

34.12 Category D – Complementary Medicine – Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS: S0

PROPRIETARY NAME AND DOSAGE FORM:
CENTRUM Tablets

Read this leaflet carefully because it contains important information for you.
CENTRUM is available without a doctor's prescription, for your use as a health supplement. Nevertheless, you still need to use CENTRUM carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share CENTRUM with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if you experience troubling symptoms.

WHAT CENTRUM CONTAINS:
CENTRUM is a scientifically balanced health supplement containing 26 vitamins and minerals as well as trace elements, formulated to help support your health needs.

CENTRUM contains:

Each CENTRUM tablet contains	Per 1 tablet dose
Total Vitamin A*	4000 IU
Vitamin B1 (Thiamine)	1.4 mg
Vitamin B2 (Riboflavin)	1.6 mg
Niacinamide (Vitamin B3)	18 mg
Vitamin B6 (Pyridoxine)	2 mg
Folic acid	195 µg
Vitamin B12 (Cyanocobalamin)	1 µg
Biotin	100 µg
Pantothenic acid	6 mg
Vitamin C (Ascorbic acid)	60 mg
Vitamin D ₃	200 IU
Vitamin E	14.9 IU
Vitamin K	30 µg
Lutein	250 µg
Calcium	162 mg
Chromium	40 µg
Copper	0.5 mg
Iodine	100 µg
Iron	10 mg
Magnesium	50 mg
Manganese	1 mg
Molybdenum	50 µg
Phosphorus	125 mg
Potassium	40 mg
Selenium	50 µg
Zinc	5 mg

* Total Vitamin A provided by beta-carotene 400 µg of retinol and 4000 IU of vitamin A activity

Minerals added as the following salts: calcium phosphate dibasic anhydrous, cupric sulphate anhydrous, ferrous fumarate, magnesium oxide, manganese sulphate monohydrate, potassium chloride, zinc oxide, chromic chloride hexahydrate, sodium molybdate, sodium selenate and potassium iodide.

Other ingredients are calcium stearate, croscopolone, lanolin (Sheep's wool), magnesium stearate, microcrystalline cellulose, opadry 49c orange, stearic acid and silicon dioxide.

WHAT CENTRUM IS USED FOR:
CENTRUM contains a comprehensive formula of 26 vitamins and minerals as well as trace elements, specially designed to support health and well-being in adults below 50 years of age. Patients benefit from CENTRUM from what science is discovering about how vitamins and minerals help to unlock energy, support immunity and maintain health. Vitamins, minerals and trace elements are involved in many of the metabolic processes in the body and in so doing, contribute to physical and mental wellness. It may be difficult to follow a balanced diet with the required vitamins and minerals at the required levels. Lifestyle choices such as stress, excessive exercise, alcohol consumption, smoking and even taking certain medication, all impact on nutrient levels. The body cannot produce most vitamins, minerals and trace elements, but is dependent on a regular supply in the diet. An adequate supply of these vital substances is important for well-being and good health.

Daily supplementation with CENTRUM can support the following health benefits:

Energy	Immune support	Healthy skin, hair & nails	Healthy eyes
Includes the range of B-vitamins and iron to help support daily energy needs.	Contains antioxidants such as vitamins A, C, and E, as well as iron, selenium and zinc that are important to the normal function of the immune system.	With biotin, beta-carotene, vitamins A, C, and E to help maintain a healthy appearance.	With vitamin A and lutein for the maintenance and eye health.

Below is a breakdown of the role of each of the ingredients in CENTRUM:

Vital ingredient	Important for supporting
Vitamin A	Maintenance of good vision and healthy skin, hair and nails.
Vitamin B1 (Thiamine)	Required for the release of energy from glucose. Maintains healthy nerve function.
Vitamin B2 (Riboflavin)	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Vitamin B3 (Niacinamide)	Helps the body in protein metabolism and the conversion of fats and carbohydrate into energy.
Vitamin B6 (Pyridoxine)	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Folic acid	Plays a role in the metabolism of cell division and in the regeneration of blood and cells.
Vitamin B12 (Cyanocobalamin)	Contributes to the health of the nervous system and is involved in the manufacture of red blood cells.
Biotin	Helps the body with the transformation of fats and carbohydrates into energy. Contributes to healthy skin and hair.
Pantothenic acid	Plays a role in the metabolism of fatty acids, glucose and proteins for energy production. Helps maintain healthy skin and mucous membranes.
Vitamin C	Plays a role in maintaining healthy gums, skin and connective tissue. Functions as a tissue antioxidant, thereby keeping cells healthy. Helps with the absorption of iron from food.
Vitamin D ₃	For the maintenance of healthy teeth and bones. Helps the body to utilise calcium.
Vitamin E	Functions as a tissue antioxidant, thereby keeping cells healthy. Contributes to the maintenance of good health and normal bones.
Vitamin K	A micronutrient that contributes to eye
Lutein	A micronutrient that contributes to eye

Calcium
Chromium
Copper
Iodine
Iron
Magnesium
Manganese
Molybdenum
Phosphorus
Potassium
Selenium
Zinc

health
Helps maintain healthy bones and teeth.
Helps the body to metabolise glucose and supports the maintenance of good health.
Helps to produce and repair connective tissue and to form red blood cells.
Contributes to the normal production of thyroid hormones and normal thyroid function and is a factor in the maintenance of good health.
Helps to maintain healthy red blood cells, which plays a role in oxygen transportation. Contributes to the normal functioning of the nervous system and muscle function.
A factor in the maintenance of good health.
Helps the body to metabolise carbohydrates, proteins and fat and contributes to the production of cells from oxidative stress.
Involved in DNA metabolism, sulphate metabolism and the formation of uric acid.
Helps the body to metabolise carbohydrates, fat and protein, contributes to the development and maintenance of normal bones and teeth and in the maintenance of good health.
Helps the body to metabolise proteins and in the maintenance of good health.
An antioxidant for the maintenance of good health.
Assists the body to metabolise carbohydrates, fat and protein and help to maintain immune function and a healthy skin.

BEFORE YOU TAKE CENTRUM:
Do not take CENTRUM:

- If you are allergic to any of the ingredients.

Take special care with CENTRUM:

- If you are taking other supplements. Read the label, since these supplements may contain the same ingredients.
- CENTRUM contains iron, which can be harmful to children if taken in large doses. In case of accidental overdose, contact your doctor or poison control centre immediately. Do not exceed the recommended daily dose/amount.

Pregnancy and breastfeeding:
If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking CENTRUM.

Driving and using machinery:
CENTRUM does not contain any ingredients causing drowsiness, so CENTRUM should not affect the ability to drive or operate machinery.

Important information about some of the ingredients of CENTRUM:
Sugar-free, Lactose-free, GMO-free, Gelatin-free.
Potential allergens: Soybean oil, sulphur dioxide and sulphites at a concentration of not more than 100 ppm.

Taking other medicines with CENTRUM:
Do not share medicines prescribed for you with any other person.
Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines).

HOW TO TAKE CENTRUM:
Adults:
Take 1 tablet daily. Take the tablet with sufficient quantity of liquid (e.g. a glass of water) with meals. CENTRUM responds to the changing nutritional needs, and completes your daily diet requirements, but does not replace it. Health supplements cannot replace a balanced diet.

To open: Firmly depress cap and simultaneously turn anticlockwise.
This container is sealed with a tamper-evident foil for safety.
Please do not use if the foil is broken.

If you take more CENTRUM than you should:
In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre. The following signs and symptoms may be associated with an overdose of CENTRUM: *Gastrointestinal disorders:* Diarrhoea, *Metabolic and nutrition disorders:* Hyper-vitaminosis A and D

If you forget to take CENTRUM:
Do not take a double dose to make up for the forgotten dose.

POSSIBLE SIDE EFFECTS:
CENTRUM can have side effects.
Not all side effects reported for CENTRUM are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CENTRUM, please consult your healthcare provider for advice.

Tell your doctor if you notice any of the following:
Gastrointestinal disorders: Abdominal discomfort, constipation, diarrhoea, nausea, stomach discomfort.
Immune system disorders: Hypersensitivity.
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORAGE AND DISPOSAL OF CENTRUM:
Store all medicines out of reach of children. Store at or below 25 °C in a cool, dry place. Keep the container firmly closed.
Do not store in a bathroom.
Do not use after the expiry date stated on the bottle label and carton.
Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF CENTRUM:
CENTRUM is packed in counts of 30 or 100 tablets, in white, round HDPE bottles with a white polypropylene child-proof cap. The bottle is packed in a carton with an insert.
This container is sealed with a tamper-evident foil for your safety.
Please do not use if the foil is broken.


IDENTIFICATION OF CENTRUM:
CENTRUM is an orange oval capsule shaped film coated tablet. Engraved unscored side: "C"; scored side plain on the left and "21" on the right side.

NAME AND BUSINESS ADDRESS OF REGISTRATION HOLDER:
GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd.
39 Hawkins Avenue, Epping Industria 1, 7460
Tel: (011) 745 6001 / 0800 118 274

Manufacturer:
Pfizer Consumer Manufacturing Italy S.R.L.
Via Nettunense 90, 04011, Aprilia (LT), Italy

DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET:
This leaflet was last revised in April 2018.

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34.12 Kategorie D – Aanvullende medisyne – Gesondheidsaanvulling
Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of beoogde gebruik geëvalueer nie.

SKEDULERINGSSTATUS: S0

EINDOMINGSNAAM EN DOSERINGVORM:
CENTRUM Tablette

Lees die hele voubljief aandagtig deur omdat dit belangrike inligting vir u bevat.
CENTRUM is sonder 'n doktersvoorskrif beskikbaar vir u om as 'n gesondheidsaanvulling te gebruik. Nietemin moet u steeds CENTRUM met sorg gebruik sodat u die beste resultate daarvan kan verkry.

- Hou hierdie voubljief, u sal dit moontlik weer moet lees.
- Moenie CENTRUM met enige ander persoon deel nie.
- Vra u dokter of apteker as u meer inligting of advies benodig.
- U moet 'n dokter spreek as u kommerwekkende simptome ervaar.

CENTRUM BEVAT DIE VOLGENDE:
CENTRUM is 'n wetenskaplik-gebalanseerde gesondheidsaanvulling wat 26 vitamien en minerale asook spoorelemente bevat wat geformuleer is om te help om u gesondheidsbehoefes te ondersteun. CENTRUM bevat die volgende:

Elke CENTRUM tablet bevat	Per dosis van 1 tablet
Totale Vitamien A*	4000 IU
Vitamin B1 (Thiamien)	1,4 mg
Vitamin B2 (Riboflaavin)	1,6 mg
Niasinamide (Vitamin B3)	18 mg
Vitamin B6 (Pridoksin)	2 mg
Foliesuur	195 µg
Vitamin B12 (Sianokobalamin)	1 µg
Biotien	100 µg
Pantotiese suur	6 mg
Vitamin C (Askoriesuur)	60 mg
Vitamin D ₃	200 IE
Vitamin E	14,9 IE
Vitamin K	30 µg
Luteien	250 µg
Kalsium	162 mg
Chroom	40 µg
Koper	0,5 mg
Jodium	100 µg
Yster	10 mg
Magnesium	50 mg
Mangan	1 mg
Molibdeen	50 µg
Phosphorus	125 mg
Kalium	40 mg
Selen	50 µg
Zink	5 mg

* Totale vitamien A word verskaf deur middel van 400 µg beta-karoteen en retinol en 4000 IE van vitamien A-aktiwiteit

Minerale is as die volgende soue bygevoeg: dibaseiese kalsiumfosfaat (anhidries), koper-sulfaat (anhidries), ysterfuraat, magnesiumoksied, mangaansulfaatmonohidraat, kaliumchloried, sinkoksied, chroomchloriedihidraat, natriummolibdaat, natriumselenaat en kaliumjodied.

Ander bestanddele is kalsiumsteaaraat, knipspoedoon, lanolin (skaapwol), magnesiumsteaaraat, mikro-kristallyne sellulose, steaensuur, silikondioksied en opadry oranje kleurstof.

WAARVOOR CENTRUM GEBRUIK WORD:
CENTRUM bevat 'n outomatiese formule met 26 vitamien en minerale asook spoorelemente wat spesifiek ontwerp is om gesondheid en welstand by volwasse mense jonger as 50 jaar. Pasiente trek voordeel uit CENTRUM uit dit wat die wetenskap ontdek oor hoe vitamien en minerale help om energie te ontsluit, immuniteit te ondersteun en gesondheid in stand te hou. Vitamien, minerale en spoorelemente is by baie van die metaboliese prosesse in die liggaam betrokke en dis sodanige by tot fisieke en verstandelike welstand. Dit kan moontlik moeilik wees om 'n gebalanseerde dieet te volg wat die vereiste vitamien en minerale teen die vereiste vlakke bevat. Levenswysekeuses soos spanning, oormatige oefening, alkoholgebruik, rook en selfs die neem van sekere medikasie, het al 'n impak op nutriëntvlakke. Die liggaam kan nie self die meeste vitamien, minerale en spoorelemente produseer nie en is daarom afhanklik daarvan om deur middel van die dieet 'n goeie voorsiening daarvan in te kry. 'n Voldoende voorsiening van hierdie noodsaaklike stowwe is belangrik vir welstand en goeie gesondheid.

Daaglikse samulling met CENTRUM kan die volgende gesondheidsvoordele inhou:

Energie	Immuna- ondersteuning	Gesonde vel hare en nagte	Gesonde oë
Dis dit dat reeds B-vitamine en yster in om aan 'n daaglikse energiebehoefes te voldoen.	Bevat antioksidante soos vitamien A en C, asook die seleen en sink wat belangrik is vir die normale funksionering van die immuunstelsel.	Met biotien, beta-karoteen, vitamien A, C, en E om te help om 'n gesonde voorkoms in stand te hou.	Met vitamien A en lutein vir die instandhouding van goeie visie.

Sê vir u dokter as u enige van die volgende opmerk:
Gastroïntestinale versteurings: Buikongemak, hardwygheid, diarree, naaheid, maagongemak.
Immunaïteitsversteurings: Hipersensitiwiteit.
As u enige neewe-effekte opmerk wat nie in hierdie voubljief genoem word nie, moet u asseblief u dokter of apteker in kennis stel.

BERGING EN WEDOENING VAN CENTRUM:
Berg alle medisyne buite die sig en bereik van kinders. Bewaar by of onder 25 °C op 'n koel, droë plek. Hou die houster dig toe.
Moenie in die badkamer berg nie.
Moenie gebruik na die vervaldatum of na die bottel se etiket en die op die kartonhouer verstryk het nie.
Geen ongebruikte medisyne aan u apteker terug.
Moenie met ongebruikte medisyne in dreine of rioolbuite (bv. toilette) nêe wegdoen nie.

AANBIEDING VAN CENTRUM:
CENTRUM word verpak in 30 of 100 tablette in wit, ronde HDPE bottels met 'n wit, polipropileen, kindveilige doppe. Die bottel is verpak in 'n kartonhouer waarin 'n voubljief geplaas is. Hierdie houster word vir u veiligheid met 'n puteraan-duidende foeliebedekking gegee.
Moenie gebruik as die foeliebedekking stukkend is nie.

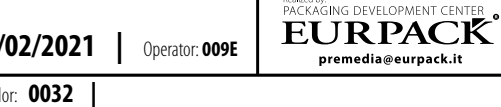
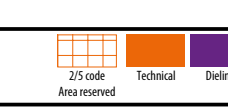

IDENTIFIKASIE VAN CENTRUM:
CENTRUM is 'n oranje, ovaal, kapselvormige filmbedekte tablet. Ongegraverde kant geïsoleer: "C"; syfysk aan die linkerkant en "21" aan die regterkant.

NAAM EN BESIGHEIDSADES VAN REGISTRA-SIEHOUER:
GlaxoSmithKline Consumer Healthcare South Africa (Edms) Bpk.
Hawkinslaan 39, Epping Industrie 1, 7460
Tel: (011) 745 6001 / 0800 118 274

Vervaardiger: Pfizer Consumer Manufacturing Italy S.R.L.
Via Nettunense 90, 04011, Aprilia (LT), Italië

DATUM VAN PUBLIKASIE VAN PASIËNTINLIGTING-SVOUBLJEF:
Hierdie voubljief was laas hersien April 2018.

Handels merke is in besit van of gelisensieer aan die GSK groep van maatskappye.

Product Name: INS-Centrum Adult 30's / Centrum Adult 100's	Item Code: PA1166991	Draft No: 02 Date: 25/02/2021 Operator: 009E
PA: PA000005228 OLD COMPONENT: N/D Deline: 500x135 mm 2 of 5 Code: PA1166991 Standard Color: 0032		
Market: South Africa Barcode Type(s): - X-High Rule: N		
Std Spec / Label Box Number: N/A		
<p>Please ensure artwork is checked with this settings: Print Production >> Output Preview >> Overprint Preview turned on and Color profile simulation set to "Coated FOGRA 39"</p>		