



Australian Government
Department of Health
Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	319344	Harmony U Dream
ARTG entry for	Medicine Listed	
Sponsor	Martin & Pleasance Pty Ltd	
Postal Address	PO Box 2007, SOUTH MELBOURNE, VIC, 3205 Australia	
ARTG Start Date	27/06/2019	
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 . Harmony U Dream

Product Type	Single Medicine Product	Effective Date	6/05/2021
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Permitted Indications

Traditionally used in European herbal medicine to decrease/reduce/relieve restlessness/excess nervous energy
Traditionally used in Western herbal medicine to decrease/reduce/relieve restlessness/excess nervous energy
Traditionally used in Chinese medicine to decrease/reduce/relieve symptoms of stress
Traditionally used in European herbal medicine to decrease/reduce/relieve symptoms of stress
Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of stress
Traditionally used in European herbal medicine to decrease/reduce/relieve symptoms of mild anxiety
Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of mild anxiety
Traditionally used in Western herbal medicine to calmative/nervous system relaxant
Traditionally used in European herbal medicine to calmative/nervous system relaxant
Traditionally used in Chinese medicine to soporific/induces sleep
Traditionally used in Western herbal medicine to soporific/induces sleep
Traditionally used in European herbal medicine to soporific/induces sleep
Traditionally used in Chinese medicine to decrease/reduce/relieve disturbed/restless sleep

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 only refer to mild anxiety.

Standard Indications

No Standard Indications included on Record

Specific Indications

No Specific Indications included on Record

Warnings

No Warnings included on Record

Additional Product information



Australian Government
Department of Health
Therapeutic Goods Administration

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

Humulus lupulus flower Extract dry concentrate	150 mg
Equivalent: Humulus lupulus (Dry)	1.5 g
magnesium citrate	493.85 mg
Equivalent: magnesium	80 mg
Prunus cerasus fruit Extract dry concentrate	120 mg
Equivalent: Prunus cerasus (Dry)	1.2 g
Ziziphus jujuba var. spinosa seed Extract dry concentrate	500 mg
Equivalent: Ziziphus jujuba var. spinosa (Dry)	10 g

Other Ingredients (Excipients)

calcium hydrogen phosphate dihydrate
Carnauba Wax
colloidal anhydrous silica
croscarmellose sodium
hypromellose
magnesium stearate
microcrystalline cellulose

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