



Australian Government
Department of Health
Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	216265	BLOOMS MAGNESIUM COMPLEX POWDER
ARTG entry for	Medicine Listed	
Sponsor	Phytologic Holdings Pty Ltd	
Postal Address	PO Box 6193, Alexandria, NSW, 2015 Australia	
ARTG Start Date	21/10/2013	
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 . BLOOMS MAGNESIUM COMPLEX POWDER

Product Type	Single Medicine Product	Effective Date	11/02/2021
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Permitted Indications

Maintain/support energy levels
Maintain/support energy production
Maintain/support general health and wellbeing
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
Maintain/support healthy immune system function
Decrease/reduce/relieve muscle cramps
Helps decrease/reduce/relieve mild muscle spasms/twitches
Maintain/support healthy muscle contraction function
Maintain/support muscle function
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 nervous tension/unrest
Helps decrease/reduce/relieve symptoms of mild tension headache
Maintain/support nervous system health



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Maintain/support nervous system function

Decrease/reduce/relieve symptoms of premenstrual tension

Indication Requirements

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

If product is indicated for supplementation, 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 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 cardiovascular 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 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.

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.

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

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

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

Other Ingredients (Excipients)

Acacia

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Flavour
malic acid
Stevia rebaudiana

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