



Australian Government
Department of Health
Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	347720	Turmeric & Magnesium
ARTG entry for	Medicine Listed	
Sponsor	Phytologic Holdings Pty Limited	
Postal Address	16-20 Baker Street, Banksmeadow, NSW, 2019 Australia	
ARTG Start Date	9/11/2020	
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 . Turmeric & Magnesium

Product Type	Single Medicine Product	Effective Date	2/08/2022
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Permitted Indications

Antioxidant/Reduce free radicals formed in the body
Helps reduce/decrease free radical damage to body cells
Maintain/support energy levels when dietary intake is inadequate
Maintain/support energy production
Maintain/support general health and wellbeing
Anti-inflammatory/relieve inflammation
Maintain/support bone health
Traditionally used in Ayurvedic medicine to decrease/reduce/relieve mild joint aches and pains
Maintain/support cardiovascular system health
Relieve digestive discomfort
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
Maintain/support (state vitamin/mineral/nutrient) levels in the body
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency when dietary intake is inadequate
Aid/assist/helps metabolism of (state vitamin/mineral/nutrient)
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.

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).

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

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.

Label statement: [Vitamins/minerals/nutrients/dietary supplements] can only be of assistance if dietary intake is inadequate OR



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[Vitamins/minerals/nutrients/dietary supplements] should not replace a balanced diet (or words to that effect).

Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.

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 only refer to mild joint symptoms.

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

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.

Standard Indications

No Standard Indications included on Record

Specific Indications

No Specific Indications included on Record

Warnings

Contains magnesium, which may have a laxative effect or cause diarrhoea (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
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Components

1 . Formulation 1

Dosage Form Capsule, hard

Route of Administration Oral

Visual Identification

Active Ingredients

Curcuma longa rhizome Extract dry concentrate	75 mg
Equivalent: Curcuma longa (Dry)	1.5 g
heavy magnesium oxide	165.81 mg
Equivalent: magnesium	100 mg
magnesium amino acid chelate	200 mg
Equivalent: magnesium	40 mg
magnesium citrate	453.07 mg
Equivalent: magnesium	70 mg
Piper nigrum fruit Extract dry concentrate standardised	5.26 mg
Equivalent: Piper nigrum (Dry)	131.5 mg

Other Ingredients (Excipients)

colloidal anhydrous silica
hypromellose
magnesium stearate
maltodextrin
purified water
silicon dioxide
sorbitol

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