



Therapeutic Goods (Permissible Indications) Determination (No. 1) 2021

I, Adam Cook, as delegate of the Minister for Health, make the following determination.

Dated 19 January 2021

Adam Cook
Acting Assistant Secretary
Complementary and Over the Counter Medicines Branch
Health Products Regulation Group
Department of Health

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1 Name

This instrument is the *Therapeutic Goods (Permissible Indications) Determination (No. 1) 2021*.

2 Commencement

- (1) Each provision of this instrument specified in column 1 of the table commences, or is taken to have commenced, in accordance with column 2 of the table. Any other statement in column 2 has effect according to its terms.

Commencement information		
Column 1	Column 2	Column 3
Provisions	Commencement	Date/Details
1. The whole of this instrument	The day after this instrument is registered.	

Note: This table relates only to the provisions of this instrument as originally made. It will not be amended to deal with any later amendments of this instrument.

- (2) Any information in column 3 of the table is not part of this instrument. Information may be inserted in this column, or information in it may be edited, in any published version of this instrument.

3 Authority

This instrument is made under section 26BF of the *Therapeutic Goods Act 1989*.

4 Definitions

Note: A number of expressions used in this instrument are defined in subsection 3(1) of the Act, including the following:

- (a) health practitioner;
- (b) indications;
- (c) label;
- (d) medicine;
- (e) presentation;
- (f) Register; and
- (g) Therapeutic Goods Advertising Code.

In this instrument:

Act means the *Therapeutic Goods Act 1989*.

code tables means the tables accessed via the *Code Tables* item in the *Public TGA Information* menu in TGA eBusiness Services, as in force or existing at the time this instrument commences.

dentist means a person registered as a dentist under a law of a State or Territory that provides for the registration of dentists.

doctor means a medical practitioner.

Evidence Guidelines means the document titled *Evidence guidelines: Guidelines on the evidence required to support indications for listed complementary medicines*, published

by the Therapeutic Goods Administration, as in force or existing at the time this instrument commences.

Note: The Evidence Guidelines are published at www.tga.gov.au.

health professional means a person mentioned in section 42AA of the Act.

medically diagnosed, in relation to a disease, ailment, defect or injury, means a disease, ailment, defect or injury that is diagnosed by a suitably qualified medical practitioner.

medical practitioner means a person registered as a medical practitioner under a law of a State or Territory that provides for the registration of medical practitioners.

Regulations means the *Therapeutic Goods Regulations 1990*.

scientific, in relation to the type of evidence for an indication, means evidence that is based on scientific research and quantifiable data, as described in the Evidence Guidelines.

Note: Scientific evidence includes relevant clinical trials on humans and systematic reviews.

serious, in relation to a form of a disease, ailment, defect or injury, has the same meaning as in section 28 of the Therapeutic Goods Advertising Code, in relation to a form of a disease, condition, ailment or defect.

TGA eBusiness Services means TGA eBusiness Services on the Therapeutic Goods Administration's website which may be accessed on the internet at www.ebs.tga.gov.au.

Therapeutic Goods Administration has the same meaning as in the Regulations.

traditional, in relation to the type of evidence for an indication, means evidence of traditional use in a recognised paradigm outside modern conventional medicine, as described in the Evidence Guidelines.

Note: Traditional evidence is a term of broad application and applies to different traditional paradigms, for example, traditional Ayurvedic medicine, traditional Chinese medicine and Western herbal medicine.

traditional Ayurvedic medicine, in relation to the type of evidence for an indication, means evidence that is based on traditional use in the Ayurvedic medicine paradigm.

traditional Chinese medicine or **TCM**, in relation to the type of evidence for an indication, means evidence that is based on traditional use in the traditional Chinese medicine paradigm.

traditional use has the same meaning as in the Regulations.

5 Permissible indications

The following indications are covered by this instrument under paragraph 26BF(1)(a) of the Act:

- (a) each indication specified in an item in column 2 of a table in Schedule 1; and
- (b) each indication specified in an item in column 2 of a table in Schedule 1, as modified by the use of one or more qualifying statements set out in the code tables under one of the following headings:
 - (i) traditional context qualifiers;
 - (ii) population qualifiers;
 - (iii) time of use qualifiers;
 - (iv) in relation to an indication that is based on TCM evidence—TCM pattern qualifiers.

6 Requirements in relation to permissible indications

- (1) The requirements in this section are specified in relation to an indication covered by this instrument under paragraph 26BF(1)(b) of the Act.
- (2) In relation to a medicine:
 - (a) the indication mentioned in an item in column 2 of a table in Schedule 1 (the **relevant indication**) may only be used for the medicine if that indication is supported by evidence of the type that is specified in column 3 of the item; and
 - (b) the requirements, if any, in relation to the relevant indication, set out in column 4 of that item must be met.
- (3) If the wording of an indication is varied on the label of a medicine, then the indication, as varied, must not:
 - (a) change the meaning or intent of the indication as specified in an item in column 2 of a table in Schedule 1; and
 - (b) infer or imply that the medicine is for the treatment of a serious form of a disease, ailment, defect or injury; and
 - (c) infer or imply that the medicine is for preventing or curing a disease, ailment, defect or injury.
- (4) If two or more indications are combined on the label of a medicine to form simple sentences where appropriate in the circumstances, then the indication, as combined, must not:
 - (a) change the meaning or intent of each indication as specified in an item in column 2 of a table in Schedule 1; and
 - (b) infer or imply that the medicine is for the treatment of a serious form of a disease, ailment, defect or injury; and
 - (c) infer or imply that the medicine is for preventing or curing a disease, ailment, defect or injury.
- (5) If an indication in relation to a medicine is modified by one or more qualifying statements in accordance with paragraph 5(b) (whether or not the indication is varied or combined as described in subsection (3) or (4)), then:
 - (a) each qualifying statement must be set out on the label of the medicine; and
 - (b) the indication, as modified, varied or combined, must not infer or imply that a medicine is for the treatment of a serious form of a disease, ailment, defect or injury.
- (6) If an indication in relation to a medicine is supported by traditional evidence, then:
 - (a) the indication must be qualified with an appropriate traditional context qualifier as set out in the code tables; and
 - (b) the traditional context qualifier mentioned in paragraph (a) must be set out on the label of the medicine.

7 Repeals

Each instrument that is specified in Schedule 2 to this instrument is repealed as set out in the applicable items in that Schedule.

Schedule 1—Specified permissible indications and requirements applying to these indications when contained in a medicine

Note: See sections 5 and 6.

Table 1—Indications relating to general health or body parts

Indications relating to general health or body parts			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aid/assist in the healing of minor body tissue injuries	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
2	Aid/assist nail growth	Scientific or Traditional	
3	Aid/assist/help/maintain healthy hair follicles	Scientific or Traditional	
4	Aid/assist/helps connective tissue production/formation	Scientific	
5	Aids/assists abdominal fat loss	Scientific	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.
6	Aids/assists body waste elimination	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
7	Aids/assists body's natural channels of elimination	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease

			in any body organ, in particular the kidney or liver.
8	Aids/assists excretion of metabolic waste products	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
9	Aids/assists eye adaption to variations in light intensity/night vision	Scientific or Traditional	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
10	Aids/assists gum development	Scientific	
11	Aids/assists gum healing	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
12	Aids/assists head lice and egg removal	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to killing/eradicating/destroying lice, nits or eggs.
13	Aids/assists natural body cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
14	Aids/assists natural cleansing/detoxification processes of the gastrointestinal system/gut	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must

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			not imply or refer to disease in any body organ, in particular the kidney or liver.
15	Aids/assists natural kidney cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
16	Aids/assists teeth development	Scientific	
17	Aids/assists with recovery from illness/convalescence	Scientific or Traditional	Product presentation must not imply or refer to chronic fatigue syndrome.
18	Alterative/blood cleanser/depurative/purifier	Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
19	Analgesic/Anodyne/relieve pain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
20	Anti-inflammatory/relieve inflammation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
21	Antioxidant/Reduce free radicals formed in the body	Scientific	
22	Antipyretic/febrifuge/relieve mild fever/reduce body temperature/body cooling	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Not to be used in children under 5 years.
23	Astringent/tightens tissues	Traditional	
24	Body tonic	Traditional	
25	Decrease/reduce bacteria in the mouth	Scientific	Product presentation must not imply or refer to serious infections.

26	Decrease/reduce ear irritation/inflammation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
27	Decrease/reduce ear wax	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
28	Decrease/reduce hair loss/thinning	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious conditions associated with alopecia e.g. autoimmune disease, chemotherapy.
29	Decrease/reduce halitosis/bad breath	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
30	Decrease/reduce nail brittleness/splitting/chipping	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
31	Decrease/reduce/relieve cracks in the corner of the mouth	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to recurrent or persistent mouth lesions.
32	Decrease/reduce/relieve excessive perspiration/sweating	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
33	Decrease/reduce/relieve eye strain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
34	Decrease/reduce/relieve gum soreness/pain/discomfort	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
35	Decrease/reduce/relieve itchiness associated with head lice infestation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to killing/eradicating/destroying lice, nits or eggs.
36	Decrease/reduce/relieve mouth/oral mucosa mild inflammation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
37	Decrease/reduce/relieve spontaneous sweating	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
38	Decrease/reduce/relieve symptoms of mild mouth ulcers	Scientific or Traditional	Label statement: If symptoms persist, talk to

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			your health professional.
			Product presentation must not imply or refer to recurrent or persistent mouth lesions.
			Product presentation must only refer to mild mouth ulcers.
39	Decrease/reduce/relieve symptoms of dehydration	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
40	Decrease/reduce/relieve symptoms of jet lag	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
41	Decrease/reduce/relieve symptoms of mild temporomandibular joint dysfunction diagnosed by a doctor or dentist	Scientific or Traditional	Label statement: If symptoms persist or worsen talk to your medical practitioner. Product presentation must only refer to mild temporomandibular joint dysfunction that is diagnosed by a doctor or dentist.
42	Decrease/reduce/relieve symptoms of soft tissue trauma	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
43	Decrease/reduce/relieve teething/tooth pain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
44	Decrease/reduce/relieve tooth/teeth sensitivity	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
45	Decrease/reduce/relieve toothache	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
46	Decrease/reduce/relieve visual fatigue	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
47	Decrease/reduce/relieve watery eyes/excessive lacrimation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
48	Decrease/reduce/relieves bleeding gums	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
49	Demulcent/soothe irritated tissues	Scientific or	Label statement: If

		Traditional	symptoms persist, talk to your health professional.
50	Enhance/improve/promote/increase hair growth	Scientific or Traditional	
51	Enhance/improve/promote/increase hair health	Scientific or Traditional	
52	Enhance/improve/promote/increase hair strength/thickness	Scientific or Traditional	
53	Enhance/improve/promote/increase nail health/strength/thickness	Scientific or Traditional	
54	Enhance/promote energy levels	Scientific or Traditional	Product presentation must not imply or refer to chronic fatigue syndrome.
55	Enhance/promote weight gain	Scientific	
56	Enhance/promote/increase temporary weight loss	Scientific	Label statement: For healthy weight maintenance it is recommended to continue a reduced intake of dietary calories and increased physical activity Label statement: Weight loss may not be maintained for longer than 3 months Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
57	Enhance/promote/physical endurance/capacity/stamina	Scientific or Traditional	Product presentation must not imply or refer to chronic fatigue syndrome.
58	Help maintain weight after weight loss	Scientific	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.
59	Helps convert (state food) into energy	Scientific	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.
60	Helps decrease/reduce body weight	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
61	Helps decrease/reduce build-up of dental plaque	Scientific or Traditional	

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62	Helps decrease/reduce/relieve cartilage loss/wear/tear/damage	Scientific	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 bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
63	Helps decrease/reduce/relieve cold sensations in the lower back	Traditional	Label statement: If symptoms persist, talk to your health professional.
64	Helps decrease/reduce/relieve heat sensations in the extremities	Traditional	Label statement: If symptoms persist, talk to your health professional.
65	Helps decrease/reduce/relieve symptoms of nail mild fungal infection	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious infections.
66	Helps enhance/improve/promote/increase healthy body fat/muscle composition	Scientific	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.
67	Helps enhance/promote body energy reserves	Scientific or Traditional	Product presentation must not imply or refer to chronic fatigue syndrome.
68	Helps enhance/promote body tissue repair/regeneration	Scientific or Traditional	
69	Helps enhance/promote calorie burning	Scientific	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.
70	Helps enhance/promote collagen formation	Scientific	
71	Helps enhance/promote connective tissue health	Scientific or Traditional	
72	Helps enhance/promote general health and wellbeing	Scientific or Traditional	
73	Helps enhance/promote gum health	Scientific or Traditional	
74	Helps enhance/promote healthy growth and development	Scientific or Traditional	
75	Helps enhance/promote healthy teeth enamel	Scientific	

76	Helps enhance/promote heat/energy production/thermogenesis	Scientific	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.
77	Helps enhance/promote teeth health	Scientific or Traditional	
78	Helps enhance/promote teeth strength	Scientific or Traditional	
79	Helps enhance/promote/increase body fat loss	Scientific	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.
80	Helps enhance/promote/increase lean body mass	Scientific or Traditional	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.
81	Helps enhance/promote/increase vitality	Scientific or Traditional	Product presentation must not imply or refer to chronic fatigue syndrome.
82	Helps enhance/promote/increase weight loss	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
83	Helps improve/promote body metabolism/metabolic rate	Scientific	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.
84	Helps in the maintenance of a healthy body weight	Scientific	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.
85	Helps in the maintenance of lean body mass	Scientific	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.
86	Helps maintain/support body's natural channels of elimination	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must

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			not imply or refer to drugs/alcohol.
			Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
87	Helps maintain/support eye macula health	Scientific	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
88	Helps maintain/support eye retina health	Scientific	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
89	Helps maintain/support healthy acid/alkali balance in the body	Scientific	
90	Helps maintain/support healthy Body Mass Index (BMI)	Scientific	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.
91	Helps maintain/support healthy eye development	Scientific	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
92	Helps maintain/support healthy vision development	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays. Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
93	Helps maintain/support hearing development	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
94	Helps prevent tooth decay/dental carries/cavities in conjunction with good oral hygiene	Scientific or Traditional	
95	Helps reduce occurrence of mouth ulcers	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
96	Helps reduce occurrence of symptoms of jet lag	Scientific or Traditional	
97	Helps reduce occurrence of teething/tooth pain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

98	Helps reduce/decrease free radical damage to body cells	Scientific	
99	Helps relieve excessive lacrimation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
100	Helps restore body electrolyte balance	Scientific	
101	Helps temporarily relieve light sensitivity	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
102	Longevity tonic	Traditional	
103	Maintain/support abdominal fat loss	Scientific	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.
104	Maintain/support body electrolyte balance	Scientific	
105	Maintain/support body metabolism/metabolic rate	Scientific	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.
106	Maintain/support body mucous membrane health	Scientific or Traditional	
107	Maintain/support body tissue repair/regeneration	Scientific or Traditional	
108	Maintain/support body waste elimination	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
109	Maintain/support calorie burning	Scientific	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.
110	Maintain/support collagen formation	Scientific	
111	Maintain/support collagen health	Scientific	
112	Maintain/support connective tissue health	Scientific or Traditional	

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113	Maintain/support dental/periodontal health	Scientific or Traditional	
114	Maintain/support ear health	Scientific or Traditional	
115	Maintain/support energy levels	Scientific or Traditional	Product presentation must not imply or refer to chronic fatigue syndrome.
116	Maintain/support energy production	Scientific	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.
117	Maintain/support eye health	Scientific or Traditional	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
118	Maintain/support general health and wellbeing	Scientific or Traditional	
119	Maintain/support gum health	Scientific or Traditional	
120	Maintain/support hair growth	Scientific or Traditional	
121	Maintain/support hair health	Scientific or Traditional	
122	Maintain/support hair strength/thickness	Scientific or Traditional	
123	Maintain/support healthy body fat/muscle composition	Scientific	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.
124	Maintain/support healthy body organ functions	Traditional	Product presentation must not imply or refer to disease in any body organ.
125	Maintain/support healthy body tissues	Scientific or Traditional	
126	Maintain/support healthy ear function	Scientific or Traditional	
127	Maintain/support healthy eye function	Scientific or Traditional	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
128	Maintain/support healthy eyesight/vision	Scientific or Traditional	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
129	Maintain/support healthy growth and development	Scientific or	

		Traditional	
130	Maintain/support healthy hearing	Scientific or Traditional	
131	Maintain/support healthy mouth flora	Scientific or Traditional	
132	Maintain/support healthy teeth	Scientific or Traditional	
133	Maintain/support heat/energy production/thermogenesis	Scientific	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.
134	Maintain/support nail health/strength/thickness	Scientific or Traditional	
135	Maintain/support natural body cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
136	Maintain/support natural cleansing/detoxification processes of the body's five organs of elimination	Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
137	Maintain/support natural cleansing/detoxification processes of the gastrointestinal system/gut	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.

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138	Maintain/support natural kidney cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
139	Maintain/support natural liver cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol. Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
140	Maintain/support oral health	Scientific or Traditional	
141	Maintain/support oral mucous membrane health	Scientific or Traditional	
142	Maintain/support physical endurance/capacity/stamina	Scientific or Traditional	Product presentation must not imply or refer to chronic fatigue syndrome.
143	Maintain/support scalp health	Scientific or Traditional	
144	Maintain/support spleen health	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
145	Maintain/support teeth enamel health	Scientific or Traditional	
146	Maintain/support teeth mineralisation	Scientific	
147	Maintain/support teeth strength	Scientific or Traditional	
148	Maintain/support vitality	Scientific or Traditional	Product presentation must not imply or refer to chronic fatigue syndrome.
149	Maintain/support waste elimination via the mucous membranes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes. Product presentation must not imply or refer to drugs/alcohol.

			Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
150	Maintain/support waste elimination via the skin	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.
			Product presentation must not imply or refer to drugs/alcohol.
			Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
151	Nourish the body	Scientific or Traditional	
152	Nutritive tonic	Traditional	
153	Reduce risk of head lice attaching to hair	Scientific or Traditional	
154	Regulate body water/fluid	Scientific or Traditional	
155	Rejuvenating tonic	Traditional	
156	Relieve clammy/sweaty palms and soles	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
157	Relieve dry eyes	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
158	Relieve dry mouth	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
159	Relieve eye discomfort	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
160	Relieve eye redness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
161	Relieve eye soreness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
162	Relieve feelings of general malaise/general debility	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
			Product presentation must not imply or refer to chronic fatigue syndrome.

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			Product presentation must not imply or refer to mental illnesses, disorders or conditions.
163	Relieve itchy ears	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
164	Relieve itchy eyes	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
165	Relieve mild tissue oedema	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
166	Relieve sore tongue	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
167	Relieve tongue dryness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
168	Relieve weariness/tiredness/fatigue/feeling of weakness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to chronic fatigue syndrome.
169	Restorative tonic	Traditional	
170	Restore body fluid balance	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild fluid retention.
171	Soften ear wax	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
172	Soothe/relieve mouth/oral irritation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
173	Sudorific/diaphoretic/enhance/promote sweating/perspiration	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
174	Temporarily relieve mild fluid retention	Scientific or Traditional	Label statement: If fluid retention persists, seek medical advice (or words to that effect). Product presentation must not imply or refer to cardiovascular or renal conditions.

			Product presentation must only refer to mild fluid retention.
175	Trophorestorative/restore organ health	Traditional	Product presentation must not imply or refer to disease in any body organ.

Table 2—Indications relating to bone**Indications relating to bone**

Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	A diet deficient in calcium can lead to osteoporosis in later life. Calcium may help prevent osteoporosis when dietary intake is inadequate	Scientific	Indication can only be used for medicines that contain calcium as an active ingredient and the recommended daily dose of the medicine must provide at least 290 milligrams of elemental calcium. 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).
2	Aids/assists healthy bone development/growth/building	Scientific	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.
3	Decrease/reduce/relieve mild joint aches and pains	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild joint symptoms.

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			Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
4	Decrease/reduce/relieve mild joint inflammation/swelling	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must only refer to mild joint symptoms.</p> <p>Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.</p>
5	Decrease/reduce/relieve mild joint pain/soreness	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must only refer to mild joint symptoms.</p> <p>Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.</p>
6	Decrease/reduce/relieve mild joint stiffness	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must only refer to mild joint symptoms.</p> <p>Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.</p>
7	Decrease/reduce/relieve mild rheumatic aches and pains	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must only refer to mild rheumatic aches/pains.</p>

			Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
8	Decrease/reduce/relieve symptoms of mild arthritis/mild osteoarthritis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild joint symptoms. Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
9	Decrease/reduce/relieve symptoms of occasional episodes of gout	Scientific or Traditional	Label statement: If symptoms persist, worsen or episodes become more frequent talk to your medical practitioner.
10	Help maintain/support bone mineralisation	Scientific	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.
11	Helps enhance/improve/promote joint mobility	Scientific or Traditional	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 bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
12	Helps enhance/promote bone healing/repair	Scientific or Traditional	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

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			intended to apply where the indications referring to osteoporosis specified in column 2 of Table 2 of this instrument are also used.
13	Helps enhance/promote bone health	Scientific	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.
14	Helps enhance/promote bone mass/density	Scientific	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.
15	Helps enhance/promote bone mineralisation	Scientific	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.
16	Helps enhance/promote bone strength	Scientific or Traditional	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.
17	Helps enhance/promote healthy joint function	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g.

			rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
18	Helps enhance/promote joint health	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
19	Helps enhance/promote/increase metabolism of (state mineral) in bones	Scientific	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.
20	Helps maintain/support joint cartilage health	Scientific	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 bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
21	Helps maintain/supports healthy joint cartilage growth/development/production	Scientific	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 bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
22	Helps reduce the occasional occurrence of symptoms of gout	Scientific or Traditional	Label statement: If symptoms persist, worsen or episodes become more frequent talk to your medical practitioner.
23	Maintain/support (state mineral) absorption in bones	Scientific	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.

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			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.
24	Maintain/support bone healing/repair	Scientific or Traditional	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.
25	Maintain/support bone health	Scientific	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.
26	Maintain/support bone mass/density/integrity	Scientific	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.
27	Maintain/support bone strength	Scientific or Traditional	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.
28	Maintain/support joint health	Scientific or Traditional	Product presentation must not imply or refer to bone

			disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
29	Maintain/support joint mobility/flexibility	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
30	Supports bone flexibility	Scientific or Traditional	
31	Vitamin D helps calcium absorption (or words of like intent) and a diet deficient in calcium can lead to osteoporosis in later life	Scientific	<p>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.</p> <p>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).</p>

Table 3—Indications relating to the cardiovascular system

Indications relating to the cardiovascular system			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aid/assist healthy red blood cell production	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
2	Aid/assist/helps in the maintenance of blood levels of oxygen	Scientific	Product presentation must not imply or refer to heart disease.
3	Aid/assist/helps oxygen transport to body tissues	Scientific	Product presentation must

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			not imply or refer to heart disease.
4	Blood tonic/Enhance blood health	Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
5	Cardiotonic/strengthen heart	Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
6	Decrease/reduce appearance of mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild varicose veins.
7	Decrease/reduce duration of symptoms of haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist or worsen talk to your medical practitioner.
8	Decrease/reduce/relieve aching/tired legs/leg heaviness associated with mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild varicose veins.
9	Decrease/reduce/relieve discomfort associated with haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
10	Decrease/reduce/relieve itching associated with haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
11	Decrease/reduce/relieve itchy legs associated with mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild varicose veins.
12	Decrease/reduce/relieve leg swelling associated mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild varicose veins.
13	Decrease/reduce/relieve minor bleeding associated with haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
14	Decrease/reduce/relieve pain associated with mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must

			only refer to mild varicose veins.
15	Decrease/reduce/relieve swelling associated with haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
16	Decrease/reduce/relieve symptoms of haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
17	Decrease/reduce/relieve symptoms of mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild varicose veins.
18	Helps decrease/reduce occurrence of nose bleeds	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious cardiovascular conditions.
19	Helps enhance/improve/promote blood circulation to the peripheral areas of the body (legs, hands and feet)	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
20	Helps enhance/promote artery health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
21	Helps enhance/promote blood capillary health	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
22	Helps enhance/promote blood vessel health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
23	Helps enhance/promote healthy blood circulation	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
24	Helps enhance/promote red blood cell health	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
25	Helps in the maintenance of healthy blood lipids/blood fats	Scientific	Product presentation must not imply or refer to lowering blood lipids, blood fats and triglycerides.
26	Helps maintain/support haemoglobin formation/synthesis	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
27	Helps maintain/support healthy blood sugar/glucose	Scientific	Product presentation must not imply or refer to

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			lowering or raising blood sugar/glucose levels from outside of the normal healthy range.
28	Helps maintain/support healthy cholesterol	Scientific	Product presentation must not imply or refer to lowering or raising blood cholesterol levels from outside of the normal healthy range
29	Helps maintain/support healthy heart function	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
30	Helps maintain/support transport of oxygen in the body	Scientific	Product presentation must not imply or refer to heart disease.
31	Helps maintain/support vasodilator/ blood vessel dilation	Scientific or Traditional	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
32	Helps reduce intestinal absorption of cholesterol from dietary sources	Scientific	Product presentation must not imply or refer to lowering or raising blood cholesterol levels from outside of the normal healthy range
33	Helps reduce occurrence of haemorrhoids	Scientific or Traditional	
34	Helps reduce/decrease/relieve mild nose bleeds	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild nose bleed. Product presentation must not imply or refer to serious cardiovascular conditions.
35	Maintain/support artery health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
36	Maintain/support blood capillary health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
37	Maintain/support blood circulation/flow to the peripheral areas of the body (legs, hands and feet)	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
38	Maintain/support blood health	Scientific or Traditional	Product presentation must not imply or refer to serious

			cardiovascular conditions.
39	Maintain/support blood vessel health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
40	Maintain/support cardiovascular system health	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
41	Maintain/support healthy blood circulation	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
42	Maintain/support healthy cardiovascular system function	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
43	Maintain/support healthy lymphatic system	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
44	Maintain/support heart health	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
45	Maintain/support red blood cell health	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
46	Nourish the heart	Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
47	Relieve cold hands and feet/limbs	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
48	Rubefaciant/stimulate blood flow to skin	Scientific or Traditional	

Table 4—Indications relating to the endocrine system

Indications relating to the endocrine system			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aid/assist thyroid hormone production	Scientific	Product presentation must not imply or refer to any thyroid related diseases.
2	Maintain/support adrenal gland health	Traditional	Product presentation must not imply or refer to any adrenal related diseases.
3	Maintain/support healthy adrenal gland function	Traditional	Product presentation must not imply or refer to any

Specified permissible indications and requirements applying to these indications when contained in a medicine

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			adrenal related diseases.
4	Maintain/support healthy pancreatic function	Traditional	Product presentation must not imply or refer to any pancreas related diseases.
5	Maintain/support healthy thyroid gland function	Scientific or Traditional	Product presentation must not imply or refer to any thyroid related diseases.
6	Maintain/support healthy thyroid hormones	Scientific	Product presentation must not imply or refer to any thyroid related diseases.
7	Maintain/support thyroid gland health	Scientific or Traditional	Product presentation must not imply or refer to any thyroid related diseases.
8	Thyroid tonic	Traditional	Product presentation must not imply or refer to any thyroid related diseases.

Table 5—Indications relating to the gastrointestinal system

Indications relating to the gastrointestinal system

Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aid/assist digestion of glucose/sugar/carbohydrates	Scientific	Product presentation must not imply or refer to lowering or raising blood sugar/glucose levels from outside of the normal healthy range.
2	Aid/assist digestion of lactose	Scientific or Traditional	
3	Aid/assist digestion/breakdown of dietary fat	Scientific or Traditional	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.
4	Aid/assist expulsion of intestinal gas	Traditional	Label statement: If symptoms persist, talk to your health professional.
5	Aid/assist fat distribution and assimilation in the digestive system	Scientific	Product presentation must not imply or refer to lowering blood lipids, blood fats and triglycerides.
6	Aid/assist fat emulsification in the digestive system	Scientific	Product presentation must not imply or refer to lowering blood lipids, blood fats and triglycerides.

7	Aid/assist healthy liver regeneration	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
8	Aid/assist/helps digestion of (state nutrient)	Scientific	
9	Aid/assist/helps digestion of fats/fatty acids/triglycerides/lipid	Scientific	Product presentation must not imply or refer to lowering blood lipids, blood fats and triglycerides.
10	Aid/assist/helps elimination of dietary fat	Scientific or Traditional	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.
11	Aid/assist/helps in the management of carbohydrate cravings	Scientific or Traditional	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.
12	Aid/assist/helps in the management of food cravings	Scientific or Traditional	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.
13	Aid/assist/helps in the management of sugar cravings	Scientific or Traditional	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.
14	Aids/assists repair of gastrointestinal/gut wall lining	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
15	Antacid/reduces stomach acid	Scientific	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to gastro oesophageal reflux disease.
16	Antiemetic/Decrease/reduce/relieve vomiting	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
17	Aperient/laxative	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Drink plenty of water (or words to that effect).

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			Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.
			Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).
			Product presentation must not refer to or imply weight loss.
18	Bitter tonic/stimulate gastric secretions	Traditional	
19	Bowel Tonic	Traditional	
20	Cholagogue/promote bile flow from gall bladder	Traditional	Product presentation must not imply or refer to disease in any body organ.
21	Decrease/reduce carbohydrate cravings	Scientific or Traditional	Product presentation must not imply or refer to eating disorders. 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.
22	Decrease/reduce food stagnation associated with poor or sluggish digestion	Scientific or Traditional	
23	Decrease/reduce loose stools	Scientific or Traditional	Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
24	Decrease/reduce sweet taste recognition on the tongue	Scientific or Traditional	
25	Decrease/reduce/relieve abdominal bloating/distention	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to gastro oesophageal reflux disease.

26	Decrease/reduce/relieve abdominal cramping	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
27	Decrease/reduce/relieve abdominal feeling of fullness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
28	Decrease/reduce/relieve abdominal griping pain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
29	Decrease/reduce/relieve abdominal pain/discomfort	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to gastro oesophageal reflux disease.
30	Decrease/reduce/relieve abdominal spasm	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to gastro oesophageal reflux disease.
31	Decrease/reduce/relieve bowel discomfort	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
32	Decrease/reduce/relieve colic (wind/gas pain)	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
33	Decrease/reduce/relieve constipation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Drink plenty of water (or words to that effect). Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems. Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect). Product presentation must not refer to or imply weight loss.

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34	Decrease/reduce/relieve diarrhoea	Scientific or Traditional	Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
35	Decrease/reduce/relieve digestive spasms	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to gastro oesophageal reflux disease.
36	Decrease/reduce/relieve excess intestinal gas	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
37	Decrease/reduce/relieve flatulence/carminative	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
38	Decrease/reduce/relieve gastrointestinal pain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to gastro oesophageal reflux disease.
39	Decrease/reduce/relieve hiccups	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
40	Decrease/reduce/relieve loss of appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
41	Decrease/reduce/relieve nausea	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
42	Decrease/reduce/relieve symptoms associated with occasional overindulgence	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not encourage excessive or harmful consumption of alcohol or other toxic substances.
43	Decrease/reduce/relieve symptoms of heartburn	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to gastro oesophageal reflux disease.

44	Decrease/reduce/relieve symptoms of indigestion/dyspepsia	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to gastro oesophageal reflux disease.
45	Decrease/reduce/relieve symptoms of lactose intolerance	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
46	Decrease/reduce/relieve symptoms of motion/travel/sea sickness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
47	Decrease/reduce/relieve symptoms of nervous indigestion	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
48	Decrease/reduce/relieve symptoms of stomach upsets	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
49	Digestive tonic/Improve digestive weakness	Traditional	Label statement: If symptoms persist, talk to your health professional.
50	Enhance the assimilation/transportation of nutrients	Scientific or Traditional	
51	Enhance/ promote stomach health	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
52	Enhance/improve/promote/increase bowel regularity	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Drink plenty of water (or words to that effect). Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems. Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect). Product presentation must not refer to or imply weight loss.
53	Enhance/improve/promote/increase bowel waste elimination	Scientific or Traditional	Label statement: If symptoms persist, talk to

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			your health professional.
			Label statement: Drink plenty of water (or words to that effect).
			Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.
			Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).
			Product presentation must not refer to or imply weight loss.
54	Enhance/promote healthy digestion	Scientific or Traditional	
55	Help reduce occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome	Scientific or Traditional	Label statement: If symptoms persist, worsen or episodes become more frequent talk to your medical practitioner. Product presentation must only refer to medically diagnosed IBS.
56	Help restore good/beneficial/friendly gut flora after antibiotic use	Scientific	
57	Helps balance brain-gut interaction	Traditional	
58	Helps decrease/reduce dietary fat absorption in digestive system	Scientific or Traditional	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.
59	Helps decrease/reduce/relieve brain-gut interaction	Traditional	
60	Helps decrease/reduce/relieve mild gastrointestinal tract inflammation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
61	Helps decrease/reduce/relieve symptoms of infant colic	Scientific or Traditional	Label statement: If symptoms persist or worsen talk to your medical practitioner.
62	Helps decrease/reduce/relieve symptoms of mild gastritis	Scientific or Traditional	Label statement: If symptoms persist or worsen

			talk to your medical practitioner.
			Product presentation must only refer to mild gastritis.
63	Helps decrease/reduce/relieve symptoms of occasional hangovers	Scientific or Traditional	Product presentation must not encourage excessive or harmful consumption of alcohol or other toxic substances. Label statement: If symptoms persist, talk to your health professional.
64	Helps decrease/reduce/relieve symptoms of traveller's diarrhoea	Scientific or Traditional	Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
65	Helps delay stomach (gastric) emptying	Scientific or Traditional	
66	Helps enhance/improve/promote taste sensation	Scientific or Traditional	
67	Helps enhance/improve/promote/increase bile secretion/flow	Scientific or Traditional	
68	Helps enhance/improve/promote/increase healthy digestive system flora/good bacteria growth	Scientific or Traditional	
69	Helps enhance/improve/promote/increase intestinal good/beneficial/friendly bacteria growth	Scientific	
70	Helps enhance/improve/promote/increase intestinal transit time	Scientific or Traditional	
71	Helps enhance/promote gallbladder health	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
72	Helps enhance/promote gastrointestinal system health	Scientific or Traditional	
73	Helps enhance/promote gastrointestinal system mucosa health	Scientific or Traditional	
74	Helps enhance/promote healthy colon function	Scientific or Traditional	
75	Helps enhance/promote healthy digestive system function	Scientific or Traditional	
76	Helps enhance/promote healthy gallbladder function	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
77	Helps enhance/promote healthy liver function	Scientific or Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis,

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			hepatitis.
78	Helps enhance/promote healthy small intestine function	Scientific or Traditional	
79	Helps maintain/support bile secretion/flow	Scientific or Traditional	
80	Helps maintain/support good/beneficial/friendly gut flora during antibiotic use	Scientific	
81	Helps reduce occurrence of abdominal bloating	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
82	Helps reduce occurrence of abdominal spasm	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
83	Helps reduce occurrence of constipation	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Label statement: Drink plenty of water (or words to that effect).</p> <p>Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.</p> <p>Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).</p> <p>Product presentation must not refer to or imply weight loss.</p>
84	Helps reduce occurrence of diarrhoea	Scientific or Traditional	Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
85	Helps reduce occurrence of symptoms of indigestion/dyspepsia	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to gastro</p>

			oesophageal reflux disease.
86	Helps reduce occurrence of symptoms of medically diagnosed gluten sensitivity caused by inadvertent gluten ingestion	Scientific	<p>Label statement: If symptoms persist, worsen or episodes become more frequent talk to your medical practitioner.</p> <p>Label statement: For use only in conjunction with a gluten-free diet.</p> <p>Product presentation must not imply or refer to individuals with coeliac disease or dermatitis herpetiformis.</p>
87	Helps reduce occurrence of symptoms of motion/travel/sea sickness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
88	Helps reduce occurrence of symptoms of traveller's diarrhoea	Scientific or Traditional	Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
89	Helps regulate appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
90	Helps restore good/beneficial/friendly intestinal/gut/bowel flora	Scientific or Traditional	
91	Helps stimulate/increase digestive enzymes	Scientific	
92	Hepatoprotectant/protect the liver	Scientific or Traditional	<p>Product presentation must not encourage excessive or harmful consumption of alcohol or other toxic substances.</p> <p>Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.</p>
93	Increase bowel movements by increasing stool bulk	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Label statement: Drink plenty of water (or words to that effect).</p> <p>Product presentation must</p>

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			not refer to or imply weight loss.
94	Liver tonic/Enhance liver health	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
95	Maintain/support bile production	Scientific or Traditional	
96	Maintain/support bowel regularity	Scientific or Traditional	Label statement: Drink plenty of water (or words to that effect). Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems. Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect). Product presentation must not refer to or imply weight loss.
97	Maintain/support bowel regularity by increasing stool bulk	Scientific or Traditional	Label statement: Drink plenty of water (or words to that effect). Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect). Product presentation must not refer to or imply weight loss.
98	Maintain/support digestion/assimilation of nutrients	Scientific or Traditional	
99	Maintain/support digestive system health	Scientific or Traditional	
100	Maintain/support gallbladder function	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
101	Maintain/support gallbladder health	Scientific or	Product presentation must

		Traditional	not imply or refer to disease in any body organ.
102	Maintain/support gastrointestinal mucosal membrane health	Scientific or Traditional	
103	Maintain/support gastrointestinal system health	Scientific or Traditional	
104	Maintain/support good/beneficial/friendly bacteria adherence to intestinal mucosa	Scientific	
105	Maintain/support healthy appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
106	Maintain/support healthy bowel/colon function	Scientific or Traditional	
107	Maintain/support healthy digestion	Scientific or Traditional	
108	Maintain/support healthy digestive system function	Scientific or Traditional	
109	Maintain/support healthy gastrointestinal function	Scientific or Traditional	
110	Maintain/support healthy liver function	Scientific or Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
111	Maintain/support healthy liver regeneration	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
112	Maintain/support healthy mucous linings of the digestive system	Scientific or Traditional	
113	Maintain/support healthy small intestine function	Scientific or Traditional	
114	Maintain/support intestinal good/beneficial/friendly flora	Scientific	
115	Maintain/support intestinal health	Scientific or Traditional	
116	Maintain/support intestinal transit time	Scientific or Traditional	
117	Maintain/support liver health	Scientific or Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
118	Maintain/support small intestine health	Scientific or Traditional	
119	Maintain/support small intestine good/beneficial/friendly flora	Scientific	
120	Maintain/support smell sensation	Scientific or Traditional	
121	Maintain/support stomach function	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.

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122	Maintain/support stomach health	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
123	Maintain/support taste sensation	Scientific or Traditional	
124	Nourish good/beneficial/friendly intestinal flora	Scientific	
125	Orexigenic/improve/promote healthy appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
126	Promote bile flow from liver/chloretic	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
127	Promote/enhance feeling of satiety	Scientific or Traditional	
128	Promote/increase bowel evacuation	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Label statement: Drink plenty of water (or words to that effect).</p> <p>Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.</p> <p>Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).</p> <p>Product presentation must not refer to or imply weight loss.</p>
129	Reduce occurrence of excess intestinal wind/gas	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
130	Reduce occurrence of nausea/vomiting	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
131	Reduce/decrease/suppress hunger/appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
132	Relief of symptoms of medically diagnosed Irritable Bowel Syndrome	Scientific or Traditional	Label statement: If symptoms persist or worsen talk to your medical practitioner.

			Product presentation must only refer to medically diagnosed IBS.
133	Relieve digestive discomfort	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
134	Relieve dry stools	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Drink plenty of water (or words to that effect).
135	Relieve excessive belching	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
136	Sialagogue/promote saliva production	Traditional	
137	Softens stool to ease bowel motions	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Drink plenty of water (or words to that effect).
138	Soothe gastro-intestinal tract mucous membranes	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
139	Stimulant laxative	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Drink plenty of water (or words to that effect). Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems. Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect). Product presentation must not refer to or imply weight loss.

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140	Stimulates/increases digestive gastric hydrochloric acid secretion	Scientific or Traditional	
141	Tonify/nourish/strengthen/replenish liver	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
142	Vermifuge/helps remove intestinal threadworms/pinworms	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to other worms e.g. roundworm, tapeworm, hookworm.

Table 6—Indications relating to the immune system

Indications relating to the immune system			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Decrease/reduce/relieve post nasal drip	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
2	Decrease/reduce/relieve symptoms of allergic rhinitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
3	Decrease/reduce/relieve symptoms of hayfever	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
4	Decrease/reduce/relieve symptoms of skin hives	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
5	Enhance/improve/promote immune defence/immunity	Scientific or Traditional	
6	Helps decrease/reduce/relieve facial tenderness associated with allergic rhinitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
7	Helps decrease/reduce/relieve symptoms of food intolerance	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious

			allergic conditions such as anaphylaxis.
8	Helps decrease/reduce/relieve symptoms of mild allergies	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
9	Helps decrease/reduce/relieve symptoms of seasonal allergies	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
10	Helps enhance/improve/promote immune system function	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
11	Helps reduce occurrence of symptoms of food intolerance	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
12	Helps reduce occurrence of symptoms of mild allergies	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
13	Helps stimulate a healthy immune system response	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
14	Maintain/support healthy gastrointestinal immune function	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
15	Maintain/support healthy immune system function	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
16	Maintain/support immune system health	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
17	Maintain/support immune system to fight illness	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
18	Soothes/relieves swelling/welts associated with hives	Scientific or Traditional	Label statement: If symptoms persist, talk to

your health professional.

Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.

Table 7—Indications relating to muscles

Indications relating to muscles

Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aid/assist muscle development	Scientific or Traditional	
2	Aid/assist muscle growth	Scientific or Traditional	
3	Aid/assist/helps in the healing of minor muscle injuries	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
4	Aid/assist/helps in the management of muscle sprain/strain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
5	Aid/assist/helps post exercise recovery	Scientific or Traditional	
6	Antispasmodic/spasmodolytic	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
7	Decrease/reduce/relieve muscle cramps	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
8	Decrease/reduce/relieve muscle pain/ache/soreness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
9	Decrease/reduce/relieve muscle tension/stiffness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
10	Decrease/reduce/relieve muscle tiredness	Scientific or Traditional	Label statement: If

		Traditional	symptoms persist, talk to your health professional.
11	Decrease/reduce/relieve symptoms of mild tennis elbow	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild tennis elbow.
12	Decrease/reduce/relieve symptoms of muscle injury/ailments	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
13	Decrease/reduce/relieve symptoms of whiplash	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
14	Enhance/improve/promote/increase muscle relaxation	Scientific or Traditional	
15	Helps decrease/reduce protein breakdown in the muscles	Scientific	
16	Helps decrease/reduce/relieve leg cramps	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
17	Helps decrease/reduce/relieve mild muscle spasms/twitches	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
18	Helps decrease/reduce/relieve symptoms of medically diagnosed fibromyalgia/fibrositis	Scientific or Traditional	Label statement: If symptoms persist or worsen talk to your medical practitioner. Product presentation must only refer to medically diagnosed fibromyalgia/fibrositis.
19	Helps decrease/reduce/relieve symptoms of mild medically diagnosed tenosynovitis	Scientific or Traditional	Label statement: If symptoms persist or worsen talk to your medical practitioner. Product presentation must only refer to medically diagnosed tenosynovitis.
20	Helps decrease/reduce/relieve symptoms of muscle sprain/strain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
21	Helps enhance/improve muscle recovery time	Scientific or Traditional	
22	Helps enhance/improve/promote/increase healthy muscle tone	Scientific or Traditional	
23	Helps enhance/improve/promote/increase muscle fuel burning efficiency	Scientific or Traditional	
24	Helps enhance/improve/promote/increase muscle performance/endurance/stamina	Scientific or Traditional	

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25	Helps enhance/improve/promote/increase muscle strength	Scientific or Traditional	
26	Helps enhance/improve/promote/increase muscle strength to improve balance/stability	Scientific or Traditional	
27	Helps enhance/improve/promote/increase physical/exercise performance	Scientific or Traditional	
28	Helps enhance/promote healthy muscle function	Scientific or Traditional	
29	Helps enhance/promote healthy muscle mass	Scientific or Traditional	
30	Helps reduce occurrence of muscle cramp	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
31	Helps reduce occurrence of muscle tension/stiffness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
32	Maintain/support healthy ligaments	Scientific or Traditional	
33	Maintain/support healthy muscle contraction function	Scientific or Traditional	
34	Maintain/support healthy neuromuscular system/function	Scientific or Traditional	Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
35	Maintain/support muscle fuel burning efficiency	Scientific or Traditional	
36	Maintain/support muscle function	Scientific or Traditional	
37	Maintain/support muscle health	Scientific or Traditional	
38	Maintain/support muscle mass	Scientific or Traditional	
39	Maintain/support muscle performance/endurance/stamina	Scientific or Traditional	
40	Maintain/support muscle protein stores	Scientific	
41	Maintain/support muscle relaxation	Scientific or Traditional	
42	Maintain/support muscle strength	Scientific or Traditional	
43	Maintain/support muscle strength to reduce strain on joints	Scientific or Traditional	
44	Maintain/support muscle tone	Scientific or Traditional	
45	Maintain/support tendon health	Scientific or Traditional	
46	Reduce/decrease mild muscle inflammation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

Table 8—Indications relating to the nervous system

Indications relating to the nervous system			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Adaptogen/Help body adapt to stress	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
2	Aid/assist/helps mind relaxation	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
3	Aid/assist/helps synthesis of neurotransmitters	Scientific	
4	Aids/assists the body to cope with environmental stress	Scientific or Traditional	
5	Brain tonic/Enhance brain health	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
6	Calmative/nervous system relaxant	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
7	Calms the mind	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
8	Decrease/reduce duration of mild migraine	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild migraine.
9	Decrease/reduce headache duration	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
10	Decrease/reduce mental/cognitive fatigue	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
11	Decrease/reduce time to fall asleep	Scientific or Traditional	
12	Decrease/reduce/relieve disturbed/restless sleep	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
13	Decrease/reduce/relieve headache symptoms	Scientific or Traditional	Label statement: If symptoms persist, talk to

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			your health professional.
14	Decrease/reduce/relieve hot flushes associated with mild anxiety	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions. Product presentation must only refer to mild anxiety.
15	Decrease/reduce/relieve mental overactivity	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
16	Decrease/reduce/relieve mild dizziness/vertigo	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild vertigo.
17	Decrease/reduce/relieve mild migraine symptoms	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild migraine.
18	Decrease/reduce/relieve mild nerve pain/neuralgia	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild nerve pain/neuralgia.
19	Decrease/reduce/relieve nervous tension/unrest	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions.
20	Decrease/reduce/relieve restlessness/excess nervous energy	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions.
21	Decrease/reduce/relieve sleeplessness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

22	Decrease/reduce/relieve symptoms of mild anxiety	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions. Product presentation must only refer to mild anxiety.
23	Decrease/reduce/relieve symptoms of mild sciatica	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild sciatica.
24	Decrease/reduce/relieve symptoms of stress	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions.
25	Enhance/improve/promote learning ability/function	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
26	Enhance/improve/promote/increase body relaxation	Scientific or Traditional	
27	Enhance/improve/promote/increase cognitive performance	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
28	Enhance/improve/promote/increase memory/recall	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
29	Enhance/improve/promote/increase mental alertness/wakefulness	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
30	Enhance/improve/promote/increase mental endurance/stamina	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
31	Enhance/improve/promote/increase mind relaxation	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
32	Enhance/improve/promote/increase short term memory	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or

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			conditions.
33	Enhance/improve/promote/increase sleep quality/deep sleep	Scientific or Traditional	
34	Enhance/promote body adaptation to stress	Scientific or Traditional	
35	Enhance/promote/increase healthy sleep patterns	Scientific or Traditional	
36	Enhance/promote/increase refreshing sleep	Scientific or Traditional	
37	Help establish/restore/reset sleep-wake cycle (circadian rhythm)	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
38	Help maintain/support emotional wellbeing	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
39	Helps decrease/reduce/relieve frequent need to urinate associated with mild anxiety	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions. Product presentation must only refer to mild anxiety.
40	Helps decrease/reduce/relieve symptoms of mild tension headache	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
41	Helps decrease/reduce/relieve symptoms of sensitivity to light/sound associated with mild migraine	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild migraine.
42	Helps enhance/improve/promote/increase attention span	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
43	Helps enhance/promote healthy nerve conduction/transmission/neurotransmission	Scientific	
44	Helps maintain/support development of hand eye coordination	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
45	Helps reduce occurrence of irritability	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or

			conditions.
46	Helps reduce occurrence of mild migraines	Scientific or Traditional	Product presentation must only refer to mild migraine. Label statement: If symptoms persist, talk to your health professional.
47	Helps reduce occurrence of symptoms of headaches	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
48	Helps reduce occurrence of symptoms of mild anxiety	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions. Product presentation must only refer to mild anxiety.
49	Maintain/support brain function	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
50	Maintain/support brain health	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
51	Maintain/support brain/central nervous system development	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
52	Maintain/support cognitive development	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
53	Maintain/support cognitive function/mental function	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
54	Maintain/support general mental wellbeing	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
55	Maintain/support healthy sleeping patterns	Scientific or Traditional	
56	Maintain/support learning and information processing	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
57	Maintain/support memory/mental recall	Scientific or Traditional	Product presentation must not imply or refer to mental

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			illnesses, disorders or conditions.
58	Maintain/support mental concentration/focus/clarity	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
59	Maintain/support mental endurance/stamina	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
60	Maintain/support nerve conduction	Scientific	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
61	Maintain/support nervous system function	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
62	Maintain/support nervous system health	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
63	Maintain/support neuroendocrine function	Scientific	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
64	Maintain/support neuromuscular function	Scientific	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
65	Maintains/supports refreshing sleep	Scientific or Traditional	
66	Nerve stimulant/enhance nerve function	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
67	Nerve tonic	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
68	Nervine/support nervous system	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
69	Nourish the brain	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
70	Nourish the nervous system	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
71	Relieve facial pallor associated with mild migraines	Scientific or	Label statement: If

		Traditional	symptoms persist, talk to your health professional. Product presentation must only refer to mild migraine.
72	Relieve irritability	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions.
73	Soothe/calm nerves	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
74	Soporific/induces sleep	Traditional	
75	Support healthy body stress recovery	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
76	Support healthy emotional/mood balance	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
77	Support healthy stress response in the body	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.

Table 9—Indications relating to nutrition

Indications relating to nutrition			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aid/assist/helps glucose/sugar/carbohydrate metabolism	Scientific	Product presentation must not imply or refer to lowering or raising blood sugar/glucose levels from outside of the normal healthy range.
2	Aid/assist/helps metabolism of (state vitamin/mineral/nutrient)	Scientific	If product is indicated for supplementation, Label statement: [Vitamins/minerals/nutrients/dietary supplements] can only be of assistance if dietary intake is inadequate OR

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			[Vitamins/minerals/nutrients/dietary supplements] should not replace a balanced diet (or words to that effect).
3	Aid/assist/helps protein synthesis in the body	Scientific	
4	Aid/assist/helps synthesis of (insert vitamin) in the body	Scientific	Label statement: Vitamins can only be of assistance if the dietary vitamin intake is inadequate OR Vitamin supplements should not replace a balanced diet.
5	Enhance/improve/promote/increase (state vitamin/mineral/nutrient) levels in the body	Scientific	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).
6	Enhance/improve/promote/increase nutrient uptake	Scientific or Traditional	
7	Helps decrease/reduce homocysteine levels	Scientific	
8	Helps enhance/promote/increase absorption of dietary (state vitamin/mineral/nutrient)	Scientific	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).
9	Helps enhance/promote/increase body utilisation of (state mineral/vitamin/nutrient)	Scientific	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).
10	Helps maintain/support cellular uptake of (state vitamin/mineral/nutrient)	Scientific	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).

11	Helps prevent dietary (state vitamin/mineral/nutrient) deficiency	Scientific	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).
12	Helps reduce carbohydrate metabolism	Scientific	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 lowering or raising blood sugar/glucose levels from outside of the normal healthy range.
13	Maintain/support (state vitamin/mineral) within normal range	Scientific	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).
14	Maintain/support (state vitamin/mineral/nutrient) levels in the body	Scientific or Traditional	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).
15	Maintain/support absorption of dietary (state vitamin/mineral/nutrient)	Scientific	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).

Table 10—Indications relating to the reproductive system

Specified permissible indications and requirements applying to these indications when contained in a medicine
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Indications relating to the reproductive system

Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aid/assist healthy thyroid hormone production for pregnancy	Scientific	<p>Indication can only be used for medicines that contain iodine as a mandatory component of one or more permitted active ingredients and the recommended daily dose of the medicine provides a minimum of 150 micrograms of iodine.</p> <p>Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.</p> <p>Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.</p> <p>Label statement: If you have pre-existing thyroid conditions, seek advice from your medical practitioner before taking this medicine.</p> <p>Product presentation must not imply or refer to any thyroid related diseases.</p>
2	Aid/assist prepare uterus for childbirth	Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
3	Aphrodisiac/Enhance/improve/promote healthy libido	Scientific or Traditional	
4	Decrease/reduce feelings of aggression/irritability associated with premenstrual tension	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
5	Decrease/reduce heavy menstruation/periods	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
6	Decrease/reduce/relieve aggression/irritability associated with menopause	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
7	Decrease/reduce/relieve breast pain/tenderness associated with premenstrual tension	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

8	Decrease/reduce/relieve excessive breast milk flow	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.
9	Decrease/reduce/relieve hot flushes associated with menopause	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
10	Decrease/reduce/relieve menstrual cycle irregularity/irregular periods	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
11	Decrease/reduce/relieve menstrual spasms/cramps	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
12	Decrease/reduce/relieve menstruation pain/dysmenorrhoea	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
13	Decrease/reduce/relieve mood changes/mood swings associated with premenstrual tension	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
14	Decrease/reduce/relieve moodiness/mood swings associated with menopause	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions. Label statement: If symptoms persist, talk to your health professional.
15	Decrease/reduce/relieve morning sickness	Scientific or Traditional	Product presentation must not imply or refer to severe morning sickness such as hyperemesis gravidarum Label statement: If symptoms persist or worsen talk to your medical practitioner. Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
16	Decrease/reduce/relieve symptoms of menopause	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
17	Decrease/reduce/relieve symptoms of menstruation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
18	Decrease/reduce/relieve symptoms of premenstrual tension	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
19	Decrease/reduce/relieve vaginal discomfort	Scientific or Traditional	Label statement: If symptoms persist, talk to

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			your health professional.
20	Decrease/reduce/relieve vaginal dryness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
21	Enhance/promote healthy foetal development	Scientific	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
22	female tonic	Traditional	
23	Galactagogue/lactagogue/Enhance/improve/promote/increase breast milk production	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.
24	Haemagogue/emmenagogue/promotes menstrual flow	Traditional	Product presentation must not imply or refer to abortifacient action.
25	Help decrease/reduce/relieve confusion associated with premenstrual tension/syndrome	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions.
26	Help maintain/support healthy prostate function	Scientific or Traditional	Product presentation must not imply or refer to serious genitourinary conditions like Benign Prostatic Hypertrophy, erectile dysfunction or hormone therapy.
27	Help to prevent neural tube defects such as spina bifida and/or anencephaly	Scientific	Indication can only be used for medicines that contain folic acid as an active ingredient and the recommended daily dose of the medicine provides a minimum of 400 micrograms of folic acid. Product presentation referring to the prevention of neural tube defects must include at least one of the following label statements: when trying to conceive and during the first trimester of pregnancy, and/or when taken at least four weeks before conception and during the first trimester of pregnancy.

			If directed to women, Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
28	Helps decrease/reduce/relieve mild vaginal itch	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
29	Helps decrease/reduce/relieve night sweats associated with menopause	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
30	Helps decrease/reduce/relieve symptoms of mild mastitis while lactating/breastfeeding	Scientific or Traditional	Product presentation must not imply or refer to mastitis due to infection. Mastitis must be qualified by mild. Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner. Label statement: Seek medical advice if symptoms persist for more than 12 hours or you start to feel unwell (or words to that effect).
31	Helps enhance/promote maternal health	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner. If directed to women, Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
32	Helps enhance/promote maternal postnatal health	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.
33	Helps enhance/promote preconception health	Scientific or Traditional	If directed to women, Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. Product presentation must

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			not imply or refer to infertility.
34	Helps enhance/promote prostate health	Scientific or Traditional	Product presentation must not imply or refer to serious genitourinary conditions like Benign Prostatic Hypertrophy, erectile dysfunction or hormone therapy.
35	Helps enhance/promote uterine health	Scientific or Traditional	
36	Helps maintain/support healthy vaginal pH	Scientific	
37	Helps maintain/support testosterone formation/synthesis	Scientific	
38	Helps maintains/support healthy foetal CNS/brain development	Scientific	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
39	Helps prepare the body for labour	Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
40	Helps prepare the body for pregnancy	Scientific or Traditional	Product presentation must not imply or refer to infertility. Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
41	Helps reduce occurrence of menopausal symptoms	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
42	Helps reduce occurrence of premenstrual tension symptoms	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
43	Helps reduce occurrence of symptoms of mild mastitis while lactating/breastfeeding	Scientific or Traditional	Product presentation must not imply or refer to mastitis due to infection. Mastitis must be qualified by mild. Label statement: Seek medical advice if symptoms persist for more than 12 hours or you to start to feel unwell (or words to that effect). Label statement: If you are

			concerned about the health of yourself or your baby, talk to your health practitioner.
44	Helps temporarily decrease/reduce/relieve excessive vaginal discharge	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
45	Helps temporarily decrease/reduce/relieve symptoms of mild vaginitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild vaginitis.
46	Improve menstrual flow	Scientific or Traditional	
47	Lactifuge/reduce breast milk production	Traditional	Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.
48	Maintain/support breast milk production/lactation	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.
49	Maintain/support female healthy hormonal balance	Scientific	
50	Maintain/support female healthy hormonal balance during the reproductive cycle	Scientific	
51	Maintain/support female reproductive system health	Scientific or Traditional	
52	Maintain/support healthy female hormonal balance during menopause	Scientific	
53	Maintain/support healthy libido	Scientific or Traditional	
54	Maintain/support healthy pregnancy	Scientific or Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
55	Maintain/support healthy reproductive hormones	Scientific or Traditional	Product presentation must not imply or refer to hormone imbalances.
56	Maintain/support healthy sexual function	Scientific or Traditional	
57	Maintain/support healthy thyroid gland function for pregnancy	Scientific	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. Label statement: If you are concerned about the health

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			<p>of yourself or your baby, talk to your health practitioner.</p> <p>Label statement: If you have pre-existing thyroid conditions, seek advice from your medical practitioner before taking this medicine.</p> <p>Indication can only be used for medicines that contain iodine as a mandatory component of one or more permitted active ingredients and the recommended daily dose of the medicine provides a minimum of 150 micrograms of iodine.</p> <p>Product presentation must not imply or refer to any thyroid related diseases.</p>
58	Maintain/support maternal health	Scientific or Traditional	<p>Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.</p> <p>If directed to women, Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.</p>
59	Maintain/support oestrogen hormone levels	Scientific	
60	Maintain/support ovarian health	Traditional	<p>Product presentation must not imply or refer to ovarian disease.</p> <p>Product presentation must not imply or refer to infertility.</p>
61	Maintain/support placenta health/growth	Scientific	<p>Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.</p>
62	Maintain/support preconception health	Scientific	<p>If directed to women, Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.</p> <p>Product presentation must</p>

			not imply or refer to infertility.
63	Maintain/support prostate health	Scientific or Traditional	Product presentation must not imply or refer to serious genitourinary conditions like Benign Prostatic Hypertrophy, erectile dysfunction or hormone therapy.
64	Maintain/support reproductive system health	Scientific or Traditional	Product presentation must not imply or refer to infertility.
65	Maintain/support semen health	Scientific	Product presentation must not imply or refer to infertility.
66	Maintain/support sperm health	Scientific	Product presentation must not imply or refer to infertility.
67	Maintain/support sperm motility	Scientific	Product presentation must not imply or refer to infertility.
68	Maintain/support sperm production	Scientific	Product presentation must not imply or refer to infertility.
69	Maintain/support testosterone level	Scientific	
70	Maintain/support uterine health	Scientific or Traditional	
71	Maintain/support vaginal health	Scientific or Traditional	
72	Maintain/support vaginal healthy flora/microflora	Scientific	
73	Maintain/support/regulate healthy menstrual cycle	Scientific or Traditional	
74	Maintains/support healthy foetal development	Scientific	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
75	Male tonic	Traditional	
76	Ovarian tonic	Traditional	Product presentation must not imply or refer to ovarian disease.
77	Post partum tonic	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.
78	Relieves mid-cycle menstrual pain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
79	Soothes/relieves sore, cracked nipples	Scientific or	Label statement: If

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		Traditional	symptoms persist, talk to your health professional.
80	Uterine tonic/Enhance uterine health	Traditional	

Table 11—Indications relating to the respiratory system**Indications relating to the respiratory system**

Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Antitussive/cough suppressant	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
2	Decongestant/relieve nasal congestion	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
3	Decrease/reduce excess chest phlegm	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p>
4	Decrease/reduce excess mucous	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

			Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
5	Decrease/reduce/relieve bronchial mucous congestion	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
6	Decrease/reduce/relieve chills associated with common cold	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
7	Decrease/reduce/relieve common cold duration	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
8	Decrease/reduce/relieve cough	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD,</p>

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			COPD, influenza. Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
9	Decrease/reduce/relieve itchy throat	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
10	Decrease/reduce/relieve mild bronchial cough	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. Product presentation must only refer to mild bronchitis. Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
11	Decrease/reduce/relieve mild bronchial irritation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. Product presentation must only refer to mild bronchitis.
12	Decrease/reduce/relieve mild throat inflammation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
13	Decrease/reduce/relieve mild upper respiratory tract congestion	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

			<p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Respiratory tract infections must be qualified by 'mild'.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
14	Decrease/reduce/relieve sneezing	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
15	Decrease/reduce/relieve snoring	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
16	Decrease/reduce/relieve symptoms of common cold	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
17	Decrease/reduce/relieve symptoms of common colds and flu	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
18	Decrease/reduce/relieve symptoms of head cold	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

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			Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
19	Decrease/reduce/relieve symptoms of laryngitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
20	Decrease/reduce/relieve symptoms of mild throat infection	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious infections.
21	Decrease/reduce/relieve symptoms of mild tonsillitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild tonsillitis.
22	Decrease/reduce/relieve symptoms of sinusitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
23	Decrease/reduce/relieve the severity of common cold symptoms	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
24	Decrease/reduce/relieve the severity of symptoms of mild upper respiratory tract infections	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. Respiratory tract infections must be qualified by 'mild'. Label statement: Adults

			only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
25	Decrease/reduce/relieve thirstiness associated with common cold	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
26	Decrease/reduce/relieve throat irritation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
27	Decrease/reduce/relieve throat mucous membrane irritation/inflammation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
28	Enhance/improve/promote/increase cough productivity	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
29	Expectorant/clear respiratory tract mucous	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
30	Help reduce occurrence of symptoms of tonsillitis	Scientific or Traditional	Label statement: If symptoms persist, worsen or episodes become more frequent talk to your medical

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			practitioner.
31	Helps decrease/reduce occurrence of sore throat	Scientific or Traditional	Label statement: If symptoms persist, worsen or episodes become more frequent talk to your medical practitioner.
32	Helps decrease/reduce/relieve mild swelling of the glands associated with common cold	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Product presentation must only refer to mild gland swelling.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
33	Helps decrease/reduce/relieve nasal itching	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
34	Helps decrease/reduce/relieve the severity of symptoms of common colds and flu	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
35	Helps enhance/improve nose breathing	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p>

36	Helps reduce occurrence of common colds	Scientific or Traditional	
37	Helps reduce occurrence of symptoms of upper respiratory tract infections	Scientific or Traditional	<p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p> <p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p>
38	Helps soothe respiratory tract	Scientific or Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
39	Loosen chest phlegm	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p>
40	Loosen respiratory tract mucous	Scientific or Traditional	<p>Label statement: If symptoms persist, talk to your health professional.</p> <p>Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.</p>
41	Lung tonic/Enhance lung health	Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
42	Maintain/support healthy mucous membranes/mucous tissue of the respiratory tract	Scientific or Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.

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43	Maintain/support lung health	Scientific or Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
44	Reduce duration of symptoms of laryngitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
45	Reduce duration of symptoms of mild tonsillitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious infections.
46	Reduce the severity of symptoms of laryngitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
47	Relieve dry throat	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
48	Relieve dry unproductive cough	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
49	Relieve hoarseness of voice	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
50	Relieve itchy throat	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
51	Relieve loss of voice	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
52	Relieve runny/dripping nose	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
53	Relieve symptoms of mild upper respiratory tract infections	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must

			not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
			Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).
54	Relieve symptoms of sore throat/pharyngitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
55	Relieves dry nose	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
56	Soothe respiratory tract mucous membranes/mucous tissue	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
57	Soothe/calm the chest	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
			Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
58	Unblock/clear nasal passages	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

Table 12—Indications relating to skin

Indications relating to skin			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aids/assists healing of minor skin pressure sores (decubitus ulcers/bedsores)	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
2	Antimicrobial for minor cuts and abrasions	Scientific or Traditional	Product presentation must not imply or refer to serious infections.
3	Antipruritic/Relieves itchy skin	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.

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4	Antiseptic for minor cuts and abrasions	Scientific or Traditional	Product presentation must not imply or refer to serious infections.
5	Can aid in the prevention of premature skin ageing (sunscreen)	Scientific	Indication for use in sunscreen products only.
6	Can aid in the prevention of solar keratosis (sunscreen)	Scientific	Indication can only be used for sunscreen products with an SPF rating of 30 or higher.
7	Can aid in the prevention of sunspots (sunscreen)	Scientific	Indication can only be used for sunscreen products with an SPF rating of 30 or higher.
8	Cleanse minor skin wound/cuts/scratches/abrasions	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
9	Counterirritant	Traditional	
10	Decrease/reduce skin sensitivity	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
11	Decrease/reduce/relieve burning/tingling associated with facial cold sores	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
12	Decrease/reduce/relieve blisters	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
13	Decrease/reduce/relieve bruise pain	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
14	Decrease/reduce/relieve bruise swelling	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
15	Decrease/reduce/relieve congested skin pores	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
16	Decrease/reduce/relieve itchy/prickling skin associated with mild eczema/dermatitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild eczema.
17	Decrease/reduce/relieve numbness associated with chilblains	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
18	Decrease/reduce/relieve oily skin	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
19	Decrease/reduce/relieve pimples	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
20	Decrease/reduce/relieve prickling sensation associated with chilblains	Scientific or Traditional	Label statement: If symptoms persist, talk to

			your health professional.
21	Decrease/reduce/relieve prickly heat skin rash	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
22	Decrease/reduce/relieve scalp flaking/scaling	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
23	Decrease/reduce/relieve scalp itching/irritation/redness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
24	Decrease/reduce/relieve skin burning/itching associated with athlete's foot/tinea	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
25	Decrease/reduce/relieve skin chafing	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
26	Decrease/reduce/relieve skin dryness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
27	Decrease/reduce/relieve skin irritation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
28	Decrease/reduce/relieve skin peeling/cracking	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
29	Decrease/reduce/relieve skin redness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
30	Decrease/reduce/relieve skin scaling/crusty skin	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
31	Decrease/reduce/relieve symptoms of acne blackheads	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
32	Decrease/reduce/relieve symptoms of athlete's foot/tinea	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
33	Decrease/reduce/relieve symptoms of boils	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
34	Decrease/reduce/relieve symptoms of chickenpox	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
35	Decrease/reduce/relieve symptoms of chilblains	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
36	Decrease/reduce/relieve symptoms of cradle cap	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
37	Decrease/reduce/relieve symptoms of dandruff	Scientific or Traditional	Label statement: If symptoms persist, talk to

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			your health professional.
38	Decrease/reduce/relieve symptoms of facial cold sores	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
39	Decrease/reduce/relieve symptoms of insect bite/sting	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
40	Decrease/reduce/relieve symptoms of medically diagnosed shingles	Scientific or Traditional	Label statement: If symptoms persist or worsen talk to your medical practitioner. Product presentation must only refer to medically diagnosed shingles.
41	Decrease/reduce/relieve symptoms of mild eczema/dermatitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild eczema.
42	Decrease/reduce/relieve symptoms of mild psoriasis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild psoriasis
43	Decrease/reduce/relieve symptoms of mild, superficial skin fungal infections	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional. Product presentation must only refer to mild fungal infection.
44	Decrease/reduce/relieve symptoms of nappy rash	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
45	Enhance/improve healing of minor skin wound/cuts/scratches/abrasions	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
46	Enhance/improve healthy skin flora	Scientific or Traditional	
47	Enhance/improve/promote healing of bruises	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
48	Enhance/improve/promote healing of facial cold sores	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
49	Enhance/improve/promote skin healing	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
50	Enhance/improve/promote skin repair/healing	Scientific or Traditional	Label statement: If symptoms persist, talk to

			your health professional.
51	Helps decrease/reduce/relieve swelling associated with chilblains	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
52	Helps decrease/reduce/relieve symptoms of minor skin wounds (cuts, scratches and abrasions)	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
53	Helps enhance/improve skin elasticity	Scientific	
54	Helps enhance/improve skin internal structure	Scientific or Traditional	
55	Helps enhance/improve skin strength	Scientific or Traditional	
56	Helps enhance/improve/promote/increase skin firmness	Scientific or Traditional	
57	Helps enhance/improve/promote/increase skin hydration	Scientific or Traditional	
58	Helps enhance/promote skin health	Scientific or Traditional	
59	Helps enhance/promote skin regeneration	Scientific or Traditional	
60	Helps healing of mild skin burn/sunburns	Scientific or Traditional	<p>If product is indicated for skin burn, Label statement: Immediate treatment of burns should be application of cold water for ten minutes (or words to that effect).</p> <p>If product is indicated for skin burn, Label statement: Only to be used for minor burns after initial first aid treatment, medical advice should be sought for serious burns.</p> <p>Product presentation must only refer to 'mild' burns.</p>
61	Helps improve appearance of skin stretch marks	Scientific or Traditional	
62	Helps maintain/support skin pH balance	Scientific	Label statement: If symptoms persist, talk to your health professional.
63	Helps protect skin elastin from breaking down	Scientific	
64	Helps reduce occurrence of blackheads	Scientific or Traditional	
65	Helps reduce occurrence of congested skin pores	Scientific or Traditional	
66	Helps reduce occurrence of facial cold sores	Scientific or Traditional	
67	Helps reduce occurrence of nappy rash	Scientific or	

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		Traditional	
68	Helps reduce occurrence of pimples	Scientific or Traditional	
69	Helps reduce occurrence of skin dryness	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
70	Helps reduce occurrence of skin pressure sores/bedsores	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
71	Helps reduce occurrence of skin scar tissue	Scientific or Traditional	
72	Helps reduce occurrence of skin stretch marks	Scientific or Traditional	
73	Helps reduce occurrence of symptoms of acne	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
74	Helps reduce occurrence of symptoms of dandruff	Scientific or Traditional	
75	Helps reduce occurrence of symptoms of eczema/dermatitis	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
76	Helps reduce/relieve warts	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
77	Maintain/support healthy skin flora	Scientific or Traditional	
78	Maintain/support skin elasticity	Scientific or Traditional	
79	Maintain/support skin firmness	Scientific or Traditional	
80	Maintain/support skin health	Scientific or Traditional	
81	Maintain/support skin hydration	Scientific or Traditional	
82	Maintain/support skin integrity/structure	Scientific or Traditional	
83	Maintain/support skin regeneration	Scientific or Traditional	
84	Maintain/support skin repair/healing/regeneration	Scientific or Traditional	
85	Maintain/support wound healing	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
86	May assist in preventing some skin cancers (sunscreen)	Scientific	Indication can only be used for sunscreen products with an SPF rating of 30 or higher.
87	May reduce the risk of some skin cancers (sunscreen)	Scientific	Indication can only be used for sunscreen products with an SPF rating of 30 or

		higher.	
88	Reduce occurrence of skin chaffing	Scientific or Traditional	
89	Reduce scar tissue	Scientific or Traditional	
90	Relieve hot skin	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
91	Relieve minor skin eruptions	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
92	Relieve red skin rash	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
93	Relieve symptoms of acne	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
94	Soothe skin	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
95	Soothe/relieve mild skin burn/sunburns	Scientific or Traditional	If product is indicated for skin burn, Label statement: Immediate treatment of burns should be application of cold water for ten minutes (or words to that effect). If product is indicated for skin burn, Label statement: Only to be used for minor burns after initial first aid treatment, medical advice should be sought for serious burns. Product presentation must only refer to 'mild' burns.
96	Soothe/relieve skin inflammation	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
97	Soothes/relieves heat rash	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
98	SPF 10 Broad spectrum low protection sunscreen	Scientific	Indication for use in sunscreen products only.
99	SPF 15 Broad spectrum medium/moderate protection sunscreen	Scientific	Indication for use in sunscreen products only.
100	SPF 20 Broad spectrum medium/moderate protection sunscreen	Scientific	Indication for use in sunscreen products only.
101	SPF 25 Broad spectrum medium/moderate protection sunscreen	Scientific	Indication for use in sunscreen products only.

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102	SPF 30 Broad spectrum high protection sunscreen	Scientific	Indication for use in sunscreen products only.
103	SPF 4 Broad spectrum low protection sunscreen	Scientific	Indication for use in sunscreen products only.
104	SPF 40 Broad spectrum high protection sunscreen	Scientific	Indication for use in sunscreen products only.
105	SPF 50 Broad spectrum high protection sunscreen	Scientific	Indication for use in sunscreen products only.
106	SPF 50 PLUS Broad spectrum very high protection sunscreen	Scientific	Indication for use in sunscreen products only.
107	SPF 6 Broad spectrum low protection sunscreen	Scientific	Indication for use in sunscreen products only.
108	SPF 8 Broad spectrum low protection sunscreen	Scientific	Indication for use in sunscreen products only.
109	Vulnerary/wound healing	Traditional	Label statement: If symptoms persist, talk to your health professional.

Table 13—Indications relating to the urinary system

Indications relating to the urinary system			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Aid/assist flushing of the urinary tract	Scientific or Traditional	
2	Bladder tonic/Enhance bladder health	Traditional	
3	Decrease/reduce symptoms of medically diagnosed cystitis by reducing urinary PH	Scientific or Traditional	Label statement: If pain or irritation persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention (or words to that effect). Product presentation must only refer to medically diagnosed cystitis.
4	Decrease/reduce urinary odour	Scientific or Traditional	Product presentation must not imply or refer to serious infections.
5	Decrease/reduce/relieve urinary incontinence associated with medically diagnosed overactive bladder	Scientific or Traditional	Product presentation must only refer to medically diagnosed overactive bladder. Label statement: If symptoms persist or worsen

			talk to your medical practitioner.
6	Decrease/reduce/relieve urinary urgency associated with medically diagnosed overactive bladder	Scientific or Traditional	Label statement: If symptoms persist or worsen talk to your medical practitioner. Product presentation must only refer to medically diagnosed overactive bladder.
7	Enhance/promote/increase urine output	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
8	Helps decrease/reduce/relieve burning sensation/irritation upon urination associated with medically diagnosed cystitis	Scientific or Traditional	Label statement: If pain or irritation persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention (or words to that effect). Product presentation must only refer to medically diagnosed cystitis.
9	Helps decrease/reduce/relieve symptoms of medically diagnosed cystitis	Scientific or Traditional	Label statement: If pain or irritation persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention (or words to that effect). Product presentation must only refer to medically diagnosed cystitis.
10	Helps enhance/promote bladder health	Scientific or Traditional	
11	Helps enhance/promote healthy urogenital flora	Scientific or Traditional	
12	Helps reduce occurrence of medically diagnosed cystitis	Scientific or Traditional	Label statement: If pain or irritation persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention (or words to that effect). Product presentation must only refer to medically diagnosed cystitis.
13	Kidney Tonic	Traditional	Product presentation must not imply or refer to kidney disease.

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14	Maintain/support bladder health	Scientific or Traditional	
15	Maintain/support healthy bladder function	Scientific or Traditional	
16	Maintain/support healthy urine output	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
17	Maintain/support healthy urogenital flora	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
18	Maintain/support kidney function	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
19	Maintain/support kidney health	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
20	Maintain/support urinary tract function	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
21	Maintain/support urinary tract health	Scientific or Traditional	
22	Maintain/support urogenital health	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
23	Relieve urinary frequency	Scientific or Traditional	Label statement: If symptoms persist, talk to your health professional.
24	Renal tonic/Enhance bladder health	Traditional	Product presentation must not imply or refer to disease in any body organ.
25	Urinary alkaliser	Scientific or Traditional	

Table 14—Traditional Chinese medicine indications

Traditional Chinese medicine indications			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	activate meridians/channels	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
2	allay excitement	Traditional Chinese	Product presentation must not imply or refer to mental

		medicine	illnesses, disorders or conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
3	balance yin and yang	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
4	calm/soothe/nourish the liver	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
5	calm/soothe/nourish/balance spirit	Traditional Chinese medicine	Product presentation must not imply or refer to mental illnesses, disorders or conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
6	calm/stabilise/settle/regulate shen	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to mental illnesses, disorders or conditions.
7	clear/cool/drain/purge/asthenic-heat/deficiency-heat	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a

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			TCM practitioner/health professional if you are unsure if this medicine is right for you.
8	clear/dispel/transform body fluid	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to serious cardiovascular conditions.
9	clear/disperse/expel/dissipate/cool blood-heat	Traditional Chinese medicine	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to mental illnesses, disorders or conditions.
10	clear/drain heat in the gall bladder	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to disease in any body organ.
11	clear/dry/drain/eliminate/resolve dampness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
12	clear/expel and resolve heat-phlegm	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health

			professional if you are unsure if this medicine is right for you.
13	clear/expel damp-heat from the bladder	Traditional Chinese medicine	<p>If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.</p>
14	clear/expel damp-heat from the gallbladder	Traditional Chinese medicine	<p>If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.</p>
15	clear/expel damp-heat from the large intestine	Traditional Chinese medicine	<p>If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Product presentation must not imply or refer to disease in any body organ.</p>
16	clear/expel damp-heat from the liver	Traditional Chinese medicine	<p>Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.</p> <p>If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.</p>
17	clear/expel damp-heat from the spleen	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is

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			right for you.
			Product presentation must not imply or refer to disease in any body organ.
18	clear/expel dampness to resolve/eliminate the phlegm	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
19	clear/expel heat in small intestine	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
			Product presentation must not imply or refer to disease in any body organ.
20	clear/expel muscle heat	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
21	clear/expel phlegm-stasis obstructing the collaterals	Traditional Chinese medicine	Label statement: If symptoms persist, talk to your health professional.
			Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
22	clear/expel stagnant heat	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.

			Product presentation must not imply or refer to disease in any body organ.
			Product presentation must not imply or refer to mental illnesses, disorders or conditions.
23	clear/expel stomach-heat	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
24	clear/expel wind-cold-dampness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
25	clear/expel/dissipate stomach-coldness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
26	clear/expel/dissolve/resolve phlegm	Traditional Chinese medicine	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
27	clear/expel/dissolve/resolve/dissipate cold-phlegm	Traditional Chinese medicine	Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. If TCM terminology is used on medicine label,

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			label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
28	cool the blood aspect/stratum	Traditional Chinese medicine	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
29	descend/subdue/regulate/constrain liver-yang	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
30	dispel/expel/disperse/clear cold-dampness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
31	dispel/expel/disperse/clear external/exogenous coldness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
32	dispel/expel/disperse/clear external/exogenous heat	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
33	dispel/expel/disperse/clear external/exogenous wind	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are

			unsure if this medicine is right for you.
34	dispel/expel/disperse/clear fire	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
35	dispel/expel/disperse/clear internal/endogenous heat	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
36	dispel/expel/disperse/clear stagnated blood/blood-stasis	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to cardiovascular or renal conditions.
37	dispel/expel/extinguish/disperse/clear exogenous wind	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
38	dispel/expel/extinguish/disperse/clear exogenous wind-phlegm	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
39	dispel/expel/extinguish/disperse/clear lung-heat	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must

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			not imply or refer to disease in any body organ.
40	dispel/expel/extinguish/disperse/clear stomach-dampness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
41	dispel/expel/extinguish/disperse/clear wind-coldness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
42	dispel/expel/extinguish/disperse/clear wind-dampness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
43	dispel/expel/extinguish/disperse/clear wind-heat	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
44	disseminate/diffuse lungs/lung-qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
45	dissipate coldness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
46	dissipate retained-fluid/water	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.

			Product presentation must not imply or refer to cardiovascular or renal conditions.
47	eliminate/reduce/remove/resolve/dissipate blood-stasis	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
48	engender fluid	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
49	enhance generation/transformation of nutritive-qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to kidney disease.
50	enrich/nourish/tonify/fortify/strengthen kidneys	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
51	generating/engendering blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is

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			right for you.
52	harmonise intestines	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
53	harmonise the middle-burner (spleen and stomach)	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
54	harmonise/soothe the stomach	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
55	increase/augment protective-qi/wei-qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
56	increase/augment/generate/promote/ strengthen qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
57	invigorate/activate blood	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.

			Product presentation must not imply or refer to serious cardiovascular conditions.
58	invigorate/nourish/tonify/strengthen/ replenish heart-qi	Traditional Chinese medicine	Product presentation must not imply or refer to heart disease. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
59	moisten and nourish the large intestine	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
60	moisten dryness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
61	moisten lungs	Traditional Chinese medicine	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
62	moisten the intestines	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are

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			unsure if this medicine is right for you.
63	moisten the triple-burner/triple-energiser/san-jiao	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
64	move/activate/dissipate stagnant qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
65	nourish yin/yin element/stratum	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
66	nourish/tonify/replenish kidney-yin	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
67	nourish/tonify/replenish strengthen liver-blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
68	nourish/tonify/replenish/enrich/strengthen liver-yin	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.

			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
69	nourish/tonify/warm/boost/invigorate/ strengthen kidney-essence/kidney-jing	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease.
			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
70	open/relax bowels	Traditional Chinese medicine	Label statement: If symptoms persist, talk to your health professional. Label statement: Drink plenty of water (or words to that effect). Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems. Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect). Product presentation must not refer to or imply weight loss.
71	promote digestion and remove food stagnation	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
72	promote flow of blood	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are

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			<p>unsure if this medicine is right for you.</p> <p>Product presentation must not imply or refer to serious cardiovascular conditions.</p>
73	promote qi transformation	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
74	promote spleen-qi	Traditional Chinese medicine	<p>Product presentation must not imply or refer to disease in any body organ.</p> <p>If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.</p>
75	promote water metabolism	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
76	regulate chong-channel/thoroughfare meridian	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
77	regulate qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
78	regulate ren-channel/conception meridian	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
79	regulate spleen	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.

			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
80	regulate stomach qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.
			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
81	regulate/soothe/smooth/disperse the flow of liver-qi/liver	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
82	release exterior	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
83	release exterior/exogenous wind-coldness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
84	relieve symptoms of aversion to coldness	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
85	relieve symptoms of aversion to wind	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health

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			professional if you are unsure if this medicine is right for you.
86	remove heat toxin	Traditional Chinese medicine	<p>If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.</p> <p>Product presentation must only refer to detoxification in relation to natural body processes.</p> <p>Product presentation must not imply or refer to drugs/alcohol.</p>
87	replenish/nourish body-fluid	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
88	replenish/nourish/enrich essence	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
89	resolve dampness-phlegm	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
90	resolve liver-stasis	Traditional Chinese medicine	<p>Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.</p> <p>If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are</p>

			unsure if this medicine is right for you.
91	resolve spleen weakness	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
92	settle fright	Traditional Chinese medicine	Product presentation must not imply or refer to mental illnesses, disorders or conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
93	soften hardness to resolve phlegm	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to disease in any body organ.
94	soothe liver qi	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
95	soothe/descend qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.

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96	soothe/descend the arisen stomach-qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
97	stabilise exterior	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
98	stimulate yang functions of liver	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
99	subdue excessive yang	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
100	support protective qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
101	tonify/nourish/strengthen/replenish blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.

102	tonify/nourish/strengthen/replenish heart qi	Traditional Chinese medicine	Product presentation must not imply or refer to heart disease. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
103	tonify/nourish/strengthen/replenish heart-yang	Traditional Chinese medicine	Product presentation must not imply or refer to heart disease. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
104	tonify/nourish/strengthen/replenish heart-yin	Traditional Chinese medicine	Product presentation must not imply or refer to heart disease. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
105	tonify/nourish/strengthen/replenish kidneys/kidney-qi	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
106	tonify/nourish/strengthen/replenish large intestine-qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
107	tonify/nourish/strengthen/replenish lungs	Traditional	Product presentation must

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		Chinese medicine	not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
108	tonify/nourish/strengthen/replenish lung-yin	Traditional Chinese medicine	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
109	tonify/nourish/strengthen/replenish qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
110	tonify/nourish/strengthen/replenish shen	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
111	tonify/nourish/strengthen/replenish spleen-blood	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you. Product presentation must not imply or refer to serious cardiovascular conditions.
112	tonify/nourish/strengthen/replenish spleen-qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.

			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
113	tonify/nourish/strengthen/replenish spleen-yang	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.
			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
114	tonify/nourish/strengthen/replenish stomach-yin	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.
			If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
115	tonify/nourish/strengthen/replenish superficial stratum	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
116	tonify/nourish/strengthen/replenish the gate of vitality	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
117	tonify/nourish/strengthen/replenish yang	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
118	tonify/nourish/strengthen/replenish/ fortify lungs/lung-qi	Traditional Chinese medicine	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia,

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			COAD, COPD, influenza. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
119	tonify/nourish/strengthen/replenish/ fortify/invigorate spleen	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
120	tonify/nourish/strengthen/replenish/ invigorate heart-blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
121	tonify/nourish/strengthen/replenish/invigorate/enrich/liver/liver-qi	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
122	unblock/open channels/meridians	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
123	unblock/open collaterals	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are

			unsure if this medicine is right for you.
124	upraise/lift the sunken middle-qi	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
125	warm and invigorate blood circulation	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
126	warm and nourish spleen	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
127	warm and nourish uterus	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
128	warm and nourish yang	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
129	warm and nourish/strengthen/tonify/enrich kidneys/kidney-yang	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease. If TCM terminology is used on medicine label,

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			label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
130	warm and nourish/strengthen stomach	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ. If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.
131	warm to resolve cold-phlegm	Traditional Chinese medicine	If TCM terminology is used on medicine label, label statement: Talk to a TCM practitioner/health professional if you are unsure if this medicine is right for you.

Table 15—Traditional Ayurvedic medicine indications

Traditional Ayurvedic medicine indications			
Column 1	Column 2	Column 3	Column 4
Item	Indication	Type of evidence	Other requirements
1	Ama hara/breakdown undigested substances	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
2	Anaha hara/anti flatulent	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional.
3	Anala mandya hara/increase in appetite	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a

			Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
4	Asraghnam/purifies blood	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Product presentation must not imply or refer to drugs/alcohol.</p> <p>Product presentation must only refer to detoxification in relation to natural body processes.</p>
5	Asrajit/blood detoxification	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Product presentation must only refer to detoxification in relation to natural body processes.</p> <p>Product presentation must not imply or refer to drugs/alcohol.</p>
6	Asrakhara/purifies blood	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Product presentation must only refer to detoxification in relation to natural body processes.</p> <p>Product presentation must not imply or refer to drugs/alcohol.</p>
7	Asthiyuk/helps bone healing	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure

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			if this medicine is right for you.
8	Asya roga hara/relieve oral complaints	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional.
9	Atisara hara/ease diarrhoea	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional. Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
10	Balakari/energises	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
11	Balance aggravated Vata	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
12	Balance Kapha	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.

13	Balance Pitta	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
14	Balance Vata	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
15	Balya/improve body strength	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
16	Balyam/increase energy utilisation	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
17	Brimhana increase body mass and nourishing to the body	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
18	Chakshushya/promote eye health	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
19	Daha/pacify burning sensations	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional.
20	Dantya/promote dental health	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a

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			Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
21	Deepan/enhances digestive fire and absorption	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
22	Guda Krimi hara/assists to expel thread worms	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to other worms e.g. roundworm, tapeworm, hookworm.
23	Guru & Sangrahi/body nourishment and energy	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
24	Help regulate Vata	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
25	Hridya/supports heart health	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
26	Increases Kapha	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.

27	Increases Pitta	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
28	Increases Vata	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
29	Kandu hara/relieves itching	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional.
30	Kapha & Vata roga/relieve Kapaha & Vata disturbance	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
31	Karna Roga hara/support ear health	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
32	Kasa hara/relieve cough	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional. Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).

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33	Katu poushtika/pungent nourisher	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
34	Krimighna (anthelmintic)/assists to expel thread worms	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional. Product presentation must not imply or refer to other worms e.g. roundworm, tapeworm, hookworm.
35	Kshatapaha/tissue healing	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
36	Kushta hara/improves skin ailments	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional.
37	Medha hita/promotes mental clarity, intelligence, wisdom, and prudence	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
38	Medhya/brain tonic/improve memory and cognition	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
39	Pachana/increases assimilation of nutrients	Traditional	If Ayurvedic terminology is

		Ayurvedic medicine	used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
40	Pacifies Kapha	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
41	Pacifies Pitta	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
42	Pacifies Vata	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
43	Pathyam/body nourishment	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
44	Peenasa hara/relieve symptoms of cold	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect). Label statement: If symptoms persist, talk to your health professional.
45	Pushti Ruchi prada/enhances taste and nourishment	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure

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			if this medicine is right for you.
46	Rasayan/rejuvenative tonic	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
47	Rechani/expectorant	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
48	Relieve aggravated Vata	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
49	Ruchya/increases taste perception and digestion	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
50	Ruchyam/enhances taste	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
51	Santarpanam/Nourishes the body	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
52	Shleshma praseki/liquefies Kapha/soothes sinusitis symptoms	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional.

53	Shotha hara/anti-inflammatory properties	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
54	Shukrala/spermatogenic/increase semen	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
55	Shula hara/relieve pain	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional.
56	Shwasa hara/support lung health	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
57	Stanya/lactagogue/supports breast milk production	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If you are concerned about the health of yourself or your baby, talk to your health practitioner.
58	Sthaulya hara/assists excess weight reduction	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased

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			physical activity.
59	Trishna hara/relieves thirst from common cold	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Label statement: Adults only, OR Not to be used in children under 2 years of age without medical advice (or words to that effect).</p> <p>Label statement: If symptoms persist, talk to your health professional.</p>
60	Twachya/enhances skin quality	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.</p>
61	Twak dosha hara/relieves skin ailments	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.</p> <p>Label statement: If symptoms persist, talk to your health professional.</p>
62	Twak roga hara/supports skin health	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.</p>
63	Varnya/improves skin	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.</p>
64	Vipachini/aids digestion	Traditional Ayurvedic medicine	<p>If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for</p>

			you.
65	Visha hara/Reduces toxins	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
66	Vrana/vulnerary/promotes wound healing	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you. Label statement: If symptoms persist, talk to your health professional.
67	Vrishya/aphrodisiac/Increase in virility	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.
68	Yakrit uttejana/promote healthy liver function	Traditional Ayurvedic medicine	If Ayurvedic terminology is used on medicine label, label statement: Talk to a Ayurvedic practitioner/health professional if you are unsure if this medicine is right for you.

Schedule 2—Repeals

Note: See section 7.

Therapeutic Goods (Permissible Indications) Determination (No. 2) 2019

1. The whole of the instrument

Repeal the instrument