



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

## Public Summary

<b>Summary for ARTG Entry:</b>	387049	Henry Blooms Magnesium + Sleep Powder
<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>	13/04/2022	
<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 Magnesium + Sleep Powder

<b>Product Type</b>	Single Medicine Product	<b>Effective Date</b>	13/04/2022
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### Permitted Indications

- Maintain/support general health and wellbeing
- 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 muscle function
- Helps enhance/promote/increase absorption of dietary (state vitamin/mineral/nutrient)
- Decrease/reduce/relieve symptoms of stress
- Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of stress
- Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of mild anxiety
- Maintain/support nervous system health
- Maintain/support nervous system function
- Traditionally used in Western herbal medicine to soporific/induces sleep
- Traditionally used in Western herbal medicine to decrease/reduce time to fall asleep
- Traditionally used in Western herbal medicine to decrease/reduce/relieve disturbed/restless sleep
- Traditionally used in Western herbal medicine to enhance/improve/promote/increase sleep quality/deep sleep

### Indication Requirements

- Product presentation must not imply or refer to mental illnesses, disorders or conditions.
- Label statement: If symptoms persist, talk to your health professional.
- 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 only refer to mild anxiety.
- Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.

### Standard Indications

No Standard Indications included on Record

### Specific Indications



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No Specific Indications included on Record

**Warnings**

Adults only.  
Not recommended for use during pregnancy or lactation

**Additional Product information**

**Pack Size/Poison information**

**Pack Size** **Poison Schedule**

**Components**

**1 . Formulation 1**

**Dosage Form** Powder, oral

**Route of Administration** Oral

**Visual Identification**

**Active Ingredients**

<b>colecalfiferol</b>	<b>.002 mg/g</b>
<b>Eschscholzia californica herb flowering Extract dry concentrate</b>	<b>13.34 mg/g</b>
Equivalent: Eschscholzia californica (Dry)	200.1 mg/g
<b>magnesium amino acid chelate</b>	<b>300 mg/g</b>
Equivalent: magnesium	60 mg/g
<b>magnesium citrate</b>	<b>181.23 mg/g</b>
Equivalent: magnesium	28 mg/g
<b>Magnolia officinalis stem bark Extract dry concentrate standardised</b>	<b>14.3 mg/g</b>
Equivalent: honokiol (of Magnolia officinalis) ( )	.78 mg/g
Equivalent: Magnolia officinalis (Dry)	143 mg/g
<b>Phellodendron amurense stem bark Extract dry concentrate standardised</b>	<b>4.68 mg/g</b>
Equivalent: berberine ( )	.052 mg/g
Equivalent: Phellodendron amurense (Dry)	51.48 mg/g

**Other Ingredients (Excipients)**

**Acacia**  
**citric acid**  
**colloidal anhydrous silica**  
**d-alpha-tocopherol**  
**Flavour**  
**fractionated coconut oil**  
**glycine**  
**high amylose maize starch**  
**liquid glucose**  
**maize starch**  
**silicon dioxide**  
**sodium ascorbate**  
**Stevia rebaudiana**

Public Summary

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