



Australian Government
Department of Health and Aged Care
Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	164335	BLACKMORES BIO MAGNESIUM
ARTG entry for	Medicine Listed	
Sponsor	Blackmores Ltd	
Postal Address	PO Box 1725, WARRIEWOOD, NSW, 2102 Australia	
ARTG Start Date	14/08/2009	
Product Category	Medicine	
Status	Active	
Approval Area	Listed Medicines	

Conditions

Colouring agents used in listed medicine for ingestion, other than those listed for export only under section 25 of the Act, shall be only those included in the list of 'Colourings permitted in medicines for oral use'.

The sponsor shall keep records relating to this listed medicine as are necessary to: (a) Expedite recall if necessary of any batch of the listed medicine, (b) Identify the manufacturer(s) of each batch of the listed medicine. Where any part of or step in manufacture in Australia of the listed medicine is sub-contracted to a third party who is not the sponsor, copies of relevant Good Manufacturing Practice agreements relation to such manufacture shall be kept.

The sponsor shall retain records of the distribution of the listed medicine for a period of five years and shall provide the records or copies of the records to the Complementary Medicines Branch, Therapeutic Goods Administration, upon request.

Where a listed medicine is distributed overseas as well as in Australia, product recall or any other regulatory action taken in relation to the medicine outside Australia which has or may have relevance to the quality, safety or efficacy of the goods distributed in Australia, must be notified to the National Manager Therapeutic Goods Administration, immediately the action or information is known to the sponsor.

Products

1 . BLACKMORES BIO MAGNESIUM

Product Type	Single Medicine Product	Effective Date	7/09/2022
---------------------	-------------------------	-----------------------	-----------

Permitted Indications

- Maintain/support general health and wellbeing
- Maintain/support bone health
- Maintain/support heart health
- Decrease/reduce/relieve muscle cramps when dietary intake is inadequate
- Maintain/support muscle health
- Maintain/support muscle function
- Decrease/reduce/relieve muscle tension/stiffness when dietary intake is inadequate
- Maintain/support nervous system health

Indication Requirements

- Label statement: If symptoms persist, talk to your health professional.
- Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
- Product presentation must not imply or refer to mental illnesses, disorders or conditions.
- Product presentation must not imply or refer to serious cardiovascular conditions.
- Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis. Note: this requirement is not intended to apply where the indications referring to osteoporosis specified in column 2 of Table 2 of this instrument are also used.

Standard Indications

No Standard Indications included on Record

Specific Indications

No Specific Indications included on Record

Warnings

- Vitamins can only be of assistance if the dietary vitamin intake is inadequate. OR Vitamin supplements should not replace a balanced diet.
- If symptoms persist consult your healthcare practitioner (or words to that effect).
- WARNING - Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. [Contains vitamin B6].

Public Summary



Australian Government
Department of Health and Aged Care
Therapeutic Goods Administration

Additional Product information

Pack Size/Poison information

Pack Size

Poison Schedule

Components

1 . Formulation 1

Dosage Form Tablet, film coated

Route of Administration Oral

Visual Identification

Active Ingredients

calcium ascorbate dihydrate	50 mg
Equivalent: ascorbic acid	41.31 mg
colecalfiferol	.0025 mg
heavy magnesium oxide	440 mg
Equivalent: magnesium	265.3 mg
magnesium phosphate pentahydrate	175 mg
Equivalent: magnesium	36.2 mg
manganese amino acid chelate	40 mg
Equivalent: manganese	4 mg
pyridoxine hydrochloride	50 mg
Equivalent: pyridoxine	41.1 mg

Other Ingredients (Excipients)

Carnauba Wax
croscarmellose sodium
dl-alpha-tocopherol
hydrogenated soya oil
hydrolysed gelatin
hypromellose
indigo carmine
lecithin
macrogol 3000
macrogol 8000
magnesium stearate
maize starch
microcrystalline cellulose
polyvinyl alcohol
purified talc
silicon dioxide
sucrose
tartaric acid
titanium dioxide

Public Summary

© Commonwealth of Australia. This work is copyright. You are not permitted to re-transmit, distribute or commercialise the material without obtaining prior written approval from the Commonwealth. Further details can be found at <http://www.tga.gov.au/about/website-copyright.htm>.