during one week.
Then the dose may be reduced to one tablet 2 to 3 times a day.
In less severe cases, take 1 tablet 3 times a day.
Gastric acid may affect the efficacy of tablets, therefore it is recommended to take the tablets after a meal. The duration of treatment depends on the condition and indications.

**If you take more PANANGIN than you should**
If you have taken more tablets than you should, inform your doctor or pharmacist immediately.

There are no known cases of overdose. In case of overdose there may occur signs of excess potassium and magnesium in the blood.
*Signs of hyperkalaemia*: general feeling of tiredness, paraesthesia, paralysis, cardiac dysfunction (e.g. bradycardia, arrhythmias, cardiac depression or cessation of cardiac activity).
*Signs of hypermagnesaemia*: nausea, vomiting, lethargy, hypotension, bradycardia, fatigue. Excess serum magnesium level may cause weakened reflexes, muscle paralysis, respiratory and cardiac arrest.

## 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Defecation frequency increases when using large doses.

**Reporting of side effects**
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via www.ravimiamet.ee/en. By reporting side effects you can help provide more information on the safety of this medicine.

## 5. How to store PANANGIN tablets

Store below 25°C.

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## 6. Contents of the pack and other information

**What PANANGIN tablets contain**

- Active substances: Each tablet contains 140 mg of magnesium aspartate (Mg++ = 11.8 mg) and 158 mg of potassium aspartate (K+ = 36.2 mg)
- The other ingredients are: tablet contents: colloid anhydrous silica, polyvidone, magnesium stearate, talc, corn-starch, potato starch.

tablet coating: Macrogol 6000, titanium dioxide, Eudragit E 100%, talk.

**What PANANGIN looks like and contents of the pack**
Film-coated tablet.
50 tablets in white plastic tablet container, one tablet container in cardboard box.

**Marketing Authorisation Holder and Manufacturer**

Gedeon Richter Plc.
Gyömrői út 19-21
1103 Budapest
Hungary

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder:

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