



PAA144644

cellulose, sodium, stearic acid, syloid (silicon dioxide).

WHAT CENTRUM SELECT 50+ IS USED FOR:

CENTRUM SELECT 50+ a scientifically formulated, age-adjusted health supplement for adults aged 50 years and older to help support health and well-being. As we get older, our nutritional needs change. With CENTRUM SELECT 50+, you benefit 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 nutrients is important for well-being and good health.

Daily supplementation with CENTRUM SELECT 50+ can support the following health benefits:

Vitality	Immune support	Healthy Eyes	Healthy Heart
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.	Contains a balanced blend of vitamin A and lutein for the maintenance of good vision.	Contains lycopene, folic acid, vitamins B6, B12, vitamin C and vitamin E to support a healthy heart.

Below is a breakdown of the role of each of the ingredients in CENTRUM SELECT 50+:

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 ₃	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 ₁	Contributes to the maintenance of good health and normal bones.
Lutein	A micronutrient that contributes to eye health.
Lycopene	An antioxidant that may play a role in supporting cardiovascular health.
Calcium	Helps maintain healthy bones and teeth.
Chromium	Helps the body to metabolise glucose and supports the maintenance of good health.

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® SELECT 50+ (Tablets)

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

CENTRUM SELECT 50+ is available without a doctor's prescription, for your use as a health supplement. Nevertheless you still need to use CENTRUM SELECT 50+ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share CENTRUM SELECT 50+ 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 SELECT 50+ CONTAINS:

CENTRUM SELECT 50+ is a scientifically formulated daily multivitamin for adults 50+ with specially balanced nutrient blends to help support changing health needs. CENTRUM SELECT 50+ contains:

Each CENTRUM SELECT 50+ tablet contains	Per tablet dose
Total Vitamin A	4000 IU
Vitamin B1 (Thiamine)	2,25 mg
Vitamin B2 (Riboflavin)	3,2 mg
Vitamin B3 (Niacinamide)	15 mg
Vitamin B6 (Pyridoxine)	5 mg
Folic acid	400 µg
Vitamin B12 (Cyanocobalamin)	20 µg
Biotin	45 µg
Pantothenic acid	10 mg
Vitamin C (Ascorbic acid)	90 mg
Vitamin D ₃	600 IU
Vitamin E	50 IU
Vitamin K ₁	25 µg
Lutein	500 µg
Lycopene	600 µg
Calcium	200 mg
Chromium	35 µg
Copper	1 mg
Iodine	150 µg
Iron	10 mg
Magnesium	50 mg
Manganese	4 mg
Molybdenum	45 µg
Potassium	80 mg
Selenium	55 µg
Zinc	7,5 mg

Minerals added as: calcium carbonate, chromic hexahydrate, cupric sulfate anhydrous, ferrous fumarate, magnesium oxide, manganese sulfate monohydrate, potassium chloride, sodium molybdate, sodium selenite and zinc oxide.

Other ingredients are: calcium phosphate dibasic, croscarmellose, crospovidone, gelatin (bovine), lanolin (sheep's wool), magnesium stearate, microcrystalline

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 SELECT 50+:

Do not take CENTRUM SELECT 50+:

- If you are allergic to any of the ingredients.

Take special care with CENTRUM SELECT 50+:

- If you are taking other supplements. Read the label, since these supplements may contain the same ingredients.
- CENTRUM SELECT 50+ 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 SELECT 50+.

Driving and using machinery:

CENTRUM SELECT 50+ does not contain any ingredients causing drowsiness, so CENTRUM SELECT 50+ should not affect the ability to drive or operate machinery.

Important information about some of the ingredients of CENTRUM SELECT 50+:

Sugar free. Lactose free. GMO free.
Potential allergens: Sulphur dioxide at a concentration of not more than 100 ppm.

Taking other medicines with CENTRUM SELECT 50+:

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

HOW TO TAKE CENTRUM SELECT 50+:

Adults:

Take 1 tablet daily. Take the tablet with sufficient quantity of liquid (e.g. a glass of water) with meals. CENTRUM SELECT 50+ 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 SELECT 50+ 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. The following signs and symptoms may be associated with an overdose of CENTRUM SELECT 50+:
Gastrointestinal disorders: Diarrhoea
Metabolism and nutrition disorders: Hyper-vitaminosis A and D

If you forget to take CENTRUM SELECT 50+:

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

POSSIBLE SIDE EFFECTS:

CENTRUM SELECT 50+ can have side effects. Not all side effects reported for CENTRUM SELECT 50+ are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CENTRUM SELECT 50+, 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.

STORAGE AND DISPOSAL OF CENTRUM SELECT 50+:

Store at or below 30 °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 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).

PRESENTATION OF CENTRUM SELECT 50+:

CENTRUM SELECT 50+ is packed in white round HDPE bottles with a white polypropylene child-resistant cap with a desiccant in counts of 30, 60 or 90 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 SELECT 50+:

CENTRUM SELECT 50+ is an orange oval shaped film coated tablet. Engraved "C" on one side and "Z" on the other side.

NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF REGISTRATION HOLDER:

GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd.
39 Hawkins Avenue
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7460

Tel: 0800 118 274/ +27 11 745 6001

Manufacturer: PF Consumer Healthcare Canada ULC.
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DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET:

25 May 2018

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



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

SKEDULERINGSSTATUS

EIENDOMSNAAM EN DOSEERVORM:

CENTRUM[®] SELECT 50+ (Tablettee)

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

CENTRUM SELECT 50+ is sonder 'n doktersvoorskrif beskikbaar vir u om as 'n gesondheidsaanvulling te gebruik. Nietemin moet u steeds CENTRUM SELECT 50+ met sorg gebruik, sodat u die beste resultate daarvan kan verkry.

- Hou hierdie voubiljet. U sal dit moontlik weer moet lees.
- Moenie CENTRUM SELECT 50+ met enigiemand anders deel nie.
- Vra u apteker as u meer inligting of advies benodig.
- U moet 'n dokter spreek as u kommerwekkende simptome ervaar.

WAT CENTRUM SELECT 50+ BEVAT:

CENTRUM SELECT 50+ is 'n wetenskaplik-geformuleerde daaglikse multivitamien vir volwassenes van 50+ met spesiaal gebalanseerde nutriëntvermengings om te help om aan veranderende gesondheidsbehoefes te voldoen. CENTRUM SELECT 50+ bevat:

Elke CENTRUM SELECT 50+ tablet bevat	Per tablet
Totale vitamien A	4000 IE
Vitamien B1 (Tiamien)	2,25 mg
Vitamien B2 (Riboflavin)	3,2 mg
Vitamien B3 (Niasienamied)	15 mg
Vitamien B6 (Pindoksien)	5 mg
Foliensuur	400 µg
Vitamien B12 (Sianokobalamien)	20 µg
Biotien	45 µg
Pantoteensuur	10 mg
Vitamien C (Askorbiensuur)	90 mg
Vitamien D ₃	600 IE
Vitamien E	50 IE
Vitamien K ₁	25 µg
Luteien	500 µg
Likopeen	600 µg
Kalsium	200 mg
Chroom	35 µg
Koper	1 mg
Jodium	150 µg
Yster	10 mg
Magnesium	50 mg
Mangaan	4 mg
Molibdeen	45 µg
Kalium	80 mg
Seleen	55 µg
Sink	7,5 mg

Minerale is bygevoeg as: kalsiumkarbonaat, chroomheksahidraat, anhidriese kuprisulfaat, ferrofumaraat, magnesiumoksied, mangaansulfaatmonohidraat, kaliumchloried, natriummolibdaat, natriumseleniet en sinkoksied.

Ander bestanddele as: dibasiese kalsiumfosfaat, kruiskarmellose, kruispovidoon, gelatien (beesoorsprong), lanolien (skaapwol), magnesiumstearaat, mikrokristallyne sellulose, natrium, steariensuur, siloïed (silikoondioksied).

WAARVOOR CENTRUM SELECT 50+ GEBRUIK WORD:

CENTRUM SELECT 50+ is 'n wetenskaplik-geformuleerde, ouderdomsaangepaste gesondheidsaanvulling vir volwassenes van 50 jaar en ouer om te help om gesondheid en welstand te ondersteun. Soos mens ouer word, verander mens se voedingsbehoefes. U trek voordeel uit CENTRUM SELECT 50+ uit 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 metabolisme prosesse in die liggaam betrokke en dra sodoende by tot fisieke en geesteswelstand. Dit kan wel moeilik wees om 'n gebalanseerde dieet met die vereiste vitamien en minerale teen die vereiste vlakke te volg. Lewenswysekeuses soos spanning, oormatige oefening, alkoholgebruik, rook en selfs die neem van sekere medikasie, het als 'n impak op nutriëntvlakke. Die liggaam kan die meeste vitamien, minerale en spoorelemente nie self produseer nie en is daarom afhanklik daarvan om 'n gereelde voorsiening uit die dieet te kry. 'n Voldoende voorsiening van hierdie belangrike voedingsstowwe is belangrik vir welstand en goeie gesondheid.

Daaglikse aanvulling met CENTRUM SELECT 50+ kan die volgende gesondheidsvoordele inhou:

Lewenskrag-tigheid	Immuunondersteuning	Gesonde oë	Gesonde hart
Dit sluit die reeks B-vitamien en yster in om aan daaglikse energiebehoefes te voldoen.	Dit bevat antioksidante soos vitamien A en C sowel as die minerale yster, seleen en sink wat belangrik is vir die normale funksionering van die immuunstelsel.	Dit bevat 'n gebalanseerde vermenging van vitamien A en luteien vir die handhawing van goeie visie.	Dit bevat likopeen, foliensuur, vitamien B6 en B12, vitamien C en vitamien E om 'n gesonde hart te handhaaf.

Hier onder is 'n uiteensetting van die rol van elk van die bestanddele in CENTRUM SELECT 50+:

Belangrike bestanddeel	Belangrik vir ondersteuning
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 (Riboflavin)	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 (Pindoksien)	Vir die produksie van energie uit proteien, 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 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 ₃	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 ₁	Dra by tot die handhawing van goeie gesondheid en normale been.
Luteien	'n Mikronutriënt wat tot ooggesondheid bydra.
Likopeen	'n Antioksidant wat moontlik 'n rol kan speel in die handhawing van kardiovaskulêre gesondheid.
Kalsium	Help om gesonde been en tande te handhaaf.

Belangrike bestanddeel	Belangrik vir ondersteuning
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 skildklierfunksionering, 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, proteiene en vet te metaboliseer en dra by tot die beskerming van selle teen oksidatiewe 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 en tande en die handhawing van 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.

VOÓRDAT U CENTRUM SELECT 50+ GEBRUIK:

Moenie CENTRUM SELECT 50+ neem nie as u:

- Allergies is vir enige van die bestanddele nie.

Neem spesiale sorg met CENTRUM SELECT 50+:

- As u ander aanvullings gebruik. Lees die etiket aangesien hierdie aanvullings moontlik dieselfde bestanddele kan bevat.
- CENTRUM SELECT 50+ 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 u gesondheidsorgverskaffer raadpleeg vir advies alvorens u CENTRUM SELECT 50+ gebruik.

Bestuur en die gebruik van masjinerie:

CENTRUM SELECT 50+ bevat geen bestanddele wat lomerigheid veroorsaak nie. CENTRUM SELECT 50+ behoort dus nie die vermoë te affekteer om te bestuur of masjinerie te gebruik nie.

Belangrike inligting oor vān die bestanddele in CENTRUM SELECT 50+:

Suiker vry. Laktose vry. GMO vry.
Potensiele allergene: Swaeldioksied teen 'n konsentrasie van nie meer as 100 dpm nie.

Die neem van ander medisyne saam met CENTRUM SELECT 50+:

Sê altyd vir u gesondheidsorgverskaffer as u enige ander medisyne neem (dit sluit aanvullende of tradisionele medisyne in).

HOE OM CENTRUM SELECT 50+ TE NEEM:

Volwassenes:
Neem daaglik 1 tablet. Neem die tablet met voldoende hoeveelheid vloeistof (bv. 'n glas water) saam met maaltye. CENTRUM SELECT 50+ reageer op die veranderende voedingsbehoefes en voltooi u daaglikse dieetvereistes, maar dit is nie 'n plaasvervanger daarvoor nie. Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie.

Om oop te maak: Druk op ferm wyse die doppie afwaarts en draai dit terselfdertyd antiklokgewys. Hierdie

houer word vir u veiligheid met 'n peuteraanduidende foeliebedekking geseël.
Moenie gebruik as die foeliebedekking stukkend is nie.

As u meer CENTRUM SELECT 50+ neem as wat u behoort:

In geval van 'n oordosering, raadpleeg u dokter of apteker. As nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.
Die volgende tekens en simptome kan moontlik verband hou met 'n oordosis CENTRUM SELECT 50+:

Gastroïntestinale verstourings: Diarree.

Metabolisme- en voedingsverstourings: Hipervitaminose A en D.

As u vergeet om CENTRUM SELECT 50+ te neem:

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

MOONTLIKE NEWE-EFFEKTE:

CENTRUM SELECT 50+ kan nuwe-effekte veroorsaak. Nie al die nuwe-effekte wat vir CENTRUM SELECT 50+ aangemeld is, word by hierdie voubiljet ingesluit nie. Sou u algemene gesondheid verswak, of as u enige ongewone effekte ontwikkel terwyl u CENTRUM SELECT 50+ 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 nuwe-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 SELECT 50+:

Bewaar teen of benede 30 °C op 'n koel, droë plek. Bewaar alle medisyne buite die bereik van kinders. Hou die houder dig toe.
Moenie in die badkamer berg nie.
Moenie gebruik na die vervaldatum op die bottel se etiket en op die kartonhouer. Gee alle ongebruikte medisyne aan u apteker terug.
Moenie met ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) mee wegdoen nie.

AANBIEDING VAN CENTRUM SELECT 50+:

CENTRUM SELECT 50+ word verpak in wit, ronde HDPE-bottels met 'n wit, polipropileen, kinderbestande doppie en bevat 'n uitdroogmiddel, en 30, 60 of 90 tablette word verpak in 'n kartonhouer waarin 'n voubiljet geplaas is. Hierdie houer word vir u veiligheid met 'n peuteraanduidende foeliebedekking geseël. Moenie gebruik as die foeliebedekking stukkend is nie.

IDENTIFISERING EN BESKRYWING VAN CENTRUM SELECT 50+:

CENTRUM SELECT 50+ is 'n oranje, ovaalvormige filmbedekte tablet. Dit is aan die een kant met "C" gegraveer, en met "Z" aan die ander kant.

NAAM, BESIGHEIDSAADRES EN TELEFOONNUMMER VAN DIE HOUER VAN REGISTRASIE:

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Besoek www.centrum.co.za vir meer inligting.