



Australian Government
Department of Health
Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	367058	Magnesium +
ARTG entry for	Medicine Listed	
Sponsor	The Healthy Chef	
Postal Address	4 Collins Street, Surry Hills, NSW, 2010 Australia	
ARTG Start Date	25/05/2021	
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 +

Product Type	Single Medicine Product	Effective Date	25/05/2021
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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 collagen formation
Maintain/support natural liver cleansing/detoxification processes
Maintain/support energy production
Maintain/support eye health
Maintain/support general health and wellbeing
Maintain/support healthy teeth
Maintain/support connective tissue health
Aid/assist/helps connective tissue production/formation
Maintain/support bone health
Help maintain/support bone mineralisation
Helps maintain/support joint cartilage health
Maintain/support cardiovascular system health
Maintain/support healthy cardiovascular system function
Maintain/support heart health
Maintain/support blood capillary health
Maintain/support healthy thyroid gland function
Maintain/support healthy thyroid hormones
Aid/assist thyroid hormone production
Maintain/support bile production
Maintain/support immune system health
Maintain/support healthy immune system function
Maintain/support immune system to fight illness
Maintain/support muscle health
Maintain/support muscle function
Aid/assist/helps protein synthesis in the body

Public Summary



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Maintain/support (state vitamin/mineral/nutrient) levels in the body
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency in healthy individuals
Aid/assist/helps metabolism of (state vitamin/mineral/nutrient)
Support healthy stress response in the body
Maintain/support neuromuscular function
Maintain/support nervous system health
Maintain/support skin health
Maintain/support skin integrity/structure
Maintain/support wound healing in healthy individuals
Maintain/support skin repair/healing/regeneration in healthy individuals
Maintain/support skin repair/healing/regeneration in healthy individuals

Indication Requirements

Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
Label statement: If symptoms persist, talk to your health professional.
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 disease in any body organ, in particular the kidney or liver.
Product presentation must not imply or refer to serious immunological diseases.
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 bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
Product presentation must only refer to detoxification in relation to natural body processes.
Product presentation must not imply or refer to serious cardiovascular conditions.
Product presentation must not imply or refer to any thyroid related diseases.
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 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.
Product presentation must not imply or refer to any form of arthritis or osteoarthritis unless qualified as mild.
Product presentation must not imply or refer to drugs/alcohol.
Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.

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).

Additional Product information

Pack Size/Poison information

Pack Size	Poison Schedule
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Components

1 . Formulation 1

Dosage Form	Powder, oral
Route of Administration	Oral

Visual Identification

Active Ingredients

magnesium amino acid chelate	350 mg/g
Equivalent: magnesium	70 mg/g



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magnesium ascorbate monohydrate	42 mg/g
Equivalent: ascorbic acid	37.47 mg/g
Equivalent: magnesium	2.6 mg/g
magnesium glycinate dihydrate	22 mg/g
Equivalent: magnesium	2.57 mg/g
magnesium phosphate tribasic	24 mg/g
Equivalent: magnesium	4.96 mg/g
zinc amino acid chelate	6 mg/g
Equivalent: zinc	1.2 mg/g

Other Ingredients (Excipients)

citric acid

Flavour

Stevia rebaudiana

taurine

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