

# **<sup>12</sup>Mg Optima™ Relax – Citrus Tea**

## **Supporting Natural Metabolic Pathways for GABA Production & Activity**

### **Consumer Medicine Information**

#### **1. What is in the leaflet?**

This leaflet answers some common questions about <sup>12</sup>Mg 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 <sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax is used for**

<sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax for another reason.

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

<sup>12</sup>Mg Optima™ Relax is not addictive.

#### **3. Before you take <sup>12</sup>Mg Optima™ Relax**

##### **3a) When you MUST NOT take it**

Do not take <sup>12</sup>Mg Optima™ Relax if:

**1. You have had an allergic reaction to <sup>12</sup>Mg Optima™ Relax or any ingredient listed in section 8b.**

**2. The packaging is torn, missing or shows signs of tampering**

**3. 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 <sup>12</sup>Mg Optima™ Relax contact a healthcare professional or pharmacist.**

##### **3b) Before you start to take it**

You must tell your doctor if:

**1. You have any allergies to any other medicines, foods, preservatives, dyes or additives.**

<sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax discontinue use and consult with your healthcare professional or pharmacist.

**2. You are pregnant or planning to become pregnant**

**3. You are breastfeeding or planning to breastfeed**

**4. 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 <sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax.

#### **4. How to take <sup>12</sup>Mg Optima™ Relax**

##### **4a) How much to take**

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

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

##### **4b) How much <sup>12</sup>Mg 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 <sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax**

Powder should be stirred into cool liquids and consumed immediately.

##### **4d) When to take <sup>12</sup>Mg Optima™ Relax**

Before meals, or otherwise prescribed by the healthcare professional.

##### **4e) How long to take <sup>12</sup>Mg Optima™ Relax**

Take <sup>12</sup>Mg Optima™ Relax as long as the healthcare professional prescribes.

##### **4f) If you forget to take <sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax (overdose)**

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much <sup>12</sup>Mg 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 <sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax**

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

##### **5b) Things you MUST NOT do**

Do not heat <sup>12</sup>Mg Optima™ Relax or add it into hot foods.

Do not expose <sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax is lowered or stopped.

**If symptoms persist consult your healthcare practitioner.**

---

## 7. After taking <sup>12</sup>Mg Optima™ Relax

### 7a) Storage

Keep <sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax only in its original container. Store below 25°C.

Do not store <sup>12</sup>Mg 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 <sup>12</sup>Mg Optima™ Relax looks like

<sup>12</sup>Mg 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..... 500 mg  
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, Citrus Tea flavour, Stevia, Citric acid, Maltodextrin

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

**<sup>12</sup>Mg Optima™ Relax is suitable for vegetarians**

**<sup>12</sup>Mg Optima™ Relax is gluten and dairy free**

---

## 9. Translation

To read this information in other languages go to [www.medlab.co/translate](http://www.medlab.co/translate)

Para leer esta información en otros idiomas van a [www.medlab.co/translate](http://www.medlab.co/translate)

Pour lire cette information dans d'autres langues allez à [www.medlab.co/translate](http://www.medlab.co/translate)

أخرى تذهب إلى قراءة هذه المعلومات ب لغات  
[www.medlab.co/translate](http://www.medlab.co/translate)

他の言語は[www.medlab.co/translate](http://www.medlab.co/translate)に行くには、この情報を読み取るには

Чтобы прочитать эту информацию в другие языки пойти [www.medlab.co/translate](http://www.medlab.co/translate)

要閱讀這些信息在其他語言中去  
[www.medlab.co/translate](http://www.medlab.co/translate)

要阅读这些信息在其他语言中去  
[www.medlab.co/translate](http://www.medlab.co/translate)

---

## 10. Manufacturer

<sup>12</sup>Mg 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 280236  
This Leaflet was prepared in November 2016  
Last Updated December 2016

Medlab Clinical Limited™