



**Australian Government**  
**Department of Health**  
Therapeutic Goods Administration

## Public Summary

<b>Summary for ARTG Entry:</b>	382570	Henry Blooms His Multi
<b>ARTG entry for</b>	Medicine Listed	
<b>Sponsor</b>	Phytologic Holdings Pty Limited	
<b>Postal Address</b>	16-20 Baker Street, Banksmeadow, NSW, 2019 Australia	
<b>ARTG Start Date</b>	13/01/2022	
<b>Product Category</b>	Medicine	
<b>Status</b>	Active	
<b>Approval Area</b>	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 . Henry Blooms His Multi

<b>Product Type</b>	Single Medicine Product	<b>Effective Date</b>	13/01/2022
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### Permitted Indications

Antioxidant/Reduce free radicals formed in the body  
Helps reduce/decrease free radical damage to body cells  
Enhance/promote energy levels  
Maintain/support energy levels  
Helps convert (state food) into energy  
Maintain/support energy production  
Maintain/support physical endurance/capacity/stamina  
Helps enhance/promote/increase vitality  
Maintain/support healthy eye function  
Maintain/support eye health  
Maintain/support healthy eyesight/vision  
Helps enhance/promote general health and wellbeing  
Maintain/support general health and wellbeing  
Maintain/support hair health  
Maintain/support healthy body tissues  
Maintain/support body tissue repair/regeneration  
Maintain/support bone health  
Vitamin D helps calcium absorption (or words of like intent) and a diet deficient in calcium can lead to osteoporosis in later life  
Helps maintain/supports healthy joint cartilage growth/development/production  
Aid/assist healthy red blood cell production  
Maintain/support red blood cell health  
Helps maintain/support healthy blood sugar/glucose  
Maintain/support blood health  
Aid/assist/helps in the maintenance of blood levels of oxygen  
Helps maintain/support transport of oxygen in the body  
Aid/assist/helps oxygen transport to body tissues  
Maintain/support cardiovascular system health



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Maintain/support healthy cardiovascular system function  
Maintain/support heart health  
Maintain/support blood capillary health  
Maintain/support healthy thyroid hormones  
Maintain/support immune system health  
Maintain/support healthy muscle contraction function  
Maintain/support muscle health  
Maintain/support healthy neuromuscular system/function  
Maintain/support muscle relaxation  
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency  
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency in vegetarians  
Aids/assists the body to cope with environmental stress  
Enhance/promote body adaptation to stress  
Support healthy stress response in the body  
Help maintain/support emotional wellbeing  
Maintain/support general mental wellbeing  
Maintain/support neuromuscular function  
Maintain/support nervous system health  
Maintain/support reproductive system health in males  
Maintain/support healthy reproductive hormones  
Helps maintain/support testosterone formation/synthesis  
Helps enhance/promote prostate health  
Maintain/support sperm health  
Maintain/support sperm motility  
Maintain/support testosterone level  
Maintain/support healthy mucous membranes/mucous tissue of the respiratory tract  
Maintain/support wound healing  
Maintain/support skin repair/healing/regeneration

#### Indication Requirements

Product presentation must not imply or refer to serious cardiovascular conditions.  
Product presentation must not imply or refer to heart disease.  
Product presentation must not imply or refer to serious musculoskeletal or neurological 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 mental illnesses, disorders or conditions.  
Product presentation must not imply or refer to chronic fatigue syndrome.  
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 circulatory disorders/diseases/conditions e.g. thrombosis.  
Product presentation must not imply or refer to infertility.  
Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  
Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.  
Product presentation must not imply or refer to any thyroid related diseases.  
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 any form of arthritis or osteoarthritis unless qualified as mild.  
Product presentation must not imply or refer to serious genitourinary conditions like Benign Prostatic Hypertrophy, erectile dysfunction or hormone therapy.  
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.  
Product presentation must not imply or refer to serious immunological diseases.  
Product presentation must not imply or refer to hormone imbalances.  
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.  
Indication only for use for medicines that contain vitamin D as an active ingredient. The medicines may only contain a maximum recommended daily dose of 25 micrograms or less of vitamin D and as a minimum, also contain at least 25% of the RDI in the recommended daily dose of vitamin D.



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#### Standard Indications

No Standard Indications included on Record

#### Specific Indications

No Specific Indications included on Record

#### Warnings

Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek specific medical advice (or words to that effect).

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.

Contains magnesium, which may have a laxative effect or cause diarrhoea (or words to that effect).

Do not take while on warfarin therapy without medical advice.

This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

Adults only.

#### Additional Product information

#### Pack Size/Poison information

Pack Size	Poison Schedule
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#### Components

##### 1 . Formulation 1

<b>Dosage Form</b>	Tablet, film coated
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<b>Route of Administration</b>	Oral
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#### Visual Identification

#### Active Ingredients

<b>betacarotene</b>	<b>5.4 mg</b>
<b>Biotin</b>	<b>150 microgram</b>
<b>borax</b>	<b>4.41 mg</b>
Equivalent: boron	500 microgram
<b>calcium ascorbate dihydrate</b>	<b>54.47 mg</b>
Equivalent: calcium	4.97 mg
Equivalent: ascorbic acid	45 mg
<b>calcium hydrogen phosphate</b>	<b>169.78 mg</b>
Equivalent: calcium	50 mg
Equivalent: phosphorus	38.63 mg
<b>calcium pantothenate</b>	<b>25.56 mg</b>
Equivalent: calcium	2.15 mg
Equivalent: pantothenic acid	23.41 mg
<b>choline bitartrate</b>	<b>120.35 mg</b>
<b>chromium nicotinate</b>	<b>350 microgram</b>
Equivalent: chromium	35 microgram
<b>Citrus bioflavonoids extract</b>	<b>12.5 mg</b>
<b>colecalfiferol</b>	<b>.025 mg</b>
<b>colloidal anhydrous silica</b>	<b>19.25 mg</b>
Equivalent: silicon	9 mg
<b>copper gluconate</b>	<b>8.57 mg</b>
Equivalent: copper	1.2 mg
<b>cyanocobalamin</b>	<b>10 microgram</b>
<b>d-alpha-tocopheryl acid succinate</b>	<b>10 mg</b>
<b>ferrous fumarate</b>	<b>24.31 mg</b>
Equivalent: iron	8 mg
<b>folic acid</b>	<b>400 microgram</b>



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<b>heavy magnesium oxide</b>	<b>215.52 mg</b>
Equivalent: magnesium	130 mg
<b>Lycopersicon esculentum fruit Extract dry concentrate standardised</b>	<b>16 mg</b>
Equivalent: Lycopersicon esculentum (Dry)	800 mg
<b>manganese sulfate monohydrate</b>	<b>8.3 mg</b>
Equivalent: manganese	2.7 mg
<b>molybdenum trioxide</b>	<b>67.5 microgram</b>
Equivalent: molybdenum	45 microgram
<b>nicotinamide</b>	<b>50 mg</b>
<b>phytomenadione</b>	<b>.07 mg</b>
<b>potassium iodide</b>	<b>150.4 microgram</b>
Equivalent: potassium	35.4 microgram
Equivalent: iodine	115 microgram
<b>pyridoxine hydrochloride</b>	<b>30.39 mg</b>
Equivalent: pyridoxine	25 mg
<b>riboflavin</b>	<b>15 mg</b>
<b>selenomethionine</b>	<b>174 microgram</b>
Equivalent: selenium	70 microgram
<b>thiamine nitrate</b>	<b>18.5 mg</b>
Equivalent: thiamine	15 mg
<b>ubidecarenone</b>	<b>5 mg</b>
<b>zinc oxide</b>	<b>17.43 mg</b>
Equivalent: zinc	14 mg

#### Other Ingredients (Excipients)

Acacia  
calcium hydrogen phosphate dihydrate  
calcium hydrogen phosphate  
croscarmellose sodium  
crospovidone  
d-alpha-tocopherol  
dl-alpha-tocopherol  
fractionated coconut oil  
hypromellose  
iron oxide yellow  
liquid glucose  
macrogol 400  
magnesium stearate  
maize starch  
mannitol  
microcrystalline cellulose  
povidone  
silicon dioxide  
sodium ascorbate  
soluble maize starch  
sucrose

# Public Summary

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