CENTRUM® OMEGA 3
PATIENT INFORMATION LEAFLET

34.12 Category D – Supplementary medicine – Health supplement
This unregistered medicine has not been evaluated by SAHPRA for quality, safety or intended use.

SCHEDULING STATUS: **S0**

PROPRIETARY NAME AND DOSAGE FORM:
CENTRUM® OMEGA 3
Soft gelatin capsule

Carefully read the entire package insert, as it contains important information for you. CENTRUM® OMEGA 3 is available without a doctor's prescription for you to use as a health supplement. Nevertheless, you must still use CENTRUM® OMEGA 3 with care to get the best results from it.

- Preserve this package insert. You may have to read it again.
- Do not share CENTRUM® OMEGA 3 with anyone else.
- Ask your pharmacist if you need more information or advice.
- You must consult a doctor if you experience worrying symptoms.

WHAT CENTRUM® OMEGA 3 CONTAINS:

The active substances are as follows:

Ingredients:	Each MiniGel contains
Total omega 3	366 mg
EPA (eicosapentaenoic acid)	220 mg
DHA (docosahexaenoic acid)	110 mg
Other omega 3	36 mg

The other ingredients are:
Canola oil, citric acid, gelatin (bovine), glycerine, purified water, sunflower oil, tocopherols and natural taste agent.

WHAT CENTRUM® OMEGA 3 IS USED FOR:
CENTRUM® OMEGA 3 is a rich source of essential fatty acids that cannot be produced by the body and must, therefore, be ingested via a healthy diet and supplements to support good health and nutrition.
EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are concentrated forms of omega 3 that appear in oceanic fish living in cold water. These omega 3 fatty acids are essential for the body and play a role in the support of cardiovascular, eye and brain health.
The role of each ingredient in CENTRUM® OMEGA 3
EPA (eicosapentaenoic acid) – EPA in your diet may be beneficial for the cardiovascular system and can reduce inflammation.
DHA (docosahexaenoic acid) – DHA supports brain health of adults and eye health.

BEFORE YOU TAKE CENTRUM® OMEGA 3:

Do not take CENTRUM® OMEGA 3:
- If you are hypersensitive to DHA, EPA or any of the ingredients in CENTRUM® OMEGA 3 .

Take special care with CENTRUM® OMEGA 3:
- If you are using other supplements. Read the label, as these supplements may contain the same ingredients.
- In case of an overdose, consult your doctor or pharmacist. If neither of them is available, get help from your closest hospital or poison control centre.
- If you suffer from a medical condition or take medication, consult your doctor before use.
- Consult your doctor if you are taking any other EPA/DHA supplements, aspirin or anticoagulants (e.g. warfarin) as your bleeding time can change.

Pregnancy and breastfeeding:
If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before using CENTRUM® OMEGA 3
Driving ability and the use of machines:
CENTRUM® OMEGA 3 contains no ingredients that cause drowsiness, therefore, CENTRUM® OMEGA 3 should not affect driving ability or the use of machines.

Important information about some of the ingredients of CENTRUM® OMEGA 3:
Gluten-free, sugar-free
Potential allergens: Fish, soybean oil, sulphur dioxide and sulphites

The use of other medicine with CENTRUM® OMEGA 3:
Always tell your healthcare provider if you are taking any other medicine. (This includes supplementary or traditional medicine.)

HOW TO TAKE CENTRUM® OMEGA 3:
Take CENTRUM® OMEGA 3 as below or as indicated by your healthcare provider.
The usual dose is:
Adults: 2 MiniGel capsules daily with food.
Not formulated for use by children.
It is not recommended to exceed the daily dose.
Nutritional supplements cannot replace a balanced diet.

If you take more CENTRUM® OMEGA 3 than you should:
In case of an overdose, consult your doctor or pharmacist. If neither of them is available, contact the closest hospital or poison control centre.

If you forget to take CENTRUM® OMEGA 3:
Do not take a double dose to compensate for a missed dose.

POSSIBLE SIDE EFFECTS:
CENTRUM® OMEGA 3 can cause side effects.
Not all side effects reported for CENTRUM® OMEGA 3 are included in this package insert.
Should your general health deteriorate, or if you develop any unwanted effects while you are taking CENTRUM® OMEGA 3, please consult your healthcare provider for advice.

Consult your doctor before use if it is taken with other medication like aspirin or anticoagulants (e.g. warfarin) as your bleeding time can change.

If you notice any side effects not mentioned in this package insert, please inform your doctor or pharmacist.

STORAGE AND DISPOSAL OF CENTRUM® OMEGA 3:
Store all medicine out of reach of children.
Store at or below 25 °C in a cool, dry place.
Keep the container tightly closed.
Do not store in a bathroom.
Do not use after the expiry date as furnished on the bottle's label and cardboard container.
Give all unused medicine back to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF CENTRUM® OMEGA 3:
CENTRUM® OMEGA 3 is packaged in a white, tamper-free bottle with a flip top containing 60 MiniGel capsules in a container together with a package insert.
This container is sealed with a tamper-evident foil cover for your safety.
Do not use if the foil cover is broken.

IDENTIFICATION AND DESCRIPTION OF CENTRUM® OMEGA 3:
CENTRUM® OMEGA 3 is a clear, oval-shaped MiniGel capsule with a natural colour.

NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF THE 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: Nutra Manufacturing INC.
Greenville, South Carolina, USA

DATE OF PUBLICATION OF THIS PATIENT INFORMATION PACKAGE INSERT:
05 June 2018

For more health benefits, visit www.centrum.co.za

Please turn over

FRONT

CENTRUM® OMEGA 3
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® OMEGA 3
Sagte gelatienkapsule

Lees die hele voubiljet aandagtig deur omdat dit belangrike inligting vir u bevat.
CENTRUM® OMEGA 3 is sonder 'n doktersvoorskrif beskikbaar vir u om as 'n gesondheidsaanvulling te gebruik. Nietemin moet u steeds CENTRUM® OMEGA 3 met sorg gebruik om die beste resultate daaruit te verkry.

- Bewaar hierdie voubiljet. U sal dit moontlik weer moet lees.
- Moenie CENTRUM® OMEGA 3 met enigiemand anders deel nie.
- Vra u apteker indien u meer inligting of advies benodig.
- U moet 'n dokter spreek indien u kommerwekkende simptome ervaar.

WAT CENTRUM® OMEGA 3 BEVAT:

Die aktiewe stowwe is as volg:

Ingredient:	Elke MiniGel bevat
Totale omega 3	366 mg
EPA (eikosapentanoësuur)	220 mg
DHA (dokosaheksanoësuur)	110 mg
Ander omega 3	36 mg

Die ander bestanddele is:
Kanolaolie, sitroensuur, gelatien (boviene), gliserien, gesuiwerde water, sonneblomolie, tokoferole en natuurlike smaakmiddel.

WAARVOOR CENTRUM® OMEGA 3 GEBRUIK WORD:
CENTRUM® OMEGA 3 is 'n ryk bron van essensiële vetsure wat nie deur die liggaam geproduseer kan word nie en dus deur 'n gesonde dieet en aanvullings ingeneem moet word om goeie gesondheid en voeding te steun.
EPA (eikosapentanoësuur) en DHA (dokosaheksanoësuur) is gekonsentreerde vorms van omega 3 wat voorkom in diepseevis wat in koue water leef. Hierdie omega-3-vetsure is noodsaaklik vir die liggaam en speel 'n rol in die ondersteuning van kardiovaskulêre, oog- en breingesondheid.
Die rol van elke bestanddeel in CENTRUM® OMEGA 3
EPA (eikosapentanoësuur) – EPA in u dieet kan voordelig wees vir die kardiovaskulêre stelsel en kan inflammasie verminder.
DHA (dokosaheksanoësuur) – DHA ondersteun breingesondheid van volwassenes en ooggesondheid.

VÓÓRDAT U CENTRUM® OMEGA 3 NEEM:
Moenie CENTRUM® OMEGA 3 neem:
- Indien u hipersensitief vir DHA, EPA of enige van die bestanddele van CENTRUM® OMEGA 3 is nie.

Neem spesiale sorg met CENTRUM® OMEGA 3:
- Indien u ander aanvullings gebruik. Lees die etiket aangesien dié aanvullings moontlik dieselfde bestanddele kan bevat.
- In geval van 'n oordosering, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, kry hulp van u naaste hospitaal of gifbeheersentrum.
- Indien u aan 'n mediese toestand ly, of medikasie neem, raadpleeg u dokter vóór gebruik.
- Raadpleeg u dokter indien u enige ander EPA-/DHA-aanvullings, aspirien of antistolmiddels (bv. warfarien) neem, aangesien u stollingstyd kan verander.

Swangerskap en borsvoeding:
Indien u swanger is of u baba borsvoed, raadpleeg asseblief u gesondheidsorgverskaffer vir advies voor u CENTRUM® OMEGA 3 gebruik.

Bestuursvermoë en die gebruik van masjinerie:
CENTRUM® OMEGA 3 bevat geen bestanddele wat lomerigheid veroorsaak nie, dus behoort CENTRUM® OMEGA 3 nie bestuursvermoë of die gebruik van masjinerie te affekteer nie.

Belangrike inligting oor sommige van die bestanddele van CENTRUM® OMEGA 3:
Glutenvry, suikervry
Potensiële allergene: Vis, sojaolie, swaeldioksied en sulfiete

Die gebruik van ander medisyne saam met CENTRUM® OMEGA 3:
Sê altyd vir u gesondheidsorgverskaffer indien u enige ander medisyne neem. (Dit sluit aanvullende of tradisionele medisyne in.)

HOE OM CENTRUM® OMEGA 3 TE NEEM:
Neem CENTRUM® OMEGA 3 soos hieronder of soos aangedui deur u gesondheidsorgverskaffer.
Die gewone dosis is:
Volwassenes: 2 MiniGel-kapsules daagliks saam met voedsel.
Nie geformuleer vir gebruik deur kinders nie.
Dit word nie aanbeveel om die daaglikse dosis te oorskry nie.
Voedingsaanvullings kan nie 'n gebalanseerde dieet vervang nie.

Indien u meer CENTRUM® OMEGA 3 neem as wat u behoort:
In geval van 'n oordosering, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien u vergeet om CENTRUM® OMEGA 3 te neem:
Moenie 'n dubbeldosis neem om vir 'n vergete dosis te kompenseer nie.

MOONTLIKE NEWE-EFFEKTE:
CENTRUM® OMEGA 3 kan newe-effekte veroorsaak.
Nie alle newe-effekte wat vir CENTRUM® OMEGA 3 aangemeld is, word by hierdie voubiljet ingesluit nie. Sou u algemene gesondheid verswak, of indien u enige ongewenste effekte ontwikkel terwyl u CENTRUM® OMEGA 3 neem, raadpleeg u gesondheidsorgverskaffer vir advies.
Raadpleeg u dokter vóór gebruik indien dit saam met ander medikasie soos aspirien of antistolmiddels (bv. warfarien) geneem word, aangesien u stollingstyd kan verander.

Indien 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® OMEGA 3:
Bewaar alle medisyne buite bereik van kinders. Bewaar by of onder 25 °C in 'n koel, droë plek.
Hou die houer dig toe.
Moenie in 'n badkamer bewaar nie.
Moenie gebruik ná die vervaldatum soos verstrek op die bottel se etiket en kartonhouer nie.
Gee alle ongebruikte medisyne aan u apteker terug.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) wegdoen nie.

AANBIEDING VAN CENTRUM® OMEGA 3:
CENTRUM® OMEGA 3 word verpak in 'n wit, peutervrye bottel met 'n wipdoppie wat 60 MiniGel-kapsules bevat, in 'n houer tesame met 'n voubiljet.
Hierdie houer word vir u veiligheid met 'n peuteraanduidende foeliebedekking geseël.
Moenie gebruik indien die foeliebedekking stukkend is nie.

IDENTIFIKASIE EN BESKRYWING VAN CENTRUM® OMEGA 3:
CENTRUM® OMEGA 3 is 'n deursigtige, ovaalvormige MiniGel-kapsule met 'n natuurlike kleur.

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: Nutra Manufacturing INC.
Greenville, South Carolina, USA

DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNTINLIGTINGSVOUBILJET:
5 Junie 2018

Vir meer gesondheidsvoordele, besoek www.centrum.co.za

PAA145633

BACK

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Identification

GSK *Consumer Healthcare*
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Printer & User Notes

PRINTER TO REPLACE ALL FPO (For Position Only) CODES WITH SCANNABLE ART.
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NOTE:
THERE IS A 1/8" NO TEXT AREA AROUND THE INSERTS.