

CENTRUM® OMEGA 3 PATIENT INFORMATION LEAFLET

14.13 Category D – Supplementation only: Health supplement
This supplement/medicine has not been evaluated by SAHPRA for quality, safety or efficacy.

SOLEXING STATUS/ISI
PROPRIETARY NAME AND DOSAGE/FORM: CENTRUM® OMEGA 3
Soft tablet/insert

Caution with extra package insert, as it contains important information for you. CENTRUM® OMEGA 3 is available without a doctor's prescription for use as a health supplement. Nonetheless, you must still use CENTRUM® OMEGA 3 with care to get the most benefit.

- Review this package insert. You may have to read it again.
- Do not take CENTRUM® OMEGA 3 with grapefruit.
- Ask your pharmacist for you need more information or advice.
- Your usual health condition may worsen if you experience symptoms.

WHAT CENTRUM® OMEGA 3 CONTAINS
The active substances are as follows:

Ingredients:	Each Merfol tablet
Total omega 3	500 mg
EPA (eicosapentaenoic acid)	202 mg
DHA (docosahexaenoic acid)	150 mg
Other omega 3	48 mg

The other ingredients:
Canola oil, ethyl esters (olive, linseed, purified water, cod-liver oil, tocopherol 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 cognition.

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are essential fatty acids of omega 3 that appear to support fish living in cold water. These omega fatty acids are essential to the body and play a role in the support of cardiovascular, eye and brain health. The acid of cod has properties in CENTRUM® OMEGA 3.

EPA (eicosapentaenoic acid) – EPA is known to be beneficial for the cardiovascular support and 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 pregnant or breastfeeding. Do not use if any of the ingredients in CENTRUM® OMEGA 3.

Take special care with CENTRUM® OMEGA 3
• If you are taking other supplements. Read the label of these supplements may contain other ingredients.
• In case of vomiting, consult your doctor or pharmacist. Treatment of vomiting is available, get help from your doctor/hospital or poison control center.
• If you suffer from medical condition or take medication, consult your doctor/hospital or pharmacist if you are using any other OTC/AHA supplement, aspirin or anti-platelet(s) to confirm if you are taking them in combination.
Precaution and breastfeeding:
If you are pregnant or breastfeeding your baby, please consult your healthcare provider to take caution with CENTRUM® OMEGA 3.
Interactions and other medicine:
CENTRUM® OMEGA 3 contains ingredients that cause drowsiness, therefore, CENTRUM® OMEGA 3 should not reflect driving ability or the use of machines.

Important information about some of the ingredients of CENTRUM® OMEGA 3
Gluten free, sugar free
Gluten (gluten-free) (Glu), soybean oil, sulphur dioxide and sulphites
The use of other medicines with CENTRUM® OMEGA 3
Always tell your healthcare provider if you are taking any other medicine. (This includes supplements or traditional medicines.)

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 Merfol capsules daily with food.
For the elderly and for children:
It is not recommended to exceed the daily dose.
Additional supplements should remain a healthy diet.
If you take your CENTRUM® OMEGA 3 you should:
1. Use of an umbrella, consult your doctor or pharmacist if either of them is available, contact the doctor/hospital or poison control center.
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.
For all side effects reported for CENTRUM® OMEGA 3 are included in the package insert. Should you experience these, tell your doctor if you develop any unwanted effects while you are taking CENTRUM® OMEGA 3, please contact your healthcare provider for advice.
Consult your doctor before and if it takes with other medicines like aspirin or anti-platelet(s) (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
CENTRUM® OMEGA 3 is stable under the following conditions:
Store at or below 25 °C in a cool, dry place.
Keep from children's reach.
Do not store in a bathroom.
Do not use after the expiry date on the label of the bottle and cardboard container.
Do not use after the expiry date on the package insert.
Do not use after the expiry date on the bottle label and cardboard container.
Do not use if the bottle is damaged or if the cap is missing.
PREPARATION OF CENTRUM® OMEGA 3
CENTRUM® OMEGA 3 is packaged in blister packs and bottles with a flip-top containing 30 Merfol capsules in a container together with a patient insert.
CENTRUM® OMEGA 3 is packaged in blister packs and bottles with a flip-top containing 30 Merfol capsules in a container together with a patient insert.
Do not use if the lid cover is broken.
IDENTIFICATION AND DESCRIPTION OF CENTRUM® OMEGA 3
CENTRUM® OMEGA 3 is a soft, oval-shaped Merfol capsule with a natural taste.

NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF THE REGISTRATION HOLDER:
Pfizer Laboratory (Pty) Ltd.
55 Balfour Lane, Sandton, 2196, South Africa
Tel: +27 11 798 2000
(800) Pfizer / (74) 970 / *27 11 120 6000
DATE OF PUBLICATION OF THIS PATIENT INFORMATION PACKAGE INSERT:
05 June 2018
For more health benefits, visit www.centrum.co.za

Please turn over

CENTRUM® OMEGA 3 PASIËNTINLICHTINGSVOUWBLIJET

14.13 Kategorie D – Aanvulling netjies: Gesondheidsaanvulling
Hierdie aanvullingsmiddel het nie deur SAHPRA in terme van kwaliteit, veiligheid of doeltreffendheid geëvalueer nie.

SOLEXING STATUS/ISI
EIGENSKAPPE, WERKSAAMMAKING EN DOSISFORME: CENTRUM® OMEGA 3
Soft tablet/insert

Let op: Raadpleeg u ekstra pakketlys, want dit bevat belangrike inligting vir u.
CENTRUM® OMEGA 3 is beskikbaar sonder 'n dokter se skriftelike voorskrif vir gebruik as 'n gesondheidsaanvulling.
Niettemin moet u dit altyd met versigtigheid gebruik.
• Lees die ekstra pakketlys. U mag nodig hê om dit te lees.
• Doen nie u ekstra pakketlys met grapefruit.
• Vra u farmaseut of u meer inligting of advies nodig het.
• U kan ander medikasie of ander mediese toestel gebruik, soos aspirien of anti-plaatjies, terwyl u u ekstra pakketlys gebruik.
• Vra u dokter of u ander medikasie of ander mediese toestel gebruik.

WAT CENTRUM® OMEGA 3 INHOU:
Die aktiewe stowwe is soos volg:

Ingrediënte:	Elke Merfol tablet
Totaal omega 3	500 mg
EPA (eicosapentaenoïe suur)	202 mg
DHA (docosahexaenoïe suur)	150 mg
Ander omega 3	48 mg

Die ander bestanddele:
Kanolaolie, etil ester (olive, linseed, gezuiverde water, koddierleerolie en natuurlike smaak)

WAT CENTRUM® OMEGA 3 WAT VOOR:
CENTRUM® OMEGA 3 is 'n ryk bron van essensiële vetasuur wat nie deur die liggaam geproduseer kan word en moet, daarom, ingeneem word deur 'n gesonde dieet en suplemente om goeie gesondheid en kognisie te ondersteun.

EPA (eicosapentaenoïe suur) en DHA (docosahexaenoïe suur) is essensiële vetasure van omega 3 wat voorkom dat visske soos byvoorbeeld makreel, haring en heilbot in die see leef. Hierdie vetasure speel 'n rol in die ondersteuning van die kardiovaskulêre, oog- en brein gesondheid. Die suur van koddierleer het eienskappe in CENTRUM® OMEGA 3.

EPA (eicosapentaenoïe suur) – EPA word beskou as voordelig vir die kardiovaskulêre ondersteuning en ontsteking te verminder.

DHA (docosahexaenoïe suur) – DHA ondersteun brein gesondheid van volwassenes.

VOOR U GAAN NEEM CENTRUM® OMEGA 3
Neem nie CENTRUM® OMEGA 3 as:
• Indien u swanger is of borstmelk produseer. Doen nie gebruik daarvan indien u enige van die bestanddele in CENTRUM® OMEGA 3.

Gebruik CENTRUM® OMEGA 3 met versigtigheid:
• Indien u ander aanvullings gebruik. Lees die etiket van ander aanvullings.
• Indien u andersins siek is of 'n ander mediese toestel gebruik, soos aspirien of anti-plaatjies, terwyl u CENTRUM® OMEGA 3 gebruik.
• Indien u 'n ander mediese toestel gebruik, soos aspirien of anti-plaatjies, terwyl u CENTRUM® OMEGA 3 gebruik.

WAT CENTRUM® OMEGA 3 INHOU:
CENTRUM® OMEGA 3 is stabiel onder die volgende toestel:
• Opslaan by of onder 25 °C in 'n koel, droë plek.
• Verre van kinders se bereik.
• Doen nie op 'n badkamer.
• Doen nie na die vervangingsdatum op die etiket van die fles en die karton.
VARBODING VAN CENTRUM® OMEGA 3
CENTRUM® OMEGA 3 is verpakkings in blister pakke en flesses met 'n draai-kap.
Doen nie gebruik daarvan indien die dop of die seël of die dop seël is gebreek.

WAT CENTRUM® OMEGA 3 IS VERPAAK:
CENTRUM® OMEGA 3 is verpakkings in blister pakke en flesses met 'n draai-kap. Doen nie gebruik daarvan indien die dop of die seël of die dop seël is gebreek.

WAT CENTRUM® OMEGA 3 INHOU:
CENTRUM® OMEGA 3 is stabiel onder die volgende toestel:
• Opslaan by of onder 25 °C in 'n koel, droë plek.
• Verre van kinders se bereik.
• Doen nie op 'n badkamer.
• Doen nie na die vervangingsdatum op die etiket van die fles en die karton.
VARBODING VAN CENTRUM® OMEGA 3
CENTRUM® OMEGA 3 is verpakkings in blister pakke en flesses met 'n draai-kap. Doen nie gebruik daarvan indien die dop of die seël of die dop seël is gebreek.

WAT CENTRUM® OMEGA 3 IS VERPAAK:
CENTRUM® OMEGA 3 is verpakkings in blister pakke en flesses met 'n draai-kap. Doen nie gebruik daarvan indien die dop of die seël of die dop seël is gebreek.

WAT CENTRUM® OMEGA 3 INHOU:
CENTRUM® OMEGA 3 is stabiel onder die volgende toestel:
• Opslaan by of onder 25 °C in 'n koel, droë plek.
• Verre van kinders se bereik.
• Doen nie op 'n badkamer.
• Doen nie na die vervangingsdatum op die etiket van die fles en die karton.
VARBODING VAN CENTRUM® OMEGA 3
CENTRUM® OMEGA 3 is verpakkings in blister pakke en flesses met 'n draai-kap. Doen nie gebruik daarvan indien die dop of die seël of die dop seël is gebreek.


WAT CENTRUM® OMEGA 3 IS VERPAAK:
CENTRUM® OMEGA 3 is verpakkings in blister pakke en flesses met 'n draai-kap. Doen nie gebruik daarvan indien die dop of die seël of die dop seël is gebreek.

FRONT

BACK

PRODUCTION



(NOT COLOR ACCURATE)

Job Information	Color Legend
Date: 12-SEP-2018 PASS # 2 Component # PAA111689 Drawing # DWG-50023473x01	
INTERNATIONAL South Africa	
Identification	Printer & User Notes
Pfizer Consumer Healthcare Network & Packaging Solutions One Girarde Farm, Madison, NJ 07340 Phone: (973) 960-5000 Graphic Artist: Stephan Pavlisko P2.2	Printer to REPLACE ALL PFO CODES WITH SCANNABLE ART PRINTER RESPONSIBLE FOR ALL TRAPPING, BLEEDS, COATINGS AND RESOLUTION. PRINTER AND USERS RESPONSIBLE FOR PROPER LICENSING OF ALL FONTS USED IN THIS ARTWORK.

NOTE:
THERE IS A 1/8" NO TEXT AREA AROUND THE INSERTS.

Approvals

File: PAA111689_647101.pdf

Approval State		User	Date	Comment
	Proceed	Stephen Pavlisko (Stephen Pavlisko) (Artwork Center Verifies Uploaded File [SL:2229617])	2018-09-12 07:52 PM	
	Approved	GERALDINE OWENS (GERALDINE OWENS) (1st Stage - Market Approves Artwork[SL:2229748])	2018-09-12 08:59 PM	

Annotations

File: PAA111689_647101.pdf

There are no annotations for this file.