CENTRUM KIDS
PATIENT INFORMATION LEAFLET

Complete from A to Zinc®

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® KIDS
Chewable tablets

Read all of this leaflet carefully because it contains important information for you.
CENTRUM® KIDS is available without a doctor's prescription, for your use as a health supplement. Nevertheless you still need to use CENTRUM® KIDS carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share CENTRUM® KIDS 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® KIDS CONTAINS:

Each CENTRUM® KIDS tablet contains:	Per tablet
Vitamin A	1100 IU
Vitamin B1 (Thiamine)	0,5 mg
Vitamin B2 (Riboflavine)	0,5 mg
Vitamin B3 (Niacinamide)	5 mg
Vitamin B6 (Pyridoxine)	0,5 mg
Folic Acid	200 µg
Vitamin B12 (Cyanocobalamin)	1 µg
Biotin	50 µg
Pantothenic Acid	2,5 mg
Vitamin C	50 mg
Vitamin D3	125 IU
Vitamin E	7,5 IU
Vitamin K1	10 µg
Iron	4,5 mg
Magnesium	40 mg
Manganese	0,5 mg
Selenium	12,5 µg
Zinc	2,8 mg

Sweeteners: Xylitol (80%), Aspartame** (0,15%)
****PHENYLKETONURICS: CONTAINS PHENYLALANINE**

Minerals added as: Ferrous fumarate, Magnesium oxide, Magnesium stearate, Manganese sulphate, Potassium chloride, Sodium selenate and Zinc oxide.
The other ingredients are acacia, acetic acid, butylated hydroxytoluene, citric acid, dicalcium phosphate, gelatine (porcine-pig skin), hydroxypropyl methyl cellulose, polydextrose, maize starch, silicon dioxide, sodium ascorbate & citrate, sweeteners: sorbitol, aspartame**, sucrose 0,02 %, xylitol.

WHAT CENTRUM® KIDS IS USED FOR:
Vitamins, minerals and trace elements are involved in many of the metabolic processes in the body and in doing so; contribute to physical and mental development. Although children need a smaller quantity of micronutrients than adults, nevertheless a good, child-appropriate supply of vitamins is important. The body cannot, however, produce most vitamins, minerals and trace elements by itself, but is dependent on a regular supply in the diet. An adequate supply of these vital substances is an important condition for well-being and health.
CENTRUM® KIDS is a comprehensive formula of vitamins and minerals specially designed to help support children's health and well-being.
CENTRUM® KIDS chewable tablets have a citrus-berry flavour and are colourant-free.
CENTRUM® KIDS contains XYLITOL a natural sweetener, which supports oral health and reduces the risk of cavities.
CENTRUM® KIDS chewable tablets are lactose-free.

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

Ingredient	Important for supporting
Vitamin A	Growth, vision, skin
Vitamin B1	Energy metabolism
Vitamin B2	Energy metabolism, skin
Vitamin B6	Energy metabolism, protein-building, skin
Niacin	Energy metabolism
Folic acid	Cell-building
Vitamin B12	Healthy nervous system, blood formation
Biotin	Energy metabolism, skin, hair
Pantothenic acid	Energy metabolism
Vitamin C	Bone, teeth, gums, healthy cells, iron absorption
Vitamin D	Teeth, bones
Vitamin E	Cell membranes, healthy cells
Iron	Blood formation, oxygen transport
Manganese	Bones, healthy cells
Selenium	Immune system
Zinc	Immune system, cell division, energy metabolism

BEFORE YOU TAKE CENTRUM® KIDS:
Do not give CENTRUM® KIDS to your child:
- If they are allergic to any of the ingredients.
- If they have a condition called phenylketonuria, since CENTRUM® KIDS contains aspartame, a source of phenylalanine. **

Take special care with CENTRUM® KIDS:
- If you are taking other supplements. Read the label, since these supplements may contain the same ingredients.
- CENTRUM® KIDS 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.
- Can have a laxative effect if too much is taken.
- 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® KIDS.

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

Important information about some of the ingredients of CENTRUM® KIDS:
GMO free, Gluten free, Lactose free.
Potential allergen: Sulphites containing sulphur at a concentration of less than 10 ppm.

Taking other medicines with CENTRUM® KIDS:
Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines).

HOW TO TAKE CENTRUM® KIDS:
Children aged 4 - 10: Chew or suck 1 tablet daily, preferably after meals.
Children aged 10 years and older:
Chew or suck 2 tablets daily, preferably after meals.
Exceeding the daily dose is not recommended.
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® KIDS than you should:
In the event of overdosage, 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® KIDS:
Gastrointestinal disorders: Diarrhoea
Metabolism and nutrition disorders: Hyper-vitaminosis D

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

POSSIBLE SIDE-EFFECTS:
CENTRUM® KIDS can have side effects. Not all side effects reported for CENTRUM® KIDS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CENTRUM® KIDS, please consult your healthcare provider for advice.
Tell your doctor if you notice any of the following:
Gastrointestinal disorders: Abdominal discomfort, constipation, diarrhoea, nausea.
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® KIDS:
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® KIDS:
CENTRUM® KIDS is packed in white round HDPE bottles with a white child-resistant cap in counts of 30 or 60 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® KIDS:
Centrum® Kids is a mottled greyish-white, oval shaped, chewable tablet scored on one side.

NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF REGISTRATION HOLDER:
GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd.
39 Hawkins Avenue,
Epping Industria 1, 7460
Tel: 0800 118 274/ +27 11 745 6001
Manufacturer: Pfizer Consumer Manufacturing Italy S.R.L
Nettunense 90,Catania Plant, 04011 Aprilia (LT), Italy

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24 May 2018

For more information, visit www.centrum.co.za

CENTRUM® KIDS
PASIËNTINLIGTINGSVOUBILJET
34.12 Kategorie D: Aanvullende medisyne-Gesondheidsaanvulling
Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of bedoelde gebruik geëvalueer nie.
SKEDULERINGSTATUS: **S0**
EIENDOMSNAAM EN DOSEERVORM:
CENTRUM® KIDS
Koubare tablette

Lees die hele voubiljet aandagtig deur omdat dit belangrike inligting vir u bevat.
CENTRUM® KIDS is sonder 'n doktersvoorskrif beskikbaar vir u om as 'n gesondheidsaanvulling te gebruik.
Nietemin moet u steeds CENTRUM® KIDS met sorg gebruik, sodat u die beste resultate daarvan kan verkry.
- Hou hierdie voubiljet. U sal dit moontlik weer moet lees.
- Moenie CENTRUM® KIDS met enigiemand anders deel nie.
- Vra u apteker as u meer inligting of advies benodig.
- U moet 'n dokter spreek as u kommerwekkende simptome ervaar.

CENTRUM® KIDS BEVAT DIE VOLGENDE:

Elke CENTRUM® KIDS-tablet bevat	Per tablet
Vitamien A	1100 IU
Vitamien B1 (Tiamien)	0,5 mg
Vitamien B2 (Riboflavien)	0,5 mg
Vitamien B3 (Niasienamied)	5 mg
Vitamien B6 (Piridoksien)	0,5 mg
Foliensuur	200 µg
Vitamien B12 (Sianokobalamien)	1 µg
Biotien	50 µg
Pantoteensuur	2,5 mg
Vitamien C	50 mg
Vitamien D3	125 IU
Vitamien E	7,5 IU
Vitamien K1	10 µg
Yster	4,5 mg
Magnesium	40 mg
Mangaan	0,5 mg
Seleen	12,5 µg
Sink	2,8 mg

Versoeters: Xilitol (80%), aspartaam** (0,15%)
****FENIELKETONURETIKA: BEVAT FENIELALANIEN**

Minerale is bygevoeg as ferrofumaraat, magnesiumoksied, magnesiumstearaat, mangaansulfaat, kaliumchloried, natriumselenaat en sinkoksied.

Die ander bestanddele is akasia, asynsuur, gebutileerde hidroksitolueen, sitroensuur, dikalsiumfosfaat, gelatien (varkoorsprong – varkvel), hidroksipropielmetielsellulose, polidekstrose, mieliestysel, silikoondioksied, natriumaskorbaat en sitraat, versoeters: sorbitol, aspartaam**, sukrose (0,02 %), xilitol.

WAARVOOR CENTRUM® KIDS GEBRUIK WORD:
Vitamiene, minerale en spoorelemente is by baie van die metaboliese prosesse in die liggaam betrokke en dra sodoende by tot fisieke en geestesontwikkeling.
Alhoewel kinders 'n kleiner hoeveelheid mikrovoedingstowwe as volwassenes benodig, is 'n goeie voorsiening van vitamiene wat vir kinders toepaslik is, belangrik. Die liggaam kan die meeste vitamiene, minerale en spoorelemente nie self produseer nie en daarom is die liggaam afhanklik daarvan om 'n gereelde voorsiening deur die dieët te kry. 'n Voldoende voorsiening van hierdie belangrike stowwe is 'n belangrike voorwaarde vir welstand en gesondheid.
CENTRUM® KIDS is 'n omvattende formulering van vitamiene en minerale wat spesiaal ontwerp is om kinders se gesondheid en welstand te help ondersteun.
CENTRUM® KIDS het 'n sitrus-bessie smaak en is vry van kleurstowwe.
CENTRUM® KIDS bevat XILITOL ('n natuurlike versoeter) wat gesondheid van die mond ondersteun en die risiko vir gaatjies in die tande verminder.
CENTRUM® KIDS koubare tablette en is laktosevry.

Hier onder is 'n uiteensetting van die rol van elk van die bestanddele in CENTRUM® KIDS:

Bestanddeel	Belangrik vir ondersteuning
Vitamien A	Groei, visie, gesonde vel
Vitamien B1	Energiemetabolisme
Vitamien B2	Energiemetabolisme, gesonde vel
Vitamien B6	Energiemetabolisme, proteïenvervaardiging, gesonde vel
Niasien	Energiemetabolisme
Foliensuur	Bou van selle
Vitamien B12	Gesonde senuweestelsel, bloedvorming
Biotien	Energiemetabolisme, gesonde vel en hare
Pantoteensuur	Energiemetabolisme
Vitamien C	Gebeente, tande, tandvleis, gesonde selle, opname van yster
Vitamien D	Tande, gebeente
Vitamien E	Selmembrane, gesonde selle
Yster	Bloedvorming, vervoer van suurstof
Mangaan	Gebeente, gesonde selle
Seleen	Immuunstelsel
Sink	Immuunstelsel, seldeling, energiemetabolisme

VÓÓRDAT U CENTRUM® KIDS GEBRUIK:
Moenie CENTRUM® KIDS aan u kind gee as u kind:
- allergies is vir enige van die bestanddele nie
- aan 'n toestand ly wat fenielketonurie genoem word, aangesien CENTRUM® KIDS aspartaam bevat wat 'n bron is van fenielalanien**

Neem spesiale sorg met CENTRUM® KIDS:
- As u ander aanvullings gebruik. Lees die etiket aangesien hierdie aanvullings moontlik dieselfde bestanddele kan bevat.
- CENTRUM® KIDS bevat yster wat skadelik vir kinders kan wees sou dit in groot dosisse ingeneem word. Ingeval van toevallige oordosering, kontak onmiddellik u dokter of die gifbeheersentrum.
- Dit kan 'n lakserende effek hê as te veel daarvan ingeneem word. Moenie die aanbevole daaglikese dosis/hoeveelhheid oorskry nie.

Swangerskap en borsvoeding:
As u swanger is of u baba borsvoed, raadpleeg asseblief u gesondheidsorgverskaffer vir advies alvorens u CENTRUM® KIDS gebruik.

Bestuur van 'n voertuig en die gebruik van masjinerie:
CENTRUM® KIDS bevat geen bestanddele wat lomerigheid veroorsaak nie.
CENTRUM® KIDS behoort dus nie die vermoë te affekteer om te bestuur of masjinerie te gebruik nie.

Belangrike inligting oor ván die bestanddele in CENTRUM® KIDS:
GMO vry, Gluten vry, Lactose vry
Potensiële allergeen: sulfiete wat swael teen 'n konsentrasie van minder as 10 dpm bevat.

Die neem van ander medisyne saam met CENTRUM® KIDS:
Sê altyd vir u gesondheidsorgverskaffer as u enige ander medisyne neem(dit sluit aanvullende of tradisionele medisyne in).

HOE OM CENTRUM® KIDS TE NEEM:
Kinders van 4 tot 10 jaar oud:
Kou of suig 1 tablet daagliks, verkieslik ná 'n maaltyd.

Kinders van 10 jaar oud en ouer:
Kou of suig 2 tablette daagliks, verkieslik ná 'n maaltyd. Om die daaglikse dosis te oorskry, word nie aanbeveel nie.
Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie.
Om oop te maak: Druk die doppie ferm afwaarts en draai dit terselfdertyd antikloksgewys. Hierdie houer word vir u veiligheid met 'n peuteraanduidende foeliebedekking geseël.
Moenie gebruik as die foeliebedekking stukkend is nie.

As u meer CENTRUM® KIDS neem as wat u behoort:
Ingeval van 'n oordosering, raadpleeg u dokter of apteker. As nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.
Die volgende tekens en simptome kan moontlik verband hou met 'n oordosis van CENTRUM® KIDS:
Gastroïntestinale versteurings: Diarree
Metabolisme en voedingsversteurings:
Hipervitaminose D

As u vergeet om CENTRUM® KIDS te neem:
Moenie 'n dubbeldosis neem om 'n vergete dosis in te haal nie.

MOONTLIKE NEWE-EFFEKTE:
CENTRUM® KIDS kan newe-effekte veroorsaak.

Nie al die newe-effekte wat vir CENTRUM® KIDS aangemeld is, word by hierdie voubiljet ingesluit nie. Sou u algemene gesondheid agteruitgaan, of as u enige ongewone effekte ontwikkel terwyl u CENTRUM® KIDS neem, raadpleeg u dokter of gesondheidsorgverskaffer vir advies.
Sê vir u dokter as u enige van die volgende opmerk:
Gastroïntestinale versteurings:
Buikongemak, hardlywigheid, diarree, naarheid
Immuunstelselversteurings:
Hipersensitiwiteit
As u enige newe-effekte opmerk wat nie in hierdie voubiljet genoem word nie, moet u asseblief u dokter of apteker in kennis stel.

BERGING EN WEGDOENING VAN CENTRUM® KIDS:
Bewaar alle medisyne buite die bereik van kinders. Berg teen of benede 25 °C op 'n koel, droë plek. Hou die houer dig toe. Moenie in die badkamer berg nie. Moenie gebruik ná die vervaldatum op die bottel se etiket en dié op die kartonhouer verstryk het nie. Gee alle ongebruikte medisyne aan u apteker terug. Moenie met ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) wegdoen nie.

AANBIEDING VAN CENTRUM® KIDS:
CENTRUM® KIDS word verpak in wit, ronde HDPE-bottels met 'n wit kinderbestande doppie en bevat 30 of 60 tablette wat in 'n kartonhouer verpak word waarin 'n voubiljet geplaas is. Hierdie houer word vir u veiligheid met 'n peuteraanduidende foeliebedekking geseël. Moenie gebruik as die foeliebedekking stukkend is nie.

IDENTIFIKASIE EN BESKRYWING VAN CENTRUM® KIDS:
CENTRUM® KIDS is 'n gespikkelde, grys-wit, ovaalvormige, koubare tablet wat aan die een kant gekeep is.

NAAM, BESIGHEIDSADRES EN TELEFOONNOMMER VAN DIE REGISTRASIEHOUER:
GlaxoSmithKline Consumer Healthcare South Africa (Edms) Bpk.
39 Hawkins Avenue,
Epping Industria 1, 7460
Tel: 0800 118 274/ +27 11 745 6001
Manufacturer: Pfizer Consumer Manufacturing Italy S.R.L
Nettunense 90,Catania Plant, 04011 Aprilia (LT), Italy

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Besoek www.centrum.co.za vir meer inligting

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