



Australian Government

Department of Health, Disability and Ageing  
Therapeutic Goods Administration

Public Summary

<b>Summary for ARTG Entry:</b>	180203	Magnesium Citrate 900
<b>ARTG entry for</b>	Medicine Listed	
<b>Sponsor</b>	Herbs of Gold Pty Ltd	
<b>Postal Address</b>	Suite 802 Level 8 1-5 Chalmers Crescent Mascot, Sydney, NSW, 2020 Australia	
<b>ARTG Start Date</b>	18/02/2011	
<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 Citrate 900**

<b>Product Type</b>	Single Medicine Product	<b>Effective Date</b>	23/08/2025
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**Permitted Indications**

- Maintain/support energy production
- Maintain/support general health and wellbeing
- Maintain/support bone health
- 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
- Helps reduce occurrence of muscle cramp when dietary intake is inadequate
- Maintain/support healthy muscle contraction function
- Maintain/support muscle health
- Maintain/support muscle function
- Aid/assist/helps glucose/sugar/carbohydrate metabolism
- Helps prevent dietary (state vitamin/mineral/nutrient) deficiency
- Helps prevent dietary (state vitamin/mineral/nutrient) deficiency
- Support healthy stress response in the body
- Helps reduce occurrence of mild migraines
- Maintain/support nervous system health
- Maintain/support nervous system function
- Decrease/reduce/relieve menstrual spasms/cramps
- Decrease/reduce/relieve menstruation pain/dysmenorrhoea
- Decrease/reduce/relieve symptoms of premenstrual tension
- Maintain/support healthy pregnancy

**Indication Requirements**

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: If symptoms persist, talk to your health professional.

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Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.

Product presentation must not imply or refer to mental illnesses, disorders or conditions.

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).

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

Product presentation must only refer to mild migraine.

If directed to women, Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.

Product presentation must not imply or refer to lowering or raising blood sugar/glucose levels from outside of the normal healthy range.

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 the table in Part 2 of Schedule 1 to this instrument are also used.

**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**

**Pack Size/Poison information**

Pack Size	Poison Schedule
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**Components**

**1 . Formulation 1**

<b>Dosage Form</b>	Capsule, hard
<b>Route of Administration</b>	Oral

**Visual Identification**

**Active Ingredients**

<b>magnesium citrate</b>	<b>900 mg</b>
Equivalent: magnesium	145.8 mg

**Other Ingredients (Excipients)**

- hypromellose
- magnesium stearate

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