Public Summary

Summary for ARTG Entry:	288864	BLACKMORES SUPER MAGNESIUM +

ARTG entry for	Medicine Listed
Sponsor	Blackmores Ltd
Postal Address	PO Box 1725, WARRIEWOOD, NSW, 2102 Australia
ARTG Start Date	12/05/2017
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 . BLACKMORES SUPER MAGNESIUM +

Product Type	Single Medicine Product	**Effective Date**	8/09/2022

Permitted Indications

Maintain/support energy levels
Relieve weariness/tiredness/fatigue/feeling of weakness when dietary intake is inadequate
Maintain/support body electrolyte balance
Maintain/support general health and wellbeing
Maintain/support cardiovascular system health when dietary intake is inadequate
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 muscle health
Decrease/reduce/relieve muscle tension/stiffness when dietary intake is inadequate
Maintain/support muscle performance/endurance/stamina when dietary intake is inadequate
Aid/assist/helps glucose/sugar/carbohydrate metabolism
Maintain/support nervous system health
Maintain/support nervous system function

Indication Requirements

Product presentation must not imply or refer to mental illnesses, disorders or conditions.
Product presentation must not imply or refer to lowering or raising blood sugar/glucose levels from outside of the normal healthy range.
Label statement: If symptoms persist, talk to your health professional.

Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
Product presentation must not imply or refer to serious cardiovascular conditions.
Product presentation must not imply or refer to chronic fatigue syndrome.

Standard Indications

No Standard Indications included on Record

Specific Indications

No Specific Indications included on Record

Warnings

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.

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

WARNING - Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. [Contains vitamin B6].

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

calcium ascorbate dihydrate	**60.52 mg**
Equivalent: ascorbic acid	50 mg
Equivalent: calcium	5.69 mg
chromium picolinate	**402.25 microgram**
Equivalent: chromium	50 microgram
colecalciferol	**.0025 mg**
heavy magnesium oxide	**423.22 mg**
Equivalent: magnesium	245 mg
magnesium amino acid chelate	**75 mg**
Equivalent: magnesium	15 mg
magnesium citrate	**291.26 mg**
Equivalent: magnesium	45 mg
manganese amino acid chelate	**40 mg**
Equivalent: manganese	4 mg
pyridoxine hydrochloride	**60.78 mg**
Equivalent: pyridoxine	50 mg

Other Ingredients (Excipients)

Acacia
calcium hydrogen phosphate dihydrate
Carnauba Wax
colloidal anhydrous silica
croscarmellose sodium
dl-alpha-tocopherol
hypromellose
macrogol 8000
magnesium stearate
maize starch
medium chain triglycerides
microcrystalline cellulose
silicon dioxide
soy polysaccharide
sucrose
tartaric acid
titanium dioxide

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