



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

## Public Summary

<b>Summary for ARTG Entry:</b>	384693	Qsilica Skin, Hair & Nails ONE-A-DAY Multi-Nutrient Tablets
<b>ARTG entry for</b>	Medicine Listed	
<b>Sponsor</b>	Planet Health Pty Ltd	
<b>Postal Address</b>	42 Bowral Street, BOWRAL, NSW, 2576 Australia	
<b>ARTG Start Date</b>	25/02/2022	
<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 . Qsilica Skin, Hair & Nails ONE-A-DAY Multi-Nutrient Tablets

<b>Product Type</b>	Single Medicine Product	<b>Effective Date</b>	25/02/2022
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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 collagen formation  
Maintain/support collagen health  
Maintain/support general health and wellbeing  
Maintain/support hair health  
Decrease/reduce nail brittleness/splitting/chipping in females  
Maintain/support nail health/strength/thickness  
Enhance/improve/promote/increase nail health/strength/thickness in females  
Maintain/support connective tissue health  
Aid/assist/helps connective tissue production/formation  
Maintain/support bone health  
Maintain/support bone mass/density/integrity  
Help maintain/support bone mineralisation  
Helps maintain/supports healthy joint cartilage growth/development/production  
Maintain/support healthy ligaments  
Maintain/support tendon health  
Helps prevent dietary (state vitamin/mineral/nutrient) deficiency  
Maintain/support skin health  
Maintain/support skin integrity/structure  
Maintain/support skin regeneration  
Maintain/support wound healing

### Indication Requirements

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.

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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.

Product presentation must not imply or refer to any form of arthritis or osteoarthritis unless qualified as mild.

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

#### Standard Indications

No Standard Indications included on Record

#### Specific Indications

No Specific Indications included on Record

#### Warnings

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.

#### 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

<b>Biotin</b>	<b>2.5 mg</b>
<b>colloidal anhydrous silica</b>	<b>450 mg</b>
Equivalent: silicon	210.38 mg
<b>selenomethionine</b>	<b>250 microgram</b>
Equivalent: selenium	100 microgram
<b>zinc citrate dihydrate</b>	<b>75.3 mg</b>
Equivalent: zinc	24.17 mg

##### Other Ingredients (Excipients)

calcium carbonate  
calcium hydrogen phosphate dihydrate  
Carnauba Wax  
chlorophyllin-copper complex  
croscarmellose sodium  
crospovidone  
hypromellose  
iron oxide yellow  
magnesium stearate  
microcrystalline cellulose  
povidone  
tapioca starch  
triethyl citrate

# Public Summary

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