PAA144608

Centrum® ACTIVE

PATIENT INFORMATION LEAFLET

33.7 Category D: Complementary medicine – Combination Product
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® 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 health 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.
- Do not share CENTRUM ACTIVE 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 CONTAINS:
CENTRUM ACTIVE is a scientifically formulated daily multivitamin with elevated levels of B-vitamins#, as well as iron, antioxidants and ginseng to help support a healthy, **Active body and Active mind.**

CENTRUM ACTIVE contains:

Each CENTRUM ACTIVE tablet contains	Per tablets
Vitamin A (total)	3000 IU
Vitamin B1 (Thiamine)	4,5 mg
Vitamin B2 (Riboflavin)	5,1 mg
Niacinamide (Vitamin B3)	15 mg
Pantothenic acid	10 mg
Vitamin B6 (Pyridoxine)	6 mg
Folic acid	400 µg
Vitamin B12 (Cyanocobalamin)	20 µg
Biotin	40 µg
Vitamin C (Ascorbic acid)	120 mg
Vitamin D3	400 IU
Vitamin E	60 IU
Calcium	162 mg
Chromium	35 µg
Copper	1 mg
Iodine	150 µg
Iron	8 mg
Magnesium	50 mg
Manganese	4 mg
Molybdenum	45 µg
Phosphorus	125 mg
Potassium	80 mg
Selenium	55 µg
Zinc	7,5 mg
Ginseng*	200 mg

*Panax Ginseng extract
#Compared to Centrum Adult formulation.

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

Other Ingredients are: crospovidone, gelatin (bovine), magnesium stearate, microcrystalline cellulose, stearic acid, syloid, orange dye.

Contains sugar (glucose and sucrose) 0,2 %

WHAT CENTRUM ACTIVE IS USED FOR:

Energy Release	Immune Support	Healthy Skin, Hair & Nails	Mental Performance	Physical Endurance
Includes the range of B-vitamins and 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 appearance.	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.

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

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

Vital ingredient	Important for supporting
Vitamin A	Maintenance of good vision and healthy skin, nails and hair.
Vitamin B1 (Thiamine)	Required for the release of energy from glucose. Maintains healthy nerve function.
Vitamin B2 (Riboflavin)	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Vitamin B3 (Niacinamide)	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 B6 (Pyridoxine)	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Folic acid	Plays a role in the metabolism of cell division and in the regeneration of blood and cells.
Vitamin B12 (Cyanocobalamin)	Contributes to the health of the nervous system and is involved in the manufacture of red blood cells.
Biotin	Helps the body with the transformation of fats and carbohydrates into energy. Contributes to healthy skin and hair.
Vitamin C (Ascorbic Acid)	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.
Vitamin D3	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.
Calcium	Helps maintain healthy bones and teeth.
Chromium	Helps the body to metabolise glucose and supports the maintenance of good health.
Copper	Helps to produce and repair connective tissue and to form red blood cells.
Iodine	Contributes to the normal production of thyroid hormones and normal thyroid function and is a factor in the maintenance of good health.
Iron	Helps to maintain healthy red blood cells, which plays a role in oxygen transportation.
Magnesium	Contributes to the normal functioning of the nervous system and muscle function. A factor in the maintenance of good health.
Manganese	Helps the body to metabolise carbohydrates, proteins and fat and contributes to the protection of cells from oxidative stress.
Molybdenum	Involved in DNA metabolism, sulphite metabolism and the formation of uric acid.
Phosphorus	Helps the body to metabolise carbohydrates, fats and protein, contributes to the development and maintenance of normal bones and teeth and in the maintenance of good health.
Potassium	Helps the body to metabolise proteins and in the maintenance of good health.
Selenium	An antioxidant for the maintenance of good health.
Zinc	Assists the body to metabolise carbohydrates, fats and proteins and help to maintain immune function and a healthy skin.
Ginseng*	Supports mental function and energy enhancement

BEFORE YOU TAKE CENTRUM ACTIVE:
Do not take CENTRUM ACTIVE:
- If you are allergic to any of the ingredients

Take special care with CENTRUM ACTIVE:
- If you are taking other supplements. Read the label, since these supplements may contain the same ingredients.
- CENTRUM ACTIVE 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.

Do not exceed the recommended daily dose/amount.

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.

Pregnancy and breastfeeding:
If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking CENTRUM ACTIVE.

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

Important information about some of the ingredients of CENTRUM ACTIVE:
Gluten-free, GMO-free, Lactose-free.
Potential allergens: Soybean oil, lecithin (soy), sulphur dioxide at a concentration of not more than 100 ppm.

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

If you are taking any off 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

HOW TO TAKE CENTRUM ACTIVE:
CENTRUM ACTIVE is formulated for use in adults only (18 years and older).

Adults:
Take 1 tablet daily with food. Take the tablet with sufficient quantity of liquid (e.g. a glass of water) with meals. Exceeding the daily dose is not recommended. Health supplements cannot replace a balanced diet.

To open: First press cap down firmly, then turn.
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 ACTIVE 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.
Please note: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6 years of age.

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

POSSIBLE SIDE EFFECTS of CENTRUM ACTIVE:
CENTRUM ACTIVE can have side effects.
Not all side effects reported for CENTRUM ACTIVE are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CENTRUM ACTIVE, please consult your healthcare provider 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.

STORAGE AND DISPOSAL OF CENTRUM ACTIVE:
Store at or below 25 °C in a cool, dry place.
Store all medicines out of reach of children.
Keep the container firmly closed.
Do not store in a bathroom.
Do not use after the expiry date stated on the 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 ACTIVE:
CENTRUM ACTIVE is packed in white round HDPE bottles with a white polypropylene child-resistant cap in counts of 30 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 ACTIVE:
CENTRUM ACTIVE is a dark orange, oval, capsule-shaped film-coated tablet. It is engraved with a 'Centrum' on the unscored side and with a 'G' on the left and '4' on the right of the bisect on the scored 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: PF Consumer Healthcare Canada ULC.
1025 Marcel-Laurin Boulevard
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August 2018

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

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Centrum® ACTIVE

PASIËNTINLIGTINGSVOUBILJET

33.7 Kategorie D – Aanvullende medisyne – Kombinasie-produk
Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of bedoelde gebruik geëvalueer nie.

SKEDULERINGSTATUS S0

EIENDOMSNAAM EN DOSEERVORM:
CENTRUM® ACTIVE-Tablette

Lees hierdie hele voubiljet aandagtig deur omdat dit belangrike inligting vir u bevat.

CENTRUM ACTIVE is sonder 'n doktersvoorskrif beskikbaar vir u om as 'n gesondheidsaanvulling te gebruik. Nietemin moet u steeds CENTRUM ACTIVE met sorg gebruik sodat u die beste resultate daarvan kan verkry.

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

CENTRUM BEVAT DIE VOLGENDE:
CENTRUM ACTIVE is 'n wetenskaplik-geformuleerde daaglikse multivitamien met verhoogde vlakke van B-vitamiene#, sowel as yster, antioksidante en ginseng om 'n gesonde, **aktiewe liggaam en aktiewe verstand** te help ondersteun.

CENTRUM ACTIVE bevat die volgende:

Elke CENTRUM ACTIVE-tablet bevat	Per tablet
Vitamien A (totaal)	3 000 IE
Vitamien B1 (tiamien)	4,5 mg
Vitamien B2 (riboflavien)	5,1 mg
Niasienamied (Vitamien B3)	15 mg
Pantoteensuur	10 mg
Vitamien B6 (piridoksien)	6 mg
Foliensuur	400 µg
Vitamien B12 (sianokobalamien)	20 µg
Biotien	40 µg
Vitamien C (askorbiensuur)	120 mg
Vitamien D3	400 IE
Vitamien E	60 IE
Kalsium	162 mg
Chroom	35 µg
Koper	1 mg
Jodium	150 µg
Yster	8 mg
Magnesium	50 mg
Mangaan	4 mg
Molibdeen	45 µg
Fosfor	125 mg
Kalium	80 mg
Seleen	55 µg
Sink	7,5 mg
Ginseng*	200 mg

*Panax Ginseng- ekstrak
#In vergelyking met die Centrum Adult-formulering.

Minerale is as die volgende soute bygevoeg: dibasiese anhidriese kalsiumfosfaat, dibasiese kalsiumfosfaatdihidraat, kalsiumstearaat, chroomchloriedheksahidraat, anhidriese kuprisulfaat, ysterfumaraat, magnesiumoksied, mangaansulfaat, kaliumchloried, kaliumjodied, natriummolibdaat, natriumselenaat en sinoksied.

Ander bestanddele is: kruispovidoon, gelatien (beesoorsprong), magnesiumstearaat, mikrokristallyne sellulose, steariensuur, syloïed, oranje kleurstof.

Dit bevat suiker (glukose en sukrose) 0,2%

WAARVOOR CENTRUM ACTIVE GEBRUIK WORD:

Energie-vrystelling	Immuun-ondersteuning	Gesonde vel, hare en naels	Verstandelike prestasie	Fisieke uithouvermoë
Dit sluit die reeks B-vitamiene en yster in om daaglikse energie-behoeftes te help ondersteun.	Dit bevat antioksidante wat belangrik is vir die normale funksionering van die immuunstelsel.	Dit bevat vitamien A en C betakaroteen en biotien vir 'n gesonde voorkoms.	Dit bevat ginseng, antioksidante, pantoteensuur, yster en sink om 'n gesonde, aktiewe verstand te help handhaaf.	Dit bevat ginseng, B-vitamiene en yster om te help om fisieke energie te handhaaf.

Daaglikse aanvulling met CENTRUM ACTIVE kan die volgende gesondheidsvoordele inhou:

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

Belangrike bestanddeel	Belangrik vir ondersteuning
Vitamien A	Handhawing van goeie visie en gesonde vel, naels en hare.
Vitamien B1 (tiamien)	Nodig vir die vrystelling van energie uit glukose. Handhaaf gesonde senuweefunksie.
Vitamien B2 (riboflavien)	Vir die produksie van energie uit proteïen, vet en koolhidrate. Help om gesonde vel te handhaaf.
Vitamien B3 (niasienamied)	Help die liggaam met proteïenmetabolisme en die omskakeling van vette en koolhidrate na energie.
Pantoteensuur	Speel 'n rol in die metabolisme van vetsure, glukose en proteïen vir energieproduksie. Help om gesonde vel en slymvliese te handhaaf.
Vitamien B6 (piridoksien)	Vir die produksie van energie uit proteïen, vet en koolhidrate. Help om gesonde vel te handhaaf.
Foliensuur	Speel 'n rol in die metabolisme van seldeling en in die regenerasie van bloed en selle.
Vitamien B12 (sianokobalamien)	Lewer 'n bydrae tot die gesondheid van die senuweestelsel en is betrokke by die vervaardiging van rooibloedselle.
Biotien	Help die liggaam met die omskakeling van vette en koolhidrate na energie. Dra by tot gesonde vel en hare.
Vitamien C (askorbiensuur)	Speel 'n rol in die handhawing van gesonde tandvleis, vel en bindweefsel. Funksioneer as 'n weefsel-antioksidant en hou selle dus gesond. Help met die absorpsie van yster uit kos.
Vitamien D3	Vir die handhawing van gesonde tande en been. Help die liggaam om kalsium te benut.
Vitamien E	Funksioneer as 'n weefsel-antioksidant en hou selle dus gesond.
Kalsium	Help om gesonde been en tande te handhaaf.
Chroom	Help die liggaam om glukose te metaboliseer en ondersteun die handhawing van goeie gesondheid.
Koper	Help om bindweefsel te produseer en te herstel, en om rooibloedselle te vorm.
Jodium	Dra by tot die normale produksie van skildklierhormone en normale skildklierfunksie, en is 'n faktor in die handhawing van goeie gesondheid.
Yster	Help om gesonde rooibloedselle te handhaaf wat 'n rol in suurstofoordrag speel.
Magnesium	Dra by tot die normale funksionering van die senuweestelsel en spierfunksie. 'n Faktor in die handhawing van goeie gesondheid.
Mangaan	Help die liggaam om koolhidrate, proteïene en vet te metaboliseer en dra by tot die beskerming van selle teen oksidatiewe stres.
Molibdeen	Betrokke by DNA-metabolisme, sulfietmetabolisme en die vorming van uriensuur.
Fosfor	Help die liggaam om koolhidrate, vette en proteïen te metaboliseer en dra by tot die ontwikkeling en instandhouding van normale been en tande en die handhawing van goeie gesondheid.
Kalium	Help die liggaam om proteïen te metaboliseer en ondersteun die handhawing van goeie gesondheid.
Seleen	'n Antioksidant vir die handhawing van goeie gesondheid.
Sink	Help die liggaam om koolhidrate, vette en proteïen te metaboliseer en help om immuunfunksie en gesonde vel te handhaaf.
Ginseng*	Ondersteun verstandelike funksie en energieverbetering.

VÓÓR U CENTRUM ACTIVE GEBRUIK:
Moenie CENTRUM ACTIVE neem as u:
- allergies is vir enige van die bestanddele nie.

Neem spesiale sorg met CENTRUM ACTIVE:
- As u ander aanvullings gebruik. Lees die etiket aangesien dié aanvullings moontlik dieselfde bestanddele kan bevat.
- CENTRUM ACTIVE 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.

Moenie die aanbevole daaglikse dosis/hoeveelheid oorskry nie.

Spreek 'n gesondheidsorgdeskundige voor gebruik in die volgende gevalle:
- as u bloedverdunners (soos warfarien), digoksien (vir die hart) of antidepressantmedikasie neem.
- as u enige ander voedingsaanvullings neem wat foliensuur of mangaan bevat.
- as u enige ander medikasie op 'n gereelde grondslag gebruik.

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

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

Belangrike inligting oor ván die bestanddele in CENTRUM ACTIVE:
Gluten-vry, GMO-vry, Lactose-vry.
Potensiële allergene: Sojaboonolie, lesitien (soja) en swaeldioksied teen 'n konsentrasie van nie meer as 100 dpm nie.

Die neem van ander medisyne saam met CENTRUM ACTIVE:
Sê altyd vir u gesondheidsorgverskaffer as u enige ander medisyne neem. (Dit sluit aanvullende of tradisionele medisyne in.)
As u enige van die volgende medisyne op 'n gereelde grondslag gebruik, kan die meegaande gebruik van CENTRUM ACTIVE en dié medisyne moontlik ongewenste interaksies tot gevolg hê:
- bloedverdunners (bv. warfarien)
- digoksien
- antidepressante
- tamoksifeen

HOE OM CENTRUM ACTIVE TE NEEM:
CENTRUM ACTIVE is geformuleer om slegs deur volwassenes (18 jaar en ouer) gebruik te word.

Volwassenes:
Neem 1 tablet daagliks met kos. Neem die tablet met voldoende hoeveelheid vloeistof (bv. 'n glas water) saam met maaltye.
Om die daaglikse dosis te oorskry, word nie aanbeveel nie. Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie.

Om oop te maak: Druk eers die doppie ferm afwaarts, en draai dan die doppie.
Hierdie houer word vir u veiligheid met 'n peuteraanduidende foeliebedekking geseël.
Moenie gebruik as die foeliebedekking stukkend is nie.

As u meer CENTRUM ACTIVE 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.
Let wel: Toevallige oordosering met ysterbevattende produkte is die hoofoorsaak van noodlottige vergifting van kinders jonger as 6 jaar oud.

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

MOONTLIKE NEWE-EFFEKTE van CENTRUM ACTIVE:
CENTRUM ACTIVE kan newe-effekte veroorsaak.
Nie al die newe-effekte wat vir CENTRUM ACTIVE aangemeld is, word by hierdie voubiljet ingesluit nie.
Sou u algemene gesondheid agteruitgaan, of as u enige ongewone effekte ervaar terwyl u CENTRUM ACTIVE neem, raadpleeg asseblief u dokter of gesondheidsorgverskaffer vir advies.

Sê vir u dokter as u enige van die volgende opmerk: Blosing, hoofpyn, diarree, veluitslag, slaaploosheid, senuagtigheid, hipertensie, euforie, swelling of 'n kombinasie van vel wat jeuk, gewrigspyn en koors.
Estrogeniese effekte is aangemeld.
As u enige newe-effekte opmerk wat nie in hierdie voubiljet genoem is nie, moet u asseblief u dokter of apteker in kennis stel.

BERGING EN WEGDOENING VAN CENTRUM ACTIVE:
Bewaar by of onder 25 °C op 'n koel, droë plek.
Bewaar alle medisyne buite die bereik van kinders.
Hou die houer dig toe.
Moenie in 'n badkamer bêre 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 ACTIVE:
CENTRUM ACTIVE word verpak in wit, ronde HDPE-bottels met 'n wit kinderbestande polipropileendoppie en bevat 30 tablette wat in 'n kartonhouer verpak word waarin 'n voubiljet geplaas is.
Dié houer word vir u veiligheid met 'n peuteraanduidende foeliebedekking geseël.
Moenie gebruik as die foeliebedekking stukkend is nie.

IDENTIFIKASIE EN BESKRYWING VAN CENTRUM ACTIVE:
CENTRUM ACTIVE is 'n donker oranje, ovaal, kapsulevormige, filmbedekte tablet. Die tablet is aan die ongekeepte kant met "Centrum" gegraveer en aan die gekeepte kant is die linkerkant van die tablet met "G" en die regterkant met "4" gegraveer.

NAAM, BESIGHEIDSADRES EN TELEFOONNOMMER VAN DIE REGISTRASIEHOUER:
GlaxoSmithKline Consumer Healthcare
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Manufacturer: PF Consumer Healthcare Canada ULC.
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Besoek **www.centrum.co.za** vir meer inligting.

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