

PATIENT INFORMATION LEAFLET: CENTRUM SELECT

This leaflet tells you about CENTRUM[®] SELECT tablets.

Read the contents of this leaflet carefully before you start using CENTRUM SELECT, because it contains important information for you.

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

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- You must see a doctor if you experience troubling symptoms.

NAME OF THIS PRODUCT

The name of this product is **CENTRUM[®] SELECT**.

WHAT CENTRUM SELECT CONTAINS:

CENTRUM SELECT is a specifically formulated age-adjusted dietary supplement for adults aged 50 years and older to help support your health needs. CENTRUM SELECT is GMO free.

The active substances are as follows:

<i>Nutritional information per Centrum[®] Select 50+ tablet</i>	<i>Per 1 tablet dose</i>	<i>% NRV for persons 4 years and older **</i>
Vitamin A	3000 IU	100,1 %
Beta-carotene	3000 IU	100,1 %
Vitamin B1	2,25 mg	187,5 %
Vitamin B2	3,2 mg	246,2 %

Niacinamide	40 mg	250,0 %
Vitamin B6	8 mg	470,6 %
Folic Acid	600 mcg	150,0 %
Vitamin B12	25 mcg	1041,7 %
Biotin	45 mcg	150,0 %
Pantothenic Acid	10 mg	200,0 %
Vitamin C	90 mg	90,0 %
Vitamin D	400 IU	66,7 %
Vitamin E	75 IU	335,6 %
Calcium	200 mg	15,4 %
Chloride	72 mg	*
Chromium	100 mcg	285,7 %
Copper	2 mg	222,2 %
Iodine	150 mcg	100,0 %
Iron	4 mg	22,2 %
Magnesium	50 mg	11,9 %
Manganese	5 mg	217,4 %
Molybdenum	25 mcg	55,6 %
Nickel	5 mcg	*
Phosphorus	125 mg	10,0 %
Potassium	80 mg	*
Selenium	25 mcg	45,5 %
Silicon	10 mcg	*
Tin	10 mcg	*
Vanadium	10 mcg	*
Zinc	15 mg	136,4 %

* No SA NRV Established

** According to the nutrient reference values
Regulations published 1 March 2010

Nutritional information	Per 1 tablet dose
Energy	2,5 kJ
Protein	79,3 mg
Carbohydrate	184,4 mg
Sugars	7,7 mg
Total fat	11,2 mg
Saturated fat	9,7 mg
Dietary fibre	155,2 mg
Sodium	0,8 mg

Potential allergens: Soybean oil, sulphur dioxide and sulphites at a concentration of about 100 ppm.

Minerals added as: Calcium carbonate, calcium phosphate dibasic, chromic chloride hexahydrate, cupric oxide, ferrous fumarate, magnesium oxide, manganese sulphate monohydrate, nickel sulphate hexahydrate, potassium chloride, potassium iodide, sodium metasilicate 9-hydrate, sodium metavanadate, sodium molybdate, sodium selenate, stannous chloride dehydrate, zinc oxide.

The inactive ingredients are: Ascorbyl palmitate, butylated hydroxytoluene, cellulose, citric acid, crospovidone, gelatine (bovine and porcine), glucose, lactose, magnesium stearate, maltodextrin, mineral oil light, orange dye, polysorbate 80, silicon dioxide, sodium aluminium silicate, sodium ascorbate, sodium benzoate, sodium citrate, sorbic acid, soybean oil, starch, stearic acid, sucrose, syloid, triethyl citrate.

WHAT CENTRUM SELECT IS USED FOR:

CENTRUM SELECT contains a specially formulated, age-related formula of vitamins and minerals specially designed to support your changing health needs. With **CENTRUM SELECT**, you benefit from what science is discovering about how vitamins and minerals help to unlock energy, strengthen immunity and maintain health.

CENTRUM SELECT is suitable for use in diabetics, patients with lactose intolerance, and is GMO free.

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 wellness. The stress and strain of

modern living make it difficult to follow a balanced diet with all the right vitamins and minerals, let alone in the right quantities. Certain lifestyle choices, stress, excessive exercise, alcohol consumption, smoking and even taking certain medication, all impact on our 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 an important condition for well-being and health.

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

Vitality: With the complete range of B-vitamins for energy support.

Immunity: With antioxidants to support the normal function of the immune system.

Eye health: Contains balanced blend of Beta-carotene and vitamin A to support eye health.

Bone health: Includes calcium and vitamins D and C to support good bone health.

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

Vital ingredient	Important for supporting
Vitamin A	Maintenance of good vision and healthy skin, nails and hair.
Vitamin D	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.
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.
Biotin	Helps the body with the transformation of fats and carbohydrate into energy. Contributes to healthy skin and hair.

Folic acid	Plays a role in the metabolism of cell division and in the regeneration of blood and cells.
Niacin	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 B1	Required for the release of energy from glucose. Maintains healthy nerve function.
Vitamin B2	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Vitamin B6	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Vitamin B12	Contributes to the health of the nervous system and is involved in the manufacture of red blood cells.
Iron	Helps maintain healthy red blood cells, which plays a role in oxygen transportation.
Magnesium	Helps in the utilisation of proteins. Helps and maintains healthy nervous system metabolism.
Selenium	Immune system.

BEFORE YOU TAKE CENTRUM SELECT:

Do not take CENTRUM SELECT:

- if you are allergic to any of the excipients.

Take special care with CENTRUM SELECT:

Do not exceed the recommended daily dose/amount.

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

- Product 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.

Pregnancy and Breastfeeding

As with any supplement, if you are pregnant or nursing a baby, contact your healthcare professional before taking CENTRUM SELECT.

HOW TO USE CENTRUM SELECT:

Take 1 tablet once a day with water.

Exceeding the daily dose is not recommended.

Dietary supplements cannot replace a healthy, balanced diet.

A varied, balanced diet and a healthy lifestyle are important, and CENTRUM SELECT should not be used as a substitute for a balanced diet.

To open: First press, then turn.

The container is protected with a tamper-evident foil for your safety. Please do not use if foil is broken.

If more CENTRUM SELECT has been used than recommended:

In case of accidental overdose, discontinue use and seek professional assistance immediately.

The following signs and symptoms may be associated with an overdose of CENTRUM SELECT:

Gastrointestinal disorders:

Diarrhoea

Metabolism and nutrition disorders:

Hyper-vitaminosis D

POSSIBLE SIDE- EFFECTS:

The following side effects may be associated with the use of CENTRUM SELECT and are listed under their corresponding body system organ class:

Gastrointestinal disorders:

Abdominal discomfort, constipation, diarrhoea , nausea

Immune system disorders:

Hypersensitivity

STORAGE INSTRUCTIONS:

Store at or below 25 °C in a cool, dry place. Keep the container firmly closed.

Do not use this medicine after the expiry date shown on the carton.

KEEP OUT OF SIGHT AND REACH OF CHILDREN.

PRESENTATION:

CENTRUM SELECT film-coated tablets are packed in white HDPE bottles with a white child resistant cap in counts of 30, 60 or 90 tablets in a carton. Each container contains a silica gel sachet. This container is sealed with a tamper-evident foil for your safety. Please do not use if the foil is broken.

IDENTIFICATION:

CENTRUM SELECT is an orange, oval shaped, film-coated tablet scored on one side with the following engraving: "U" to the left side and "23" to the right side of the score and a "W-R" on the reverse side.

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

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