

Item #PAA034180  
 SIZE - 150 mm x 274 mm  
 COLOR - Black

A/W 2014-09-15  
 Datamatrix quiet zone



PAA034180



**Category D: Combination product  
 Multivitamin/Herbal**

This leaflet tells you about **CENTRUM® ACTIVE** Tablets.

**PROPRIETARY NAME:  
 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 nutritional 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.
- Ask your doctor or pharmacist if you need more information or advice.
- You must see a doctor if you experience troubling symptoms.

**1. WHAT CENTRUM ACTIVE CONTAINS:**

**Centrum Active** is a scientifically formulated daily multivitamin with elevated levels of B-vitamins<sup>#</sup>, iron, antioxidants and ginseng to help support a healthy, **Active body and Active mind**.

The active substances are as follows:

Nutritional information per Centrum® Active tablet	Each tablet contains	% NRV for adults and children 4 years and older**
Total Vitamin A	3000 IU	100,1 %
Vitamin B1	4,5 mg	375,0 %
Vitamin B2	5,1 mg	392,3 %
Niacinamide	15 mg	93,8 %
Pantothenic acid	10 mg	200,0 %
Vitamin B6	6 mg	352,9 %
Folic acid	400 mcg	100,0 %
Vitamin B12	20 mcg	833,3 %
Biotin	40 mcg	133,3 %
Vitamin C	120 mg	120,0 %
Vitamin D	400 IU	66,7 %
Vitamin E	60 IU	400,0 %
Calcium	162 mg	12,5 %
Chromium	35 mcg	100,0 %
Copper	1 mg	111,1 %
Iodine	150 mcg	100,0 %
Iron	8 mg	44,4 %
Magnesium	50 mg	11,9 %
Manganese	5 mg	217,4 %
Molybdenum	45 mcg	100,0 %
Phosphorus	125 mg	10,0 %
Potassium	80 mg	*
Selenium	55 mcg	100,0 %
Zinc	7,5 mg	68,2 %
Ginseng***	200 mg	*

\* No SA NRV established.

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

\*\*\*Panax Ginseng extract

#Compared to Centrum Regular formulation.

Nutritional Information	Per 1 tablet dose
Energy	6,27 kJ
Protein	51 mg
Carbohydrate	409 mg
Sugars	87 mg
Total fat	31 mg
Saturated fat	18 mg
Dietary fibre	135 mg
Sodium	2 mg

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

The other ingredients are: hydroxypropyl methylcellulose, modified food starch, glucose syrup, sodium ascorbate crystalline, corn starch, gelatin (bovine), sucrose, silicon dioxide, medium chain triglycerides, trisodium citrate, citric acid, maltodextrin, corn syrup, microcrystalline cellulose, crospovidone, magnesium stearate, stearic acid, syloid, orange dye, polyvinyl alcohol, talc, macrogol, titanium dioxide and lecithin (soya).



Suitable for lactose intolerance. Gluten-free. GMO-free. Does not contain caffeine.

Potential allergens: sulphur dioxide at a concentration of not more than 100 ppm, soybean oil and lecithin (soy).

**2. WHAT CENTRUM ACTIVE IS USED FOR:**

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

**B-vitamins for energy and cognitive function**

B-vitamins are involved in energy metabolism. They play a well-known and critical role in the metabolic conversion of proteins, fats and carbohydrates to energy. B-vitamins are water-soluble and must be replaced daily. Deficiencies may result in fatigue, malaise and lethargy. Thus, the requirement is linked to energy metabolism and will be increased by factors that increase the rate of energy utilization e.g. exercise.

It is also important to note that because the brain is the most metabolically active part of the body requiring a high demand for energy, micronutrients (including B-vitamins like pantothenic acid) are essential for playing a key role in cognitive function as well as energy production.

**Centrum Active** has been developed with elevated levels of B-vitamins<sup>#</sup> to support and replenish the daily needs of individuals that expend extra energy through higher levels of physical activity.

**Iron for energy, metabolism and cognitive function**

Iron is an essential nutrient that functions as a component of a number of proteins, including enzymes and haemoglobin - the latter being important for the transport of oxygen to tissue throughout the body for metabolism. Iron contributes to normal energy-yielding metabolism and cognitive function.

**Zinc for cognitive function**

Zinc is a vital nutrient for the proper growth and development of the human body and plays a role in normal cognitive function.

**Antioxidants for mental function/performance and immunity**

Antioxidant micronutrients including beta-carotene, vitamins C and E, selenium, zinc and manganese play a key role in helping to neutralise the harmful effects of free radicals. Since the brain undergoes significant free radical damage, replacing antioxidants on a daily basis can play a key role in reducing free radical damage, which has been implicated in cognitive or brain function. Studies have also shown that supplementation with antioxidant micronutrients can play a critical role in maintaining immune competence and enhancing immunity.

**Vitamins A and C, biotin and beta-carotene for healthy skin**

Skin condition and function are affected by environmental factors such as ultraviolet (UV) irradiation, free radicals, toxic/allergic compounds, mechanical damage

Item #PAA034180  
SIZE - 150 mm x 274 mm  
COLOR - Black

A/W 2014-09-15

 Datamatrix quiet zone

and also by factors such as genetic predisposition, immune status, hormone status and stress. Consequently, the skin undergoes alterations resulting in photoaging, inflammation, reduced immune function, skin imbalances and skin disorders. Nutrition is important for skin functioning and attractiveness.

Optimization of the diet may not only prevent skin disorders but may improve skin condition. The antioxidants vitamin C, E and carotenoids (including beta-carotene) have been effectively used as dietary supplements to protect against sunburn. Vitamin A has an important role in skin health. Layers of cells known as epithelial cells cover all body surfaces. The epithelial tissue on the outside of the body is the skin. Vitamin A helps to maintain the normal structure and function of the epithelial cells found in the skin, lungs, trachea, gastrointestinal tract and other mucous membranes.

Biotin is said to contribute to healthy skin, hair and nails.

### **Ginseng for mental function and energy enhancement**

Each **Centrum Active** tablet contains 200 mg Panax Ginseng extract. Current science appears to support a safe and positive, synergistic effect between ginseng and vitamin/mineral supplementation with respect to energy enhancement. Ginseng is said to increase physical performance by increasing oxygen supply (improved muscular oxygen utilisation) and vitality in the body. Studies evaluating effects on energy, stamina and stress suggest that the addition of ginseng to a multivitamin formulation may be more effective in improving one's quality of life when subjected to the stress of high physical and mental activity. Improvements to mental day-to-day functioning, mood and well-being were observed.

ENERGY RELEASE	IMMUNITY	HEALTHY SKIN	MENTAL PERFORMANCE	PHYSICAL ENDURANCE
Includes B-vitamins plus 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 skin.	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.

### **3. BEFORE YOU TAKE CENTRUM ACTIVE:**

#### **Do not take Centrum Active:**

- If you are hypersensitive (allergic) to any of the ingredients of **Centrum Active**.

#### **Take special care with Centrum Active:**

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.

#### **Taking Centrum Active with food and drink:**

Take your **Centrum Active** tablet with food and water.

#### **Pregnancy and breastfeeding:**

If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare professional for advice.

#### **Taking other medicines with Centrum Active:**

If you are taking 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

### **4. HOW TO TAKE CENTRUM ACTIVE:**

**Centrum Active** is formulated for use in adults only (18 years and older).

**Adults:** Take one (1) tablet once a day with food.

Exceeding the daily dose is not recommended.

Nutritional supplements cannot replace a balanced diet.

**To open:** First press cap down firmly, then turn.

#### **If you take more Centrum Active than you should:**

In the event of overdose, consult your doctor or pharmacist. If neither is available, seek help at 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.

### **5. POSSIBLE SIDE EFFECTS:**

**Centrum Active** can have side effects.

Not all side effects reported for **Centrum Active** are included in this leaflet. Should your general health worsen while taking **Centrum Active**, please consult your doctor, pharmacist or other healthcare professional 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.

### **6. STORING AND DISPOSING OF CENTRUM ACTIVE:**

**STORE AT OR BELOW 25 °C IN A DRY PLACE. KEEP THE CONTAINER FIRMLY CLOSED.**

#### **Keep out of sight and reach of children.**

Do not store in a bathroom. Do not use after the expiry date stated on the label/carton. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

### **7. PRESENTATION OF CENTRUM ACTIVE:**

**Centrum Active** is packed in white HDPE bottles with a child-resistant cap in counts of 30 tablets into 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.

### **8. IDENTIFICATION OF CENTRUM ACTIVE:**

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

### **9. NAME AND ADDRESS OF REGISTRATION HOLDER:**

Pfizer Laboratories (Pty) Ltd.  
Co. Reg. No. 1954/000781/07  
85 Bute Lane  
Sandton  
2196  
South Africa

### **10. DATE OF PUBLICATION:**

14 May 2014

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