



**Australian Government**  
**Department of Health**  
Therapeutic Goods Administration

## Public Summary

<b>Summary for ARTG Entry:</b>	330142	Zinc Citrate P5P Forte
<b>ARTG entry for</b>	Medicine Listed	
<b>Sponsor</b>	Spectrumceuticals Pty Ltd	
<b>Postal Address</b>	10/5 Narabang Way, BELROSE, NSW, 2085 Australia	
<b>ARTG Start Date</b>	18/02/2020	
<b>Product Category</b>	Medicine	
<b>Status</b>	Active	
<b>Approval Area</b>	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 . Zinc Citrate P5P Forte

<b>Product Type</b>	Single Medicine Product	<b>Effective Date</b>	8/10/2021
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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 energy levels  
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 nail health/strength/thickness  
Maintain/support bone health  
Aid/assist healthy red blood cell production  
Helps maintain/support haemoglobin formation/synthesis  
Maintain/support immune system health  
Maintain/support healthy immune system function  
Aid/assist/helps protein synthesis in the body  
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency  
Aid/assist/helps metabolism of (state vitamin/mineral/nutrient)  
Maintain/support cognitive function/mental function in healthy adults  
Maintain/support nerve conduction  
Aid/assist/helps synthesis of neurotransmitters  
Maintain/support nervous system health  
Maintain/support nervous system function  
Maintain/support female reproductive system health  
Maintain/support preconception health in healthy females  
Maintain/support preconception health in healthy males  
Maintain/support reproductive system health in males  
Maintain/support healthy reproductive hormones



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- Maintain/support sperm health in healthy males
- Maintain/support sperm production in healthy males
- Maintain/support testosterone level
- Maintain/support skin health
- Maintain/support skin integrity/structure
- Maintain/support skin regeneration
- Maintain/support wound healing

**Indication Requirements**

Product presentation must not imply or refer to infertility.

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.

If directed to women, Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.

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

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

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 mental illnesses, disorders or conditions.

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

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

Product presentation must not imply or refer to hormone imbalances.

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).

**Standard Indications**

No Standard Indications included on Record

**Specific Indications**

No Specific Indications included on Record

**Warnings**

WARNING: May be dangerous if taken in large amounts or for a long period. OR WARNING: Contains zinc which may be dangerous if taken in large amounts or for a long period (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].

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.

**Additional Product information**

**Pack Size/Poison information**

**Pack Size** **Poison Schedule**

**Components**

**1 . Formulation 1**

**Dosage Form** Capsule, hard  
**Route of Administration** Oral

**Visual Identification**

**Active Ingredients**

<b>magnesium amino acid chelate</b>	<b>150 mg</b>
Equivalent: magnesium	30 mg
<b>pyridoxal 5-phosphate monohydrate</b>	<b>39.3 mg</b>
Equivalent: pyridoxine	25 mg
<b>pyridoxine hydrochloride</b>	<b>152 mg</b>
Equivalent: pyridoxine	125 mg
<b>zinc citrate dihydrate</b>	<b>153.85 mg</b>
Equivalent: zinc	50 mg

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**Other Ingredients (Excipients)**

colloidal anhydrous silica

disodium edetate

gellan gum

hypromellose

leucine

microcrystalline cellulose

potable water

potassium acetate

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