



PAA144608

manganese sulphate, potassium chloride, potassium iodide, sodium molybdate, sodium selenate and zinc oxide.

Other Ingredients are: crospovidone, gelatin (bovine), magnesium stearate, microcrystalline cellulose, stearic acid, syloid, orange dye.

Contains sugar (glucose and sucrose) 0,2 %

**WHAT CENTRUM ACTIVE IS USED FOR:**

Energy Release	Immune Support	Healthy Skin, Hair & Nails	Mental Performance	Physical Endurance
Includes the range of B-vitamins and iron to help support daily energy needs.	Contains antioxidants important to the normal function of the immune system.	With vitamins A and C, beta-carotene and biotin for healthy appearance.	With ginseng, antioxidants, pantothenic acid, iron and zinc to help maintain a healthy, active mind.	Includes ginseng, B-vitamins and iron to help maintain physical energy.

Daily supplementation with CENTRUM ACTIVE can support the following health benefits:

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

Vital ingredient	Important for supporting
Vitamin A	Maintenance of good vision and healthy skin, nails and hair.
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.
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 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.
Vitamin C (Ascorbic Acid)	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 D3	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.
Calcium	Helps maintain healthy bones and teeth.
Chromium	Helps the body to metabolise glucose and supports the maintenance of good health.
Copper	Helps to produce and repair connective tissue and to form red blood cells.
Iodine	Contributes to the normal production of thyroid hormones and normal thyroid function and is a factor in the maintenance of good health.
Iron	Helps to maintain healthy red blood cells, which plays a role in oxygen transportation.
Magnesium	Contributes to the normal functioning of the nervous system and muscle function. A factor in the maintenance of good health.
Manganese	Helps the body to metabolise carbohydrates, proteins and fat and contributes to the protection of cells from oxidative stress.

**PATIENT INFORMATION LEAFLET**

33.7 Category D: Complementary medicine – Combination Product

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® ACTIVE Tablets**

**Read all of this leaflet carefully because it contains important information for you.**

CENTRUM ACTIVE is available without a doctor's prescription, for your use as a health supplement. Nevertheless you still need to use CENTRUM ACTIVE carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share CENTRUM ACTIVE 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 ACTIVE is a scientifically formulated daily multivitamin with elevated levels of B-vitamins\*, as well as iron, antioxidants and ginseng to help support a healthy, **Active body and Active mind.**

CENTRUM ACTIVE contains:

Each CENTRUM ACTIVE tablet contains	Per tablets
Vitamin A (total)	3000 IU
Vitamin B1 (Thiamine)	4,5 mg
Vitamin B2 (Riboflavin)	5,1 mg
Niacinamide (Vitamin B3)	15 mg
Pantothenic acid	10 mg
Vitamin B6 (Pyridoxine)	6 mg
Folic acid	400 µg
Vitamin B12 (Cyanocobalamin)	20 µg
Biotin	40 µg
Vitamin C (Ascorbic acid)	120 mg
Vitamin D3	400 IU
Vitamin E	60 IU
Calcium	162 mg
Chromium	35 µg
Copper	1 mg
Iodine	150 µg
Iron	8 mg
Magnesium	50 mg
Manganese	4 mg
Molybdenum	45 µg
Phosphorus	125 mg
Potassium	80 mg
Selenium	55 µg
Zinc	7,5 mg
Ginseng*	200 mg

\*Panax Ginseng extract

#Compared to Centrum Adult formulation.

Minerals added as the following salts: calcium phosphate dibasic anhydrous, calcium phosphate dibasic dihydrate, calcium stearate, chromic chloride hexahydrate, cupric sulphate anhydrous, ferrous fumarate, magnesium oxide,

Vital ingredient	Important for supporting
Molybdenum	Involved in DNA metabolism, sulphite metabolism and the formation of uric acid.
Phosphorus	Helps the body to metabolise carbohydrates, fats and protein, contributes to the development and maintenance of normal bones and teeth and in the maintenance of good health.
Potassium	Helps the body to metabolise proteins and in the maintenance of good health.
Selenium	An antioxidant for the maintenance of good health.
Zinc	Assists the body to metabolise carbohydrates, fats and proteins and help to maintain immune function and a healthy skin.
Ginseng*	Supports mental function and energy enhancement

**BEFORE YOU TAKE CENTRUM ACTIVE:**

**Do not take CENTRUM ACTIVE:**

- If you are allergic to any of the ingredients

**Take special care with CENTRUM ACTIVE:**

- If you are taking other supplements. Read the label, since these supplements may contain the same ingredients.
- CENTRUM ACTIVE 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.

Consult a healthcare professional prior to use if:

- you are taking blood thinners (like warfarin), digoxin (for the heart) or antidepressant medications.
- you are taking other dietary supplements that contain folic acid or manganese.
- you are taking any other medications on a regular basis.

**Pregnancy and breastfeeding:**

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

**Driving and using machinery:**

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

**Important information about some of the ingredients of CENTRUM ACTIVE:**

Gluten-free, GMO-free, Lactose-free.  
Potential allergens: Soybean oil, lecithin (soy), sulphur dioxide at a concentration of not more than 100 ppm.

**Taking other medicines with CENTRUM ACTIVE:**

Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines).

If you are taking any off the following medicines on a regular basis, the use of CENTRUM ACTIVE with these medicines may cause undesirable interactions:

- blood thinners (e.g. warfarin)
- digoxin
- antidepressants
- tamoxifen

**HOW TO TAKE CENTRUM ACTIVE:**

CENTRUM ACTIVE is formulated for use in adults only (18 years and older).

**Adults:**

Take 1 tablet daily with food. Take the tablet with sufficient quantity of liquid (e.g. a glass of water) with meals. Exceeding the daily dose is not recommended. Health supplements cannot replace a balanced diet.

To open: First press cap down firmly, then turn. 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 ACTIVE 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. Please note: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6 years of age.

**If you forget to take CENTRUM ACTIVE:**

Do not take a double dose to make up for the forgotten dose.

**POSSIBLE SIDE EFFECTS of CENTRUM ACTIVE:**

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

Tell your doctor if you notice any of the following:

Flushing of the skin, headaches, diarrhoea, skin eruptions, sleeplessness, nervousness, hypertension, euphoria, swelling or a combination of itchy skin, joint aches and fever. Oestrogenic effects have been reported. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

**STORAGE AND DISPOSAL OF CENTRUM ACTIVE:**

Store at or below 25 °C in a cool, dry place. Store all medicines out of reach of children. Keep the container firmly closed. Do not store in a bathroom. Do not use after the expiry date stated on the 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 ACTIVE:**

CENTRUM ACTIVE is packed in white round HDPE bottles with a white polypropylene child-resistant cap in counts of 30 tablets 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 AND DESCRIPTION OF CENTRUM ACTIVE:**

CENTRUM ACTIVE is a dark orange, oval, capsule-shaped film-coated tablet. It is engraved with a 'Centrum' on the unscored side and with a 'G' on the left and '4' on the right of the bisect on the scored side.

**NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF REGISTRATION HOLDER:**

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7460

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Manufacturer: PF Consumer Healthcare Canada ULC.  
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August 2018

For more information, visit [www.centrum.co.za](http://www.centrum.co.za)

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ÉPREUVE # / PROOF #	DMENSIONS	FINITION / FINISH	DATE	<input type="checkbox"/> APPROVED <input type="checkbox"/> NEW PROOF REQUIRED	
02	300mm x 274mm	Folded 150mm x 36mm	6 MAY, 2020		
# PRODUIT / PRODUCT #	MATÉRIEL / MATERIAL		REFERENCE	DATE	AUTHORIZED SIGNATURE
PAA144608	PHARMA OPAQUE 30M				
<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <p>BLACK</p> </div> <div style="text-align: center;"> <p>NOTES: Grain parallel 274mm</p> </div> </div>					
