



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

## Public Summary

<b>Summary for ARTG Entry:</b>	380051	Magnesium+ Muscle Support Tablets
<b>ARTG entry for</b>	Medicine Listed	
<b>Sponsor</b>	Brauer Natural Medicine Pty Ltd	
<b>Postal Address</b>	PO Box 234, TANUNDA, SA, 5352 Australia	
<b>ARTG Start Date</b>	2/12/2021	
<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 . Magnesium+ Muscle Support Tablets

Product Type	Single Medicine Product	Effective Date	2/12/2021
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### Permitted Indications

- Maintain/support energy levels
- Maintain/support energy production
- Maintain/support body electrolyte balance
- Maintain/support general health and wellbeing
- Maintain/support cardiovascular system health
- Maintain/support healthy cardiovascular system function
- Maintain/support heart health
- Decrease/reduce/relieve muscle cramps when dietary intake is inadequate
- Traditionally used in Homoeopathic medicine to decrease/reduce/relieve muscle cramps
- Traditionally used in Homoeopathic medicine to helps decrease/reduce/relieve leg cramps
- Traditionally used in Homoeopathic medicine to helps decrease/reduce/relieve mild muscle spasms/twitches
- Helps decrease/reduce/relieve mild muscle spasms/twitches when dietary intake is inadequate
- Maintain/support muscle function
- Maintain/support healthy neuromuscular system/function
- Traditionally used in Homoeopathic medicine to decrease/reduce/relieve muscle pain/ache/soreness
- Traditionally used in Homoeopathic medicine to decrease/reduce/relieve muscle tension/stiffness
- Helps prevent dietary (state vitamin/mineral/nutrient) deficiency
- Maintain/support nerve conduction
- Maintain/support nervous system health
- Maintain/support nervous system function
- Traditionally used in Homoeopathic medicine to enhance/improve/promote healing of bruises
- Traditionally used in Homoeopathic medicine to decrease/reduce/relieve bruise pain

### 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 musculoskeletal or neurological conditions.



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

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

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).

**Standard Indications**

No Standard Indications included on Record

**Specific Indications**

No Specific Indications included on Record

**Warnings**

Contains homeopathic ingredients.

**Additional Product information**

**Pack Size/Poison information**

<b>Pack Size</b>	<b>Poison Schedule</b>
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**Components**

**1 . Formulation 1**

**Dosage Form**                      Tablet, film coated

**Route of Administration**      Oral

**Visual Identification**

**Active Ingredients**

<b>Arnica montana whole plant (Homeopathic)</b>	<b>2.5 mg</b>
<b>copper (Homeopathic)</b>	<b>2 mg</b>
<b>heavy magnesium oxide</b>	<b>129.56 mg</b>
Equivalent: magnesium	75 mg
<b>magnesium citrate</b>	<b>161.81 mg</b>
Equivalent: magnesium	25 mg
<b>magnesium glycerophosphate</b>	<b>113.64 mg</b>
Equivalent: magnesium	12.5 mg
<b>magnesium glycinate</b>	<b>88.65 mg</b>
Equivalent: magnesium	12.5 mg
<b>magnesium phosphate pentahydrate</b>	<b>169.41 mg</b>
Equivalent: magnesium	35 mg

**Other Ingredients (Excipients)**

- calcium hydrogen phosphate dihydrate
- Carnauba Wax
- citric acid dihydrate
- citric acid
- colloidal anhydrous silica
- croscarmellose sodium
- hypromellose
- macrogol 400
- magnesium stearate
- microcrystalline cellulose
- titanium dioxide

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