



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

## Public Summary

<b>Summary for ARTG Entry:</b>	172181	METAGENICS ADAPTAN
<b>ARTG entry for</b>	Medicine Listed	
<b>Sponsor</b>	Metagenics (Aust) Pty Ltd	
<b>Postal Address</b>	PO Box 675, VIRGINIA BC, QLD, 4014 Australia	
<b>ARTG Start Date</b>	10/06/2010	
<b>Product Category</b>	Medicine	
<b>Status</b>	Active	
<b>Approval Area</b>	Listed Medicines	

### Conditions

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 . METAGENICS ADAPTAN

<b>Product Type</b>	Single Medicine Product	<b>Effective Date</b>	2/07/2020
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### Permitted Indications

Traditionally used in Chinese medicine to adaptogen/Help body adapt to stress  
Aids/assists the body to cope with environmental stress  
Support healthy stress response in the body  
Traditionally used in Western herbal medicine to decrease/reduce/relieve restlessness/excess nervous energy  
Traditionally used in Chinese medicine to decrease/reduce/relieve restlessness/excess nervous energy  
Traditionally used in Chinese medicine to decrease/reduce/relieve symptoms of stress  
Linked indication - Relieve weariness/tiredness/fatigue/feeling of weakness  
Linked indication - Decrease/reduce/relieve nervous tension/unrest  
Traditionally used in Chinese medicine to decrease/reduce/relieve symptoms of stress  
Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of stress  
Linked indication - Relieve weariness/tiredness/fatigue/feeling of weakness  
Linked indication - Decrease/reduce/relieve nervous tension/unrest  
Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of stress  
Traditionally used in Western herbal medicine to decrease/reduce/relieve nervous tension/unrest  
Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of mild anxiety  
Linked indication - Relieve weariness/tiredness/fatigue/feeling of weakness  
Linked indication - Decrease/reduce/relieve nervous tension/unrest  
Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of mild anxiety  
Traditionally used in Chinese medicine to decrease/reduce/relieve symptoms of mild anxiety  
Linked indication - Relieve weariness/tiredness/fatigue/feeling of weakness  
Linked indication - Decrease/reduce/relieve nervous tension/unrest  
Traditionally used in Western herbal medicine to maintain/support nervous system health

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

### Standard Indications

No Standard Indications included on Record

### Specific Indications



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No Specific Indications included on Record

**Warnings**

'Contains gluten (or words to that effect)'

If symptoms persist consult your healthcare practitioner (or words to that effect).

**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>Avena sativa herb Extract dry concentrate</b>	<b>100 mg</b>
Equivalent: Avena sativa (Dry)	1 g
<b>Lavandula angustifolia herb Extract dry concentrate</b>	<b>250 mg</b>
Equivalent: Lavandula angustifolia (Dry)	1 g
<b>Panax quinquefolius root Extract dry concentrate</b>	<b>300 mg</b>
Equivalent: Panax quinquefolius (Dry)	1.5 g
<b>Rehmannia glutinosa root Extract dry concentrate</b>	<b>416.667 mg</b>
Equivalent: Rehmannia glutinosa (Dry)	2.5 g

**Other Ingredients (Excipients)**

croscarmellose sodium

hypromellose

macrogol 8000

magnesium stearate

microcrystalline cellulose

silicon dioxide

stearic acid

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