



**Australian Government**  
**Department of Health and Aged Care**  
 Therapeutic Goods Administration

**Public Summary**

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

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 heart disease.

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

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

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 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. 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 bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.

Product presentation must only refer to detoxification in relation to natural body processes.

Product presentation must not imply or refer to any thyroid related diseases.

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

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

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 serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.

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 serious musculoskeletal or neurological conditions.

Product presentation must not imply or refer to infertility.

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 any form of arthritis or osteoarthritis unless qualified as mild.

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).



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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.

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

**Standard Indications**

No Standard Indications included on Record

**Specific Indications**

No Specific Indications included on Record

**Warnings**

Adults only.

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

Do not take while on warfarin therapy without medical advice.

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.

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).

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**                      Tablet, film coated

**Route of Administration**      Oral

**Visual Identification**

**Active Ingredients**

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

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