



Australian Government
Department of Health and Aged Care
Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	306865	iThrive Nutrition - LOVE YOUR MUSCLES
ARTG entry for	Medicine Listed	
Sponsor	Life Trends International Pty Ltd	
Postal Address	PO Box 6884, Baulkham Hills, NSW, 2153 Australia	
ARTG Start Date	10/07/2018	
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 . iThrive Nutrition - LOVE YOUR MUSCLES

Product Type	Single Medicine Product	Effective Date	9/02/2021
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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 health
- Maintain/support energy production
- Maintain/support body electrolyte balance after exercise
- Helps restore body electrolyte balance
- Helps enhance/promote healthy growth and development
- Maintain/support general health and wellbeing
- Maintain/support (state mineral) absorption in bones
- Aid/assist healthy red blood cell production
- Helps maintain/support healthy blood sugar/glucose
- Aid/assist/helps digestion of fats/fatty acids/triglycerides/lipid
- Aid/assist digestion of glucose/sugar/carbohydrates
- Maintain/support immune system health
- Decrease/reduce/relieve muscle cramps when dietary intake is inadequate
- Helps decrease/reduce/relieve mild muscle spasms/twitches when dietary intake is inadequate
- Maintain/support healthy muscle contraction function
- Maintain/support muscle health
- Maintain/support muscle function
- Maintain/support muscle relaxation when dietary intake is inadequate
- Maintain/support muscle strength when dietary intake is inadequate
- Decrease/reduce/relieve muscle tiredness when dietary intake is inadequate
- Maintain/support muscle performance/endurance/stamina
- Helps enhance/improve/promote/increase physical/exercise performance
- Aid/assist/helps protein synthesis in the body
- Helps prevent dietary (state vitamin/mineral/nutrient) deficiency
- Maintain/support nervous system health

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Indication Requirements

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

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 lowering or raising blood sugar/glucose levels from outside of the normal healthy range.

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.

Product presentation must not imply or refer to lowering blood lipids, blood fats and triglycerides.

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.

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

Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.

Standard Indications

No Standard Indications included on Record

Specific Indications

No Specific Indications included on Record

Warnings

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

Seek professional advice before long term use.

Vitamins can only be of assistance if the dietary vitamin intake is inadequate. OR Vitamin supplements should not replace a balanced diet.

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.

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.

Additional Product information

Container information

Type	Material	Life Time	Temperature	Closure	Conditions
Bottle	Not recorded	Not recorded	Not recorded	Not recorded	Not recorded

Pack Size/Poison information

Pack Size	Poison Schedule

Components

1 . Formulation 1

Dosage Form Powder, oral
Route of Administration Oral

Visual Identification

Active Ingredients

ascorbic acid	30.77 mg/g
calcium folinate	83.1 microgram/g
Equivalent: folic acid	76.92 microgram/g
calcium pantothenate	25.2 mg/g
Equivalent: calcium	2.12 mg/g
Equivalent: pantothenic acid	23.08 mg/g
chromium nicotinate	61.54 microgram/g
Equivalent: chromium	7.69 microgram/g
creatine monohydrate	153.85 mg/g
cyanocobalamin	61.56 microgram/g
glutamine	76.92 mg/g



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levocarnitine	10.77 mg/g
magnesium amino acid chelate	163.69 mg/g
Equivalent: magnesium	23.08 mg/g
magnesium citrate	99.6 mg/g
Equivalent: magnesium	15.39 mg/g
magnesium orotate dihydrate	70 mg/g
Equivalent: magnesium	4.62 mg/g
magnesium phosphate pentahydrate	22.34 mg/g
Equivalent: magnesium	4.62 mg/g
manganese amino acid chelate	1.54 mg/g
Equivalent: manganese	154 microgram/g
monobasic potassium phosphate	26.77 mg/g
Equivalent: potassium	7.69 mg/g
nicotinamide	7.7 mg/g
potassium citrate	35.17 mg/g
Equivalent: potassium	12.31 mg/g
pyridoxal 5-phosphate monohydrate	1.654 mg/g
Equivalent: pyridoxine	1.05 mg/g
riboflavin sodium phosphate	1.54 mg/g
Equivalent: riboflavin	1.17 mg/g
selenomethionine	9.61 microgram/g
Equivalent: selenium	3.84 microgram/g
taurine	76.92 mg/g
thiamine hydrochloride	4.63 mg/g
Equivalent: thiamine	4.13 mg/g
zinc amino acid chelate	3.85 mg/g
Equivalent: zinc	770 microgram/g

Other Ingredients (Excipients)

Flavour

malic acid

Stevia rebaudiana

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