



This leaflet tells you about **CENTRUM® KIDS** chewable tablets.

Read the contents of this leaflet carefully before your child starts using CENTRUM® KIDS, because it contains important information for you.

This product is available without a doctor's prescription, for your use as a food supplement. Nevertheless you still need to use **CENTRUM® KIDS** carefully to get the best results for your child from it.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- You must see a doctor if your child experiences troubling symptoms.

NAME OF THIS PRODUCT:

The name of this product is **CENTRUM® KIDS**.

WHAT CENTRUM® KIDS CONTAINS:

CENTRUM® KIDS is a dietary supplement, containing vitamins, minerals and trace elements for children from 4 years of age. With xylitol. Colourant free. GMO free. The active substances are as follows:

Nutritional Information	Per Tablet	% NRV for adults and children 4 years and older*
Vitamin A	1100 IU	36.7%
Vitamin B1 (Thiamine)	0.5 mg	41.7%
Vitamin B2 (Riboflavin)	0.5 mg	38.5%
Vitamin B3 (Niacin)	5 mg	31.3%
Vitamin B6	0.5 mg	29.4%
Folic Acid	200 mcg	50.0%
Vitamin B12	1 mcg	41.7%
Biotin	50 mcg	166.7%
Pantothenic Acid	2.5 mg	50.0%
Vitamin C	50 mg	50.0%
Vitamin D	125 IU	20.8%
Vitamin E	7.5 IU	33.6%
Vitamin K	10 mcg	8.3%
Iron	4.5 mg	25.0%
Magnesium	40 mg	9.5%
Manganese	0.5 mg	21.7%
Selenium	12.5 mcg	22.7%
Zinc	2.8 mg	25.5%

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

	Per Chewable Tablet
Energy	18 kJ
Protein	12 mg
Carbohydrate	1489 mg
Sugars	11 mg
Total fat	38 mg
Saturated fat	38 mg
Dietary fibre	70 mg
Sodium	0.1 mg

Suitable for diabetics. Suitable for lactose intolerance. Potential allergens: Soybean oil, sulphur dioxide and sulphites at concentration of 115 ppm.

Minerals added as: Ferrous fumarate, Magnesium oxide, Manganese sulphate, Potassium chloride, Sodium selenate and Zinc oxide.

The other ingredients are acacia, calcium phosphate dibasic, sweetener aspartame**, butylated hydroxy-toluene, diluents, flavourants, flow agents, gelatin, lubricants, methyl cellulose, polydextrose, starch, silicon dioxide, sodium benzoate, sodium citrate, sorbic acid, soybean oil, sucrose, xylitol.

WHAT CENTRUM® KIDS IS USED FOR:

Vitamins, minerals and trace elements are involved in many of the metabolic processes in the body and in doing so; contribute to physical and mental development. Although children need a smaller quantity of micronutrients than adults, nevertheless a good, child-appropriate supply of vitamins is important. The body cannot, however, produce most vitamins, minerals and trace elements by itself, but is dependent on a regular supply in the diet. An adequate supply of these vital substances is an important condition for well-being and health.

CENTRUM® KIDS is a complete formula of vitamins and minerals specially designed to help support children's health and well-being.

CENTRUM® KIDS chewable tablets have a citrus-berry flavour, and are colourant free.

CENTRUM® KIDS contains Xylitol - a natural sweetener, which supports oral health and reduces the risk of cavities.

CENTRUM® KIDS chewable tablets are suitable for children with diabetes and lactose intolerance.

Below is a breakdown of the role of each of the ingredients in **CENTRUM® KIDS**:

Vital Ingredient	Important for supporting
Vitamin A	Growth, vision, skin
Vitamin D	Teeth, bones
Vitamin E	Cell membranes, healthy cells
Vitamin C	Bone, teeth, gums, healthy cells, iron absorption
Biotin	Energy metabolism, skin, hair
Folic acid	Cell-building
Niacin	Energy metabolism
Pantothenic acid	Energy metabolism
Vitamin B1	Energy metabolism
Vitamin B2	Energy metabolism, skin
Vitamin B6	Energy metabolism
Vitamin B12	Protein-building, skin
Iron	Healthy nervous system, blood formation
Manganese	Blood formation, oxygen transport
Selenium	Bones, healthy cells
Zinc	Immune system
	Immune system, cell division, energy metabolism

For more health benefits, visit www.centrum.co.za

BEFORE YOU TAKE CENTRUM® KIDS:

Do not give **CENTRUM® KIDS** to your child:

- If they are allergic to any of the excipients.
- If they have a condition called phenylketonuria, since **CENTRUM® KIDS** contains aspartame, a source of phenylalanine**.

Take special care with CENTRUM® KIDS:

- Do not exceed the recommended daily dose/amount.
- If your child is taking other supplements, read the label, since these supplements may contain the same ingredients.
- Product 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.
- Can have laxative effect if too much is taken.

Pregnancy and Breast-feeding

Because of the vitamin A content the product should not be taken by pregnant women without medical advice.

HOW TO USE CENTRUM® KIDS:

Children aged 4 - 10: Chew or suck 1 tablet per day, preferably after meals.

Children aged 10 years and older: Chew or suck 2 tablets per day, preferably after meals.

Exceeding the daily dose is not recommended.

A varied and balanced diet and a healthy lifestyle are important, and this product should not be used as a substitute for a balanced diet.

To open: First press, then turn.

The container is protected with a tamper-evident foil for your safety. Please do not use if foil is broken.

If more CENTRUM® KIDS has been used than recommended:

In case of accidental overdose, discontinue use and seek professional assistance immediately.

The following signs and symptoms may be associated with an overdose of **CENTRUM® KIDS:**

Gastrointestinal disorders:

Diarrhoea

Metabolism and nutrition disorders:

Hyper-avitaminosis D

POSSIBLE SIDE-EFFECTS:

The following side effects may be associated with the use of **CENTRUM® KIDS** and are listed under their corresponding body system organ class:

Gastrointestinal disorders:

Abdominal discomfort, constipation, diarrhoea, nausea

Immune system disorders:

Hypersensitivity.

**STORAGE INSTRUCTIONS:
STORE AT OR BELOW 25 °C IN
A COOL, DRY PLACE.
DO NOT USE THIS PRODUCT
AFTER THE EXPIRY DATE
SHOWN ON THE CARTON.
STORE OUT OF SIGHT AND
REACH OF CHILDREN.**

PRESENTATION:

CENTRUM® KIDS is a chewable tablet, packed into a white HDPE bottle with a child resistant cap in counts of 30 tablets, and packaged in a carton, with insert.

IDENTIFICATION:

CENTRUM® KIDS is a mottled grayish-white, oval shaped, chewable tablet scored on one side.

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

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1954/000781/07

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