Public Summary

Summary for ARTG Entry:	318250	Qsilica Skin, Hair & Nails One-A-Day Multi-Nutrient Tablets

ARTG entry for	Medicine Listed
Sponsor	Planet Health Pty Ltd
Postal Address	42 Bowral Street, BOWRAL, NSW, 2576 Australia
ARTG Start Date	3/06/2019
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.

The sponsor of the listed medicine must not, by any means, intentionally or recklessly advertise the medicine for an indication other than those accepted in relation to the inclusion of the medicine in the Register.

All reports of adverse reactions or similar experiences associated with the use or administration of the listed medicine shall be notified to the Head, Office of Product Review, Therapeutic Goods Administration, as soon as practicable after the sponsor of the goods becomes aware of those reports. Sponsors of listed medicines must retain records of such reports for a period of not less than 18 months from the day the Head, Office of Product Review is notified of the report or reports.

The sponsor shall not supply the listed medicine after the expiry date of the goods.

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 . Qsilica Skin, Hair & Nails One-A-Day Multi-Nutrient Tablets

Product Type	Single Medicine Product	**Effective Date**	3/06/2019

Permitted Indications

Antioxidant/Reduce free radicals formed in the body
Helps reduce/decrease free radical damage to body cells
Maintain/support collagen formation
Maintain/support collagen health
Maintain/support general health and wellbeing
Maintain/support hair health
Decrease/reduce nail brittleness/splitting/chipping in females
Maintain/support nail health/strength/thickness
Enhance/improve/promote/increase nail health/strength/thickness in females
Maintain/support connective tissue health
Aid/assist/helps connective tissue production/formation
Maintain/support bone health
Maintain/support bone mass/density/integrity
Help maintain/support bone mineralisation
Helps maintain/supports healthy joint cartilage growth/development/production
Maintain/support healthy ligaments
Maintain/support tendon health
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency
Maintain/support skin health

Maintain/support skin integrity/structure

Maintain/support skin regeneration

Maintain/support wound healing

Indication Requirements

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 any form of arthritis or osteoarthritis unless qualified as mild.

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

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

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

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

Biotin	**2.5 mg**
colloidal anhydrous silica	**450 mg**
Equivalent: silicon	210.38 mg
selenomethionine	**250 microgram**
Equivalent: selenium	100 microgram
zinc citrate dihydrate	**75.3 mg**
Equivalent: zinc	24.17 mg

Other Ingredients (Excipients)

calcium hydrogen phosphate dihydrate
Carnauba Wax
croscarmellose sodium
lecithin
magnesium stearate
microcrystalline cellulose
polyvinyl alcohol
povidone
purified talc
titanium dioxide
xanthan gum

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