



Australian Government
Department of Health
 Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	377217	Henry Blooms Her Multi
ARTG entry for	Medicine Listed	
Sponsor	Phytologic Holdings Pty Limited	
Postal Address	16-20 Baker Street, Banksmeadow, NSW, 2019 Australia	
ARTG Start Date	1/11/2021	
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 . Henry Blooms Her Multi

Product Type	Single Medicine Product	Effective Date	1/11/2021
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Permitted Indications

- Antioxidant/Reduce free radicals formed in the body
- Helps reduce/decrease free radical damage to body cells
- Helps enhance/promote collagen formation
- Maintain/support collagen formation
- Maintain/support collagen health
- Aids/assists natural body cleansing/detoxification processes
- Enhance/promote energy levels
- Maintain/support energy levels
- Helps convert (state food) into energy
- Maintain/support body metabolism/metabolic rate
- Maintain/support vitality
- Maintain/support eye health
- Helps enhance/promote general health and wellbeing
- Maintain/support hair health
- Maintain/support teeth mineralisation
- Maintain/support nail health/strength/thickness
- Aid/assist/helps connective tissue production/formation
- Maintain/support healthy body tissues
- Maintain/support body tissue repair/regeneration
- Aids/assists healthy bone development/growth/building
- Maintain/support bone mass/density/integrity
- Help maintain/support bone mineralisation
- Vitamin D helps calcium absorption (or words of like intent) and a diet deficient in calcium can lead to osteoporosis in later life
- Helps maintain/supports healthy joint cartilage growth/development/production
- Aid/assist healthy red blood cell production
- Helps enhance/promote red blood cell health
- Helps maintain/support healthy blood sugar/glucose

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Aid/assist/helps in the maintenance of blood levels of oxygen
Helps maintain/support transport of oxygen in the body
Maintain/support cardiovascular system health
Maintain/support heart health
Maintain/support blood capillary health
Maintain/support healthy thyroid hormones
Maintain/support thyroid gland health
Maintain/support immune system health
Maintain/support healthy immune system function
Maintain/support muscle health
Maintain/support muscle function
Maintain/support healthy neuromuscular system/function
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency
Aid/assist/helps metabolism of (state vitamin/mineral/nutrient)
Support healthy stress response in the body
Helps enhance/promote healthy nerve conduction/transmission/neurotransmission
Maintain/support nervous system health
Maintain/support female reproductive system health
Maintains/support healthy foetal development
Maintain/support healthy pregnancy
Helps enhance/promote maternal health
Maintain/support preconception health
Helps enhance/promote maternal postnatal health
Maintain/support healthy mucous membranes/mucous tissue of the respiratory tract
Maintain/support skin health
Maintain/support skin repair/healing/regeneration
Maintain/support urinary tract health

Indication Requirements

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

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 drugs/alcohol.
Product presentation must not imply or refer to chronic fatigue syndrome.
Product presentation must not imply or refer to heart disease.
Product presentation must not imply or refer to any form of arthritis or osteoarthritis unless qualified as mild.
Product presentation must not imply or refer to any thyroid related diseases.

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).

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

Indication only for use for medicines that contain vitamin D as an active ingredient. The medicines may only contain a maximum recommended daily dose of 25 micrograms or less of vitamin D and as a minimum, also contain at least 25% of the RDI in the recommended daily dose of vitamin D.

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

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

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: [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).

Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.

Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
Product presentation must not imply or refer to serious immunological diseases.
Product presentation must only refer to detoxification in relation to natural body processes.



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Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.

Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.

Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.

Standard Indications

No Standard Indications included on Record

Specific Indications

No Specific Indications included on Record

Warnings

Contains magnesium, which may have a laxative effect or cause diarrhoea (or words to that effect).

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.

Do not take while on warfarin therapy without medical advice.

Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek specific medical advice (or words to that effect).

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.

Adults only.

Additional Product information

Pack Size/Poison information

Pack Size	Poison Schedule
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Components

1 . Formulation 1

Dosage Form Tablet, film coated

Route of Administration Oral

Visual Identification

Active Ingredients

betacarotene	4.2 mg
Biotin	150 microgram
borax	4.41 mg
Equivalent: boron	500 microgram
calcium ascorbate dihydrate	54.47 mg
Equivalent: ascorbic acid	45 mg
Equivalent: calcium	4.97 mg
calcium hydrogen phosphate	305.49 mg
Equivalent: phosphorus	69.53 mg
Equivalent: calcium	90 mg
calcium pantothenate	25.56 mg
Equivalent: calcium	2.15 mg
Equivalent: pantothenic acid	23.41 mg
chromium nicotinate	250 microgram
Equivalent: chromium	25 microgram
Citrus bioflavonoids extract	12.5 mg
colecalfiferol	.025 mg
colloidal anhydrous silica	19.25 mg
Equivalent: silicon	9 mg
copper gluconate	8.57 mg
Equivalent: copper	1.2 mg
cyanocobalamin	10 microgram
d-alpha-tocopheryl acid succinate	7 mg
ferrous fumarate	36.47 mg

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Equivalent: iron	12 mg
folic acid	400 microgram
heavy magnesium oxide	99.47 mg
Equivalent: magnesium	60 mg
manganese sulfate monohydrate	15.38 mg
Equivalent: manganese	5 mg
molybdenum trioxide	67.5 microgram
Equivalent: molybdenum	45 microgram
nicotinamide	50 mg
phytomenadione	.06 mg
potassium iodide	196.2 microgram
Equivalent: potassium	46.2 microgram
Equivalent: iodine	150 microgram
pyridoxine hydrochloride	30.39 mg
Equivalent: pyridoxine	25 mg
riboflavin	15 mg
selenomethionine	149 microgram
Equivalent: selenium	60 microgram
thiamine nitrate	18.5 mg
Equivalent: thiamine	15 mg
ubidecarenone	5 mg
Vaccinium macrocarpon fruit Extract dry concentrate	10 mg
Equivalent: Vaccinium macrocarpon (Fresh)	500 mg
zinc oxide	9.96 mg
Equivalent: zinc	8 mg

Other Ingredients (Excipients)

Acacia
calcium hydrogen phosphate dihydrate
calcium hydrogen phosphate
colloidal anhydrous silica
croscarmellose sodium
crospovidone
d-alpha-tocopherol
dl-alpha-tocopherol
fractionated coconut oil
hypromellose
iron oxide yellow
liquid glucose
macrogol 400
magnesium stearate
maize starch
mannitol
microcrystalline cellulose
povidone
silicon dioxide
sodium ascorbate
soluble maize starch
sucrose

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