



Australian Government
Department of Health
Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	376256	Twice Daily Multi
ARTG entry for	Medicine Listed	
Sponsor	Designs For Health Pty Ltd	
Postal Address	1 / 418 Pittwater Road, North Manly, NSW, 2100 Australia	
ARTG Start Date	13/10/2021	
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 . Twice Daily Multi

Product Type	Single Medicine Product	Effective Date	13/10/2021
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Permitted Indications

Antioxidant/Reduce free radicals formed in the body
Helps reduce/decrease free radical damage to body cells
Maintain/support collagen formation
Maintain/support energy levels
Maintain/support energy production
Maintain/support healthy eye function
Maintain/support eye health
Maintain/support healthy eyesight/vision
Maintain/support general health and wellbeing
Maintain/support hair health
Maintain/support gum health
Maintain/support healthy teeth
Maintain/support nail health/strength/thickness
Maintain/support connective tissue health
Aid/assist/helps connective tissue production/formation
Maintain/support healthy body tissues
Maintain/support bone health
Aids/assists healthy bone development/growth/building
Help maintain/support bone mineralisation
Aid/assist healthy red blood cell production
Maintain/support red blood cell health
Helps maintain/support haemoglobin formation/synthesis
Maintain/support immune system health
Maintain/support healthy immune system function
Maintain/support immune system to fight illness
Helps stimulate a healthy immune system response
Maintain/support muscle health

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Maintain/support muscle function
 Aid/assist/helps glucose/sugar/carbohydrate metabolism
 Aid/assist/helps protein synthesis in the body
 Maintain/support absorption of dietary (state vitamin/mineral/nutrient)
 Helps prevent dietary (state vitamin/mineral/nutrient) deficiency
 Aid/assist/helps metabolism of (state vitamin/mineral/nutrient)
 Support healthy stress response in the body
 Aid/assist/helps synthesis of neurotransmitters
 Maintain/support nervous system health
 Maintain/support nervous system function
 Maintain/support skin health
 Maintain/support wound healing
 Maintain/support skin repair/healing/regeneration

Indication Requirements

Product presentation must not imply or refer to serious immunological diseases.

Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.

Product presentation must not imply or refer to serious cardiovascular conditions.

Product presentation must not imply or refer to mental illnesses, disorders or conditions.

Label statement: [Vitamins/minerals/nutrients/dietary supplements] can only be of assistance if dietary intake is inadequate OR [Vitamins/minerals/nutrients/dietary supplements] should not replace a balanced diet (or words to that effect).

Product presentation must not imply or refer to lowering or raising blood sugar/glucose levels from outside of the normal healthy range.

Product presentation must not imply or refer to chronic fatigue syndrome.

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.

If product is indicated for supplementation, Label statement: [Vitamins/minerals/nutrients/dietary supplements] can only be of assistance if dietary intake is inadequate OR [Vitamins/minerals/nutrients/dietary supplements] should not replace a balanced diet (or words to that effect).

If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.

Label statement: If symptoms persist, talk to your health professional.

Standard Indications

No Standard Indications included on Record

Specific Indications

No Specific Indications included on Record

Warnings

This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced diet.

If symptoms persist consult your healthcare practitioner (or words to that effect).

Additional Product information

Pack Size/Poison information

Pack Size	Poison Schedule
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Components

1 . Formulation 1

Dosage Form	Capsule, hard
Route of Administration	Oral

Visual Identification

Active Ingredients

ascorbic acid	75 mg
betacarotene	3 mg
Biotin	75 microgram

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Bixa orellana seed Extract dry concentrate	33.33 mg
Equivalent: Bixa orellana (Dry)	11.1 g
borax	4.41 mg
Equivalent: boron	500 microgram
Brassica oleracea var. italica seed Extract dry concentrate	12.5 mg
Equivalent: Brassica oleracea var. italica (Fresh)	18.75 mg
Brassica oleracea var. italica sprout Powder	12.5 mg
Equivalent: Brassica oleracea var. italica (Fresh)	237.5 mg
calcium amino acid chelate	62.5 mg
Equivalent: calcium	12.5 mg
calcium folinate	69.4 microgram
Equivalent: folic acid	50 microgram
calcium pantothenate	49.12 mg
Equivalent: pantothenic acid	45 mg
choline bitartrate	24.31 mg
Equivalent: choline	10 mg
chromium nicotinate	208.3 microgram
Equivalent: chromium	25 microgram
Citrus bioflavonoids extract	25 mg
colecalfiferol	.0125 mg
hydroxocobalamin	50 microgram
inositol	15 mg
levomefolate glucosamine	360.7 microgram
Equivalent: levomefolic acid	200 microgram
lutein	1.5 mg
lycopene	1.5 mg
magnesium phosphate pentahydrate	121.01 mg
Equivalent: magnesium	25 mg
manganese amino acid chelate	5 mg
Equivalent: manganese	500 microgram
mecobalamin (co-methylcobalamin)	200 microgram
menaquinone 7	.01 mg
molybdenum trioxide	75.1 microgram
Equivalent: molybdenum	50 microgram
nicotinamide	100 mg
phytomenadione	40 microgram
pyridoxal 5-phosphate monohydrate	35.27 mg
Equivalent: pyridoxine	22.5 mg
Reynoutria japonica root Extract dry concentrate	12 mg
Equivalent: Reynoutria japonica (Dry)	1.2 g
riboflavin sodium phosphate	13.7 mg
Equivalent: riboflavin	10 mg
selenomethionine	124.2 microgram
Equivalent: selenium	50 microgram
thiamine hydrochloride	25.23 mg
Equivalent: thiamine	22.5 mg
zinc glycinate	26.6 mg
Equivalent: zinc	7.5 mg

Other Ingredients (Excipients)

Acacia

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ascorbyl palmitate
calcium hydrogen phosphate dihydrate
calcium phosphate
citric acid
colloidal anhydrous silica
croscarmellose sodium
d-alpha-tocopherol
dl-alpha-tocopheryl acetate
fractionated coconut oil
hypromellose
liquid glucose
magnesium stearate
maize starch
medium chain triglycerides
microcrystalline cellulose
modified food starch
Pea Starch
purified water
silicon dioxide
sodium alginate
sodium ascorbate
soluble maize starch
sorbitol
sucrose

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