



**Australian Government**  
**Department of Health and Aged Care**  
Therapeutic Goods Administration

## Public Summary

<b>Summary for ARTG Entry:</b>	393773	My Pure Magnesium
<b>ARTG entry for</b>	Medicine Listed	
<b>Sponsor</b>	Thera Health Pty Ltd	
<b>Postal Address</b>	18/93 Rivergate Place, Murarrie, QLD, 4172 Australia	
<b>ARTG Start Date</b>	11/08/2022	
<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 . My Pure Magnesium

<b>Product Type</b>	Single Medicine Product	<b>Effective Date</b>	11/08/2022
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#### Permitted Indications

Maintain/support healthy cardiovascular system function  
Decrease/reduce/relieve muscle cramps  
Maintain/support (state vitamin/mineral/nutrient) levels in the body  
Maintain/support brain health  
Maintain/support nervous system health

#### Indication Requirements

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

#### Standard Indications

No Standard Indications included on Record

#### Specific Indications

No Specific Indications included on Record

#### Warnings

No Warnings included on Record

#### Additional Product information

#### Pack Size/Poison information

<b>Pack Size</b>	<b>Poison Schedule</b>
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#### Components

##### 1 . Formulation 1

Public Summary



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**Dosage Form** Capsule, hard

**Route of Administration** Oral

**Visual Identification**

**Active Ingredients**

**magnesium glycinate** **750 mg**

Equivalent: magnesium 150 mg

**Other Ingredients (Excipients)**

colloidal anhydrous silica

hypromellose

leucine

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