



## Australian Government

### Department of Health, Disability and Ageing Therapeutic Goods Administration

## Public Summary

**Summary for ARTG Entry:** 180203      **Magnesium Citrate 900**

**ARTG entry for** Medicine Listed

**Sponsor** Herbs of Gold Pty Ltd

**Postal Address** Suite 802 Level 8 1-5 Chalmers Crescent Mascot, Sydney, NSW, 2020 Australia

**ARTG Start Date** 18/02/2011

**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 . Magnesium Citrate 900

**Product Type** Single Medicine Product      **Effective Date** 23/08/2025

### 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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Therapeutic Goods Administration

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

#### Components

##### 1 . Formulation 1

**Dosage Form** Capsule, hard

**Route of Administration** Oral

#### Visual Identification

#### Active Ingredients

<b>magnesium citrate</b>	<b>900 mg</b>
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Equivalent: magnesium	145.8 mg
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#### Other Ingredients (Excipients)

**hypromellose**

**magnesium stearate**

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Public Summary