

Medicines Management Team Advisory Summary

Prescribe Neomag 4mmol chewable tablets or Magnaspartate sachets (10mmol) for Mg²⁺ supplementation

Introduction

Magnesium is secreted in large amounts in the gastro-intestinal fluid and therefore excessive losses in **diarrhoea, stoma or fistula** are the most common causes of **hypomagnesaemia**. Deficiency may occur in **alcoholism** or as a result of treatment with **certain drugs**¹ (e.g. PPIs² & diuretics)

- There are no national guidelines on the management of hypomagnesaemia
- The estimated prevalence of hypomagnesaemia ranges from 2.5% to 15%
- Hypomagnesaemia with clinical consequences is far less common and most patients are asymptomatic³

To prevent recurrence of deficiency, magnesium may be given by mouth in a dose of up to 24mmol Mg²⁺ daily in divided doses, but there is limited evidence of benefit¹

- The Neomag[®] chewable tablets (magnesium glycerophosphate 4mmol/tablet) brand is a licensed medicine and is a formulary option.
- **Magnaspartate[®]** sachets contain 10mmol magnesium and need to be mixed with water.⁴ They are classified as a “Food for Special Medical Purposes” and are a formulary option.
- Generic magnesium glycerophosphate tablets are unlicensed and are not recommended for use.
- A 97mg magnesium glycerophosphate tablet contains 4mmol Mg²⁺

Formulary Status

3Ts	BCAP	ICID
Neomag [®] 4mmol chewable tablets	Neomag [®] 4mmol chewable tablets	Neomag [®] 4mmol chewable tablets
Magnaspartate [®] sachets	Magnesium aspartate sachets (Magnaspartate [®])	Magnesium aspartate sachets (Magnaspartate [®])
Magnesium sulphate injection	Magnesium sulfate injection	Magnesium sulfate injection

Action

- Review patients taking other salts of magnesium and carefully change to Neomag[®] or Magnaspartate[®] (Different Mg salts may not have the same bioavailability^{4,5})
- Ensure that any patients currently taking an unlicensed version of magnesium glycerophosphate 4mmol tablet are switched to the licensed product Neomag[®]
- Any long-term use should be on the advice of a specialist

Wiltshire CCG Cost Impact

During 2016-17:

- **425** prescriptions for Magnaspartate were dispensed, totalling **£14,151**
- **157** prescriptions for other formulations were dispensed, totalling **£19,524**

References

1. British National Formulary. March 2017. www.medicinescomplete.com. Accessed 6/9/17
2. Medicines and Healthcare Products Regulatory Agency. Proton pump inhibitors in long-term use: reports of hypomagnesaemia. Drug Safety Update. April 2012. Vol 5. Issue 9. A1. <https://www.gov.uk/drug-safety-update/proton-pump-inhibitors-in-long-term-use-reports-of-hypomagnesaemia> Accessed on 6.9.2017
3. Drugs and Therapeutics Bulletin. Hypomagnesaemia 2013;51:33-36.
4. Magnaspartate SPC <http://www.medicines.org.uk/emc/medicine/30238> accessed 6/9/17
5. Neomag SPC <http://www.medicines.org.uk/emc/medicine/33475> accessed 6/9/17