

Questions for your doctor or pharmacist

My name: _____ Date: _____

Doctor or pharmacist: _____ Phone: _____

Part 1. My medicines and supplements

Write down everything you take: prescriptions, store-bought medicines, vitamins, supplements, antacids and laxatives.

Name	How much	When I take it

My label: Purenyx® Magnesium 12-in-1 Complex

Serving size: 2 capsules **Bottle:** 60 capsules

Per serving: 700 mg Magnesium Complex, a blend of 12 forms

Directions: 2 capsules a day, as directed on the label

The 12 forms: Glycinate, Citrate, Malate, Taurate, L-Threonate, Aspartate, Gluconate, Ascorbate, Lactate, Carbonate, Oxide, Orotate

Bottled in Akron, Ohio. Lab-tested for heavy metals and germs.

Part 2. My questions

1. Is magnesium OK with the medicines I take?

The NIH says to ask about these kinds of medicines:

- Bone medicines (bisphosphonates), such as Fosamax
- Some antibiotics, such as doxycycline or Cipro
- Water pills (diuretics)
- Acid reflux pills (PPIs), such as Nexium or Prevacid

Answer: _____

2. Is magnesium OK for my kidneys?

Kidney problems raise the risk of too much magnesium (NIH).

Answer: _____

3. How much should I take, and when?

Is 2 capsules a day right for me? What time of day is best?

Answer: _____

4. Should I space it apart from my other medicines?

Some need a gap of a few hours (NIH). Which ones? How long?

Answer: _____

5. Anything else I should know or watch for?

Answer: _____

Don't stop or change any medicine unless your doctor says so.

Medicine facts: NIH Office of Dietary Supplements (ods.od.nih.gov).

This is not medical advice. Talk to your doctor or pharmacist, especially if you take medicines, are pregnant or nursing, or have kidney problems.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.