



34.12 Category D: Complementary Medicine – Health Supplement  
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<sup>®</sup>** Tablets

**Read all of this leaflet carefully because it contains important information for you.**

**CENTRUM<sup>®</sup>** is available without a doctor's prescription, for your use as a health supplement. Nevertheless you still need to use **CENTRUM<sup>®</sup>** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **CENTRUM<sup>®</sup>** with any other person.
- Ask your doctor or pharmacist if you need more information or advice.
- You must see a doctor if you experience troubling symptoms.

#### WHAT CENTRUM CONTAINS:

**CENTRUM<sup>®</sup>** is a scientifically balanced health supplement, containing 26 vitamins and minerals as well as trace elements, formulated to help support your health needs. **CENTRUM<sup>®</sup>** contains:

Each CENTRUM <sup>®</sup> tablet contains	Per 1 tablet dose
Total Vitamin A*	4000 IU
Vitamin B1 (Thiamine)	1,4 mg
Vitamin B2 (Riboflavin)	1,6 mg
Niacinamide (Vitamin B3)	18 mg
Vitamin B6 (Pyridoxine)	2 mg
Folic acid	195 µg
Vitamin B12 (Cyanocobalamin)	1 mcg
Biotin	100 µg
Pantothenic acid	6 mg
Vitamin C (Ascorbic acid)	60 mg
Vitamin D <sub>3</sub>	200 IU
Vitamin E	14,9 IU
Vitamin K <sub>1</sub>	30 µg
Lutein	250 µg
Calcium	162 mg
Chromium	40 µg
Copper	0,5 mg
Iodine	100 µg
Iron	10 mg
Magnesium	50 mg
Manganese	1 mg
Molybdenum	50 µg
Phosphorous	125 mg
Potassium	40 mg
Selenium	30 µg
Zinc	5 mg

\* Total vitamin A provided by beta-carotene 400 mcg of retinol and 4000 IU of vitamin A activity

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

Other ingredients are: calcium stearate, crospovidone, lanolin (sheep's wool), magnesium stearate, microcrystalline cellulose, opadry dye orange, stearic acid and syloid.

#### WHAT CENTRUM<sup>®</sup> IS USED FOR:

**CENTRUM<sup>®</sup>** contains a comprehensive formula of 26 vitamins and minerals as well as trace elements, specially designed to support health and well-being in adults below 50 years of age and children above 10 years of age. Patients benefit from **CENTRUM<sup>®</sup>** from what science is discovering about how vitamins and minerals help to unlock energy, support immunity and maintain health. Vitamins, minerals and trace elements are involved in many of the metabolic processes in the body and in so doing, contribute to physical and mental wellness. It may be difficult to follow a balanced diet with the required vitamins and minerals at the required levels. Lifestyle choices such as stress, excessive exercise, alcohol consumption, smoking and even taking certain medication, all impact on 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 important for well-being and good health.

Daily supplementation with **CENTRUM<sup>®</sup>** can support the following health benefits:

Energy	Immune support	Healthy skin, hair & nails	Healthy eyes
Includes the range of B-vitamins and iron to help support daily energy needs.	Contains antioxidants such as vitamins A and C as well as the minerals iron, selenium and zinc that are important to the normal function of the immune system.	With biotin, beta-carotene, vitamins A, C and E to help maintain a healthy appearance.	With vitamin A and lutein for the maintenance of good vision.

Below is a breakdown of the role of each of the ingredients in **CENTRUM<sup>®</sup>**:

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.
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.
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 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.
Vitamin D <sub>3</sub>	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 K <sub>1</sub>	Contributes to the maintenance of good health and normal bones.
Lutein	A micronutrient that contributes to eye health.
Calcium	Helps maintain healthy bones and teeth.
Chromium	Helps the body to metabolise glucose and supports the maintenance of good health.

Vital ingredient	Important for supporting
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.

#### BEFORE YOU TAKE CENTRUM:

**Do not take CENTRUM<sup>®</sup>:**

- If you are allergic to any of the ingredients.

#### Take special care with CENTRUM<sup>®</sup>:

- If you are taking other supplements. Read the label, since these supplements may contain the same ingredients.
- **CENTRUM<sup>®</sup>** 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.

#### Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking **CENTRUM<sup>®</sup>**.

#### Driving and using machinery

**CENTRUM<sup>®</sup>** does not contain any ingredients causing drowsiness, so **CENTRUM<sup>®</sup>** should not affect the ability to drive or operate machinery

#### Important information about some of the ingredients of CENTRUM<sup>®</sup>:

Sugar free, Lactose-free, GMO-free, Gelatin free.

Potential allergens: Soybean oil, sulphur dioxide and sulphites at a concentration of not more than 100 ppm

#### Taking other medicines with CENTRUM<sup>®</sup>:

Do not share medicines prescribed for you with any other person. Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines).

#### HOW TO TAKE CENTRUM<sup>®</sup>:

Adults and Children over 10 years old:  
Take 1 tablet daily. Take the tablet with sufficient quantity of liquid (e.g. a glass of water) with meals.  
**CENTRUM<sup>®</sup>** responds to the changing nutritional needs, and completes your daily diet requirements, but does not replace it.  
Health supplements cannot replace a balanced diet.  
To open: Firmly depress cap and simultaneously turn anticlockwise.  
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<sup>®</sup> 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.

The following signs and symptoms may be associated with an overdose of **CENTRUM<sup>®</sup>**:  
Gastrointestinal disorders: Diarrhoea  
Metabolism and nutrition disorders: Hyper- vitaminosis A and D

#### If you forget to take CENTRUM<sup>®</sup>:

Do not take a double dose to make up for the forgotten dose.

#### POSSIBLE SIDE EFFECTS:

**CENTRUM<sup>®</sup>** can have side effects. Not all side effects reported for **CENTRUM<sup>®</sup>** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **CENTRUM<sup>®</sup>**, please consult your healthcare provider for advice.

#### Tell your doctor if you notice any of the following:

Gastrointestinal disorders:  
Abdominal discomfort, constipation, diarrhoea, nausea, stomach discomfort.  
Immune system disorders:  
Hypersensitivity  
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### STORING AND DISPOSING OF CENTRUM<sup>®</sup>:

Store at or below 30° C in a cool, dry place.  
Keep the container firmly closed.  
Do not store in a bathroom. Do not use after the expiry date stated on the bottle label and carton. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. Toilets).  
Store all medicines out of sight and reach of children.

#### PRESENTATION OF CENTRUM<sup>®</sup>:

**CENTRUM<sup>®</sup>** is packed in counts of 16, 30, 60 or 90 tablets, in white, round HDPE bottles, with a white polypropylene cap, with a desiccant. The bottle is packed 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 OF CENTRUM<sup>®</sup>:

**CENTRUM<sup>®</sup>** is an orange oval capsule shaped film coated tablet. Engraved "C" on the unscored side and plain of the left and "2" on the right on the scored side.

#### NAME AND ADDRESS 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  
Saint Laurent, Montreal H4R1J6, Quebec, Canada

#### DATE OF PUBLICATION:

April 2018

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





34.12 Kategorie D – Aanvullende medisyne – Gesondheidsaanvulling  
Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of beoogde gebruik geëvalueer nie.

**Skeduleringstatus:** SO  
**Eiendomsnaam en doseringvorm:**  
CENTRUM® tablette

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

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

- Hou hierdie voubiljet. U sal dit moontlik weer moet lees.
- Moenie **CENTRUM®** met enige ander persoon deel nie.
- Vra u dokter of apteker as u meer inligting of advies benodig.
- U moet 'n dokter spreek as u kommerwekkende simptome ervaar.

#### CENTRUM BEVAT DIE VOLGENDE:

**CENTRUM®** is 'n wetenskaplik gebalanseerde gesondheidsaanvulling wat 26 vitamien en minerale asook spoorelemente bevat wat geformuleer is om te help om u gesondheidsbehoeftes te ondersteun.

**CENTRUM®** bevat die volgende:

Elke CENTRUM®-tablett bevat	Per dosis van 1 tablett
Totale vitamien A*	4000 IE
Vitamien B1 (tiamien)	1,4 mg
Vitamien B2 (riboflavien)	1,6 mg
Niasienamied	18 mg
Vitamien B6 (pirodoksien)	2 mg
Foliesuur	195 µg
Vitamien B12 (sianokobalamien)	1 µg
Biotien	100 µg
Pantoteensuur	6 mg
Vitamien C (askorbiensuur)	60 mg
Vitamien D <sub>3</sub>	200 IE
Vitamien E	14,9 IE
Vitamien K <sub>1</sub>	30 µg
Luteien	250 µg
Kalsium	162 mg
Chroom	40 µg
Koper	0,5 mg
Jodium	100 µg
Yster	10 mg
Magnesium	50 mg
Mangaan	1 mg
Molibdeen	50 µg
Fosfor	125 mg
Kalium	40 mg
Seleen	30 µg
Sink	5 mg

\* Totale vitamien A word verskaf deur middel van 400 µg betakaroteen van retinol en 4 000 IE van vitamien A-aktiwiteit

Minerale is as die volgende sou te byvoeg: dibasiese kalsiumfosfaat (anhidries), dibasiese kalsiumfosfaat (dihidraat), kopersulfaat (anhidries), ysterfumarate, magnesiumoksied, mangaansulfaatmonohidraat, kaliumchloried, sinkoksied, chroomchloriedheksahidraat, natriummolibdaat, natriumselenaat en kaliumjodied.

Ander bestanddele is kalsiumstearaat, kruispovidoon, magnesiumstearaat, mikrokristallyne sellulose, steariensuur, siloied, lanolien (skaapwol) en Opadry oranje kleurstof.

#### WAARVOOR CENTRUM® GEBRUIK WORD:

**CENTRUM®** bevat 'n omvattende formule met 26 vitamien en minerale asook spoorelemente wat spesifiek ontwerp is om gesondheid en welstand by volwassenes jonger as 50 jaar en kinders ouer as 10 jaar te ondersteun. Pasiënte trek voordeel uit **CENTRUM®** uit dit wat die wetenskap ontdek oor hoe vitamien en minerale help om energie te ontsluit, immuniteit te ondersteun en gesondheid in stand te hou. Vitamien, minerale en spoorelemente is by baie van die metaboliese prosesse in die liggaam betrokke en dra sodoende by tot fisieke en verstandelike welstand. Dit kan moontlik moeilik wees om 'n gebalanseerde dieet te volg wat die vereiste vitamien en minerale teen die vereiste vlakke bevat. Lewenswysekeuses soos spanning, oormatige oefening, alkoholgebruik, rook en selfs die neem van sekere medikasie, het als 'n impak op nutriëntvlakke. Die liggaam kan nie self die meeste vitamien, minerale en spoorelemente produseer nie en is daarom afhanklik daarvan om deur middel van die dieet 'n gereelde voorsiening daarvan in te kry. 'n Voldoende voorsiening van hierdie noodsaaklike stowwe is belangrik vir welstand en goeie gesondheid.

Daaglikse aanvulling met **CENTRUM®** kan die volgende gesondheidsvoordele inhou:

Energie	Immuunondersteuning	Gesonde vel, hare en naels	Gesonde oë
Dit sluit die reeks B-vitamien en yster in om aan daaglikse energiebehoefes te voldoen.	Dit bevat antioksidante soos vitamien A en C asook die minerale yster, seleen en sink, wat belangrik is vir die normale funksionering van die immuunstelsel.	Met biotien, betakaroteen, vitamien A, C en E om te help om 'n gesonde voorkoms in stand te hou.	Met vitamien A en luteien vir die instandhouding van goeie visie.

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

Noodsaaklike bestanddeel	Belangrik vir die ondersteuning van –
Vitamien A	Instandhouding van goeie visie en gesonde vel, naels en hare.
Vitamien B1 (tiamien)	Nodig vir die vrystelling van energie uit glukose. Handhaaf gesonde senuweefunksionering.
Vitamien B2 (riboflavien)	Vir die produksie van energie uit proteien, vet en koolhidrate. Help om gesonde vel te handhaaf.
Vitamien B3 (niasienamied)	Help die liggaam met proteienmetabolisme en die omskakeling van vette en koolhidrate na energie.
Vitamien B6 (pirodoksien)	Vir die produksie van energie uit proteien, vet en koolhidrate. Help om gesonde vel te handhaaf.
Foliesuur	Speel 'n rol in die metabolisme van selverdeling, 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 transformering van vette en koolhidrate na energie. Dra by tot gesonde vel en hare.
Pantoteensuur	Speel 'n rol in die metabolisme van vetsure, glukose en proteien vir energieproduksie. Help om gesonde vel en slymvliese te handhaaf.
Vitamien C	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 D <sub>3</sub>	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.
Vitamien K <sub>1</sub>	Dra by tot die handhawing van goeie gesondheid en normale been.
Luteien	'n Mikronutriënt wat tot ooggesondheid bydra.
Kalsium	Help om gesonde been en tande te handhaaf.
Chroom	Help die liggaam om glukose te metaboliseer en ondersteun die handhawing van goeie gesondheid.

Noodsaaklike bestanddeel	Belangrik vir die ondersteuning van –
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 skildklierfunksionering, en is 'n faktor in die handhawing van goeie gesondheid.
Yster	Help om gesonde rooibloedselle te handhaaf wat 'n rol speel in suurstofoordrag.
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, proteiene en vet te metaboliseer en dra by tot die beskerming van selle teen oksiderende spanning.
Molibdeen	Betrokke by DNS-metabolisme, sulfietmetabolisme en die vorming van uriensuur.
Fosfor	Help die liggaam om koolhidrate, vette en proteien te metaboliseer en dra by tot die ontwikkeling en instandhouding van normale been, tande en goeie gesondheid.
Kalium	Help die liggaam om proteien 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 proteien te metaboliseer en help om immuunfunksie en gesonde vel in stand te hou.

#### VOORDAT U CENTRUM® GEBRUIK:

**Moenie CENTRUM® neem:**

- As u allergies is vir enige van die bestanddele nie.

#### Neem spesiale sorg met CENTRUM®:

- As u ander aanvullings gebruik. Lees die etiket, aangesien hierdie aanvullings moontlik dieselfde bestanddele kan bevat.
- **CENTRUM®** 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.

#### Swangerskap en borsvoeding:

As u swanger is of u baba borsvoed, moet u asseblief voordat u **CENTRUM®** neem, u dokter, apteker of ander gesondheidsorgverskaffer vir advies raadpleeg.

#### Belangrike inligting oor van die bestanddele in CENTRUM®:

Suikervry, laktosevry, GMO-vry, gelatienvry. Potensieel allergene: Sojaboonolie, swaeldioksied en sulfiete teen 'n konsentrasie van nie meer as 100 dpm nie. Die neem van ander medisyne saam met **CENTRUM®**: Sê altyd vir u gesondheidsorgdeskundige as u enige ander medisyne neem.

#### HOE OM CENTRUM® TE NEEM:

Volwassenes en kinders ouer as 10 jaar: Neem daaglik 1 tablett. Neem die tablett met 'n voldoende hoeveelheid vloeistof (bv. 'n glas water) saam met maaltye. **CENTRUM®** reageer op die veranderende voedingsbehoeftes en vul u daaglikse dieetvereistes aan, maar dit is nie 'n plaasvervanger daarvoor nie. Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie. Om oop te maak: Druk die doppie ferm afwaarts en draai dit terselfdertyd antikloksgewys. Hierdie houer word vir u veiligheid met 'n peuteeraanduidende foeliebedekking geseël. Moenie gebruik as die foeliebedekking stukkend is nie.

#### As u meer CENTRUM® neem as wat u behoort:

Ingeval van 'n oordosering, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, kry hulp van u naaste hospitaal of gifbeheersentrum. Die volgende tekens en simptome kan moontlik verband hou met 'n oordosis **CENTRUM®**:  
Gastroïntestinale verstourings: Diarree  
Metabolisme- en voedingsverstourings: Hipervitaminose A en D

#### As u vergeet om CENTRUM® te neem:

Moenie 'n dubbeldosis neem om 'n vergeete dosis in te haal nie.

#### MOONTLIKE NEWE-EFFEKTE:

**CENTRUM®** kan newe-effekte veroorsaak. Nie alle newe-effekte wat vir **CENTRUM®** aangemeld is, word by hierdie voubiljet ingesluit nie. Sou u algemene gesondheid verswak, of as u enige ongewone effekte ontwikkel terwyl u **CENTRUM®** neem, moet u u dokter of gesondheidsorgdeskundige vir advies nader.

#### Sê vir u dokter as u enige van die volgende opmerk:

Gastroïntestinale verstourings:  
Buikongemak, hardlywigheid, diarree, naarheid, maagongemak.  
Immuunstelselverstourings:  
Hipersensitiwiteit  
As 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®:

Bewaar by of onder 30 °C op 'n koel, droë plek. Hou die houer dig toe. Moenie in die badkamer berg 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) mee wegdoen nie. Berg alle medisyne buite die sig en bereik van kinders.

#### AANBIEDING VAN CENTRUM®:

**CENTRUM®** word verpak in wit, ronde HDPE-bottels met 'n wit, polipropileen, kinderbestande doppie. Dit bevat 'n uitdroogmiddel, en 16, 30, 60 of 90 tablett verpak in 'n kartonhouer waarin 'n voubiljet geplaas is. Hierdie houer word vir u veiligheid met 'n peuteeraanduidende foeliebedekking geseël. Moenie gebruik as die foeliebedekking stukkend is nie.

#### IDENTIFIKASIE VAN CENTRUM®:

**CENTRUM®** is 'n oranje, ovaal, kapsulevormige filmbedekte tablett. Die tablett is aan die ongekepte kant met "C" gegraveer en aan die gekepte kant is die linkerkant van die tablett leeg en aan die regterkant is "2" gedruk.

#### NAAM EN ADRES VAN REGISTRASIEHOUER:

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  
Saint Laurent, Montreal H4R1J6, Quebec, Canada

#### PUBLIKASIEDATUM

April 2018

Bezoek [www.centrum.co.za](http://www.centrum.co.za) vir meer inligting