



**Australian Government**  
**Department of Health**  
 Therapeutic Goods Administration

**Public Summary**

**Summary for ARTG Entry:** 216265 BLOOMS MAGNESIUM COMPLEX POWDER

<b>ARTG entry for</b>	Medicine Listed
<b>Sponsor</b>	Phytologic Holdings Pty Ltd
<b>Postal Address</b>	PO Box 6193, Alexandria, NSW, 2015 Australia
<b>ARTG Start Date</b>	21/10/2013
<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.

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 . BLOOMS MAGNESIUM COMPLEX POWDER**

<b>Product Type</b>	Single Medicine Product	<b>Effective Date</b>	13/11/2019
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**Permitted Indications**

- Maintain/support energy levels when dietary intake is inadequate
- Maintain/support energy production
- Temporarily relieve mild fluid retention
- Maintain/support general health and wellbeing
- Aids/assists teeth development
- Maintain/support healthy teeth
- Maintain/support bone health
- Aids/assists healthy bone development/growth/building
- Help maintain/support bone mineralisation
- Maintain/support cardiovascular system health
- Maintain/support healthy cardiovascular system function
- Maintain/support heart health
- Helps enhance/improve/promote immune system function after high intensity exercise
- Maintain/support healthy immune system function
- Helps stimulate a healthy immune system response after high intensity exercise
- Decrease/reduce/relieve muscle cramps when dietary intake is inadequate
- Helps decrease/reduce/relieve mild muscle spasms/twitches when dietary intake is inadequate
- Maintain/support healthy muscle contraction function
- Maintain/support muscle function

Public Summary



**Australian Government**  
**Department of Health**  
Therapeutic Goods Administration

Aid/assist/helps in the healing of minor muscle injuries  
Helps decrease/reduce/relieve symptoms of muscle sprain/strain  
Decrease/reduce/relieve muscle pain/ache/soreness  
Decrease/reduce/relieve muscle tension/stiffness  
Aid/assist/helps post exercise recovery  
Maintain/support (state vitamin/mineral/nutrient) levels in the body  
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency  
Aid/assist/helps metabolism of (state vitamin/mineral/nutrient)  
Decrease/reduce/relieve symptoms of stress  
Decrease/reduce/relieve symptoms of stress when dietary intake is inadequate  
Decrease/reduce/relieve nervous tension/unrest  
Helps decrease/reduce/relieve symptoms of mild tension headache  
Maintain/support nervous system health  
Maintain/support nervous system health when dietary intake is inadequate  
Maintain/support nervous system function  
Decrease/reduce/relieve symptoms of premenstrual tension

**Indication Requirements**

Product presentation must not imply or refer to mental illnesses, disorders or conditions.  
Product presentation must not imply or refer to serious immunological diseases.  
Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.  
Label statement: If symptoms persist, talk to your health professional.

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

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 serious cardiovascular conditions.

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.

If product is indicated for supplementation, Label statement: 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.

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

Label statement: 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.

Label statement: If fluid retention persists, seek medical advice (or words to that effect).

Product presentation must only refer to mild fluid retention.

**Standard Indications**

No Standard Indications included on Record

**Specific Indications**

No Specific Indications included on Record

**Warnings**

If symptoms persist consult your healthcare practitioner (or words to that effect).  
Vitamins can only be of assistance if the dietary vitamin intake is inadequate. OR Vitamin supplements should not replace a balanced diet.

**Additional Product information**

**Pack Size/Poison information**

**Pack Size**

**Poison Schedule**

**Components**

**1 . Formulation 1**

**Dosage Form** Powder, oral

**Route of Administration** Oral

**Visual Identification**

**Active Ingredients**

Public Summary



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<b>calcium ascorbate dihydrate</b>	<b>48.7 mg/g</b>
Equivalent: calcium	4.58 mg/g
Equivalent: ascorbic acid	40 mg/g
<b>glutamine</b>	<b>100 mg/g</b>
<b>magnesium amino acid chelate</b>	<b>343 mg/g</b>
Equivalent: magnesium	68.6 mg/g
<b>magnesium glycinate dihydrate</b>	<b>85.47 mg/g</b>
Equivalent: magnesium	10 mg/g
<b>magnesium orotate dihydrate</b>	<b>21.2 mg/g</b>
Equivalent: magnesium	1.4 mg/g
<b>potassium aspartate</b>	<b>77.3 mg/g</b>
Equivalent: potassium	16 mg/g
<b>taurine</b>	<b>200 mg/g</b>

**Other Ingredients (Excipients)**

**Acacia**

**Flavour**

**malic acid**

**Stevia rebaudiana**

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