

# Cosmag<sup>®</sup> (Tablets)

Magnesium Trisilicate  
Dried Aluminium Hydroxide

Antacid

COSMAG<sup>®</sup> TABLETS

#### PRESENTATION:

**Cosmag<sup>®</sup> Tablets:** Light green, circular, flat bevelled-edge tablet embossed 'COSMAG' and stomach diagram on one side and plain on the other side with peppermint flavour. Each tablet contains:

Magnesium Trisilicate	250mg
Dried Aluminium Hydroxide	120mg

#### CLINICAL PHARMACOLOGY:

Aluminium Hydroxide and Magnesium Trisilicate are used as an antacid. Antacids are basic compounds which neutralize hydrochloric acid in the gastric secretions. Aluminium salts tend to produce constipation and to delay gastric emptying while magnesium salts have the reverse effects; a combination of the two may reduce adverse gastro-intestinal effects. Magnesium Trisilicate is often given in conjunction with aluminium-containing antacids such as Aluminium Hydroxide which counteract its laxative effect. Aluminium Hydroxide raises gastric pH more slowly than calcium or magnesium antacids and passage through an empty stomach may be too rapid to exert any significant acid-neutralising effect. In order to compensate for this and to reduce the constipating effect, Aluminium Hydroxide is often given in association with a magnesium-containing antacid.

#### Pharmacokinetics:

Approximately one third to one half of Magnesium is absorbed from the small intestines following oral administration. In plasma, about 25 to 30% of Magnesium is protein bound. Orally administered Magnesium salts are eliminated in the urine (absorbed fraction) and the faeces (unabsorbed fraction). Small amounts are distributed into breast milk. Magnesium crosses the placenta. Aluminium Hydroxide, given by mouth, slowly reacts with the hydrochloric acid in the stomach to form soluble aluminium chloride, some of which is absorbed. About 0.1 to 0.5 mg of the cation is reported to be absorbed from standard daily doses of an aluminium-containing antacid, leading to about a doubling of usual aluminium concentrations in the plasma of patients with normal renal function. Absorbed aluminium is eliminated in the urine. The aluminium compounds remaining in the gastro-intestinal tract, which account for most of a dose, form insoluble, poorly absorbed aluminium salts in the intestines including hydroxides, carbonates, phosphates and fatty acid derivatives, which are excreted in the faeces.

#### USES:

Cosmag<sup>®</sup> is used as an antacid for the relief of heartburn and indigestion due to gastric reflux. It is used as an antacid therapy in gastric and duodenal ulcer.

#### DOSE AND ADMINISTRATION:

Chew 1 to 2 tablets as required. Chew tablets before they are swallowed in between meals.

#### CONTRA-INDICATIONS AND WARNINGS:

Oral magnesium salts should be used cautiously in patients with impaired renal function. Administration with food may decrease the incidence of diarrhoea. Chronic diarrhoea due to long term administration may result in electrolyte imbalance.



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Care is necessary in patients with chronic renal impairment, since osteomalacia or adynamic bone disease, encephalopathy, dementia, and microcytic anaemia, have been associated with aluminium accumulation in patients with chronic renal failure.

#### Adverse Effects:

Magnesium Trisilicate in common with other magnesium salts, may cause diarrhoea. Hypomagnesaemia may occur in patients with impaired renal function. Aluminium Hydroxide in common with other Aluminium compounds is astringent and may cause constipation; large doses can cause intestinal obstruction. Excessive doses, or even normal doses in patients with low-phosphate diets, may lead to phosphate depletion accompanied by increased bone resorption and hypercalcaemia with the risk of osteomalacia.

#### Overdosage:

Symptoms are unlikely and treatment is rarely required.

#### Interactions:

Oral magnesium salts decrease the absorption of tetracyclines and bisphosphonates, and administration should be separated by a number of hours.

Aluminium compounds are noted for their propensity to absorb other drugs and to form insoluble complexes that are not absorbed. Drugs whose absorption or bioavailability may be significantly affected by concomitant oral administration with an antacid are various antibacterials including ethambutol, isoniazid, nitrofurantoin, quinolones, and tetracyclines; benzodiazepines; some corticosteroids; fluoride; iron; indomethacin; ketoconazole; phenothiazines; phenytoin; phosphate; ranitidine; theophylline; valproate; and vitamin A.

#### Pregnancy and Lactation:

Animal studies are insufficient with respect to effects on pregnancy, embryonal/foetal development, parturition and postnatal development. As there is no specific data for this product, it is recommended that Cosmag<sup>®</sup> tablets only be used in pregnancy on the advice of a doctor.

#### PHARMACEUTICAL PRECAUTIONS:

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

#### LEGAL CATEGORY:

Over The Counter/ General Sales List (OTC/GSL)

®Regd. TM



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