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PATIENT INFORMATION LEAFLET: CENTRUM

This leaflet tells you about CENTRUM® tablets.

Read the contents of this leaflet carefully before you start using CENTRUM, 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 carefully to get the best results 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 you experience troubling symptoms.

NAME OF THIS PRODUCT

The name of this product is CENTRUM®.

WHAT CENTRUM CONTAINS:

CENTRUM is a balanced dietary supplement, containing 26 vitamins and minerals as well as trace elements, formulated to help support your health needs. Centrum is GMO free. The active substances are as follows:

<i>Nutritional information per Centrum tablet</i>	<i>Per 1 tablet dose</i>	<i>% NRV for adults and children 4 years and older **</i>
Vitamin A as Beta-carotene	1332 IU	44,4 %
Vitamin B1	1,4 mg	116,7 %
Vitamin B2	1,6 mg	123,1 %
Niacinamide	18 mg	112,5 %
Vitamin B6	2 mg	117,6 %

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Folic Acid	195 mcg	48,8 %
Vitamin B12	1 mcg	41,7 %
Biotin	100 mcg	333,3 %
Pantothenic Acid	6 mg	120,0 %
Vitamin C	60 mg	60,0 %
Vitamin D	200 IU	33,3 %
Vitamin E	14,9 IU	66,7 %
Lutein	0,25 mg	*
Calcium	162 mg	12,5 %
Chloride	36,3 mg	*
Chromium	40 mcg	114,3 %
Copper	0,5 mg	55,6 %
Iodine	100 mcg	66,7 %
Iron	10 mg	55,6 %
Magnesium	50 mg	11,9 %
Manganese	1 mg	43,5 %
Molybdenum	50 mcg	111,1 %
Phosphorus	125 mg	10,0 %
Potassium	40 mg	*
Selenium	30 mcg	54,5 %
Zinc	5 mg	45,5 %
* No SA NRV Established.		
** According to the nutrient reference values		
Regulations published 1 March 2010.		

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Nutritional information	Per 1 tablet dose
Energy	1,4 kJ
Protein	3,1 mg
Carbohydrate	148 mg
Sugars	5 mg
Total fat	9 mg
Saturated fat	8,8 mg
Dietary fibre	105,7 mg
Sodium	0,4 mg

Potential allergens: Soybean oil, sulphur dioxide and sulphites at concentration of 110 ppm.
Minerals added as: Calcium pantothenate, calcium phosphate dibasic, chromic chloride hexahydrate, cupric sulphate anhydrous, ferrous fumarate, magnesium oxide, manganese sulphate monohydrate, potassium chloride, potassium iodide, sodium molybdate, sodium selenate, zinc oxide.

The inactive ingredients are: Ascorbyl palmitate, cellulose, citric acid, crospovidone, gelatine (bovine and poultry), glucose, lactose, magnesium stearate, maltodextrin, orange dye, silicon dioxide, sodium ascorbate, sodium benzoate, sodium citrate, sorbic acid, soybean oil, starch, stearic acid, sucrose, syloid.

WHAT CENTRUM IS USED FOR:

CENTRUM contains a comprehensive formula of vitamins and minerals specially designed to support health and well-being in adults below 50 years of age and children above 10 years of age. With Centrum, you benefit from what science is discovering about how vitamins and minerals help to unlock energy, strengthen immunity and maintain health.

CENTRUM is suitable for use in diabetics, patients with lactose intolerance, and is GMO free.

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 wellness. The stress and strain of modern living make it difficult to follow a balanced diet with all the right vitamins and minerals, let alone in the right quantities. Certain lifestyle choices, stress, excessive exercise, alcohol consumption, smoking and even taking certain medication, all impact on our nutrient levels.

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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 an important condition for well-being and health.

Daily supplementation with CENTRUM can support the following health benefits:

Energy: Includes B vitamins plus iron to help support daily energy needs.

Immunity: Contains antioxidants important to the normal function of the immune system.

Healthy skin: With vitamin A as Beta-carotene, vitamin C and Biotin for healthy skin.

Environmental stress: With vitamins C, E and selenium to help protect the body from the stress of pollution and sunlight.

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

Vital ingredient	Important for supporting
Vitamin A	Maintenance of good vision and healthy skin, nails and hair.
Vitamin D	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 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.
Biotin	Helps the body with the transformation of fats and carbohydrate into energy. Contributes to healthy skin and hair.
Folic acid	Plays a role in the metabolism of cell division and in the regeneration of blood and cells.
Niacin	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

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	mucous membranes.
Vitamin B1	Required for the release of energy from glucose. Maintains healthy nerve function.
Vitamin B2	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Vitamin B6	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Vitamin B12	Contributes to the health of the nervous system and is involved in the manufacture of red blood cells.
Iron	Helps maintain healthy red blood cells, which plays a role in oxygen transportation.
Magnesium	Helps in the utilisation of proteins. Helps and maintains healthy nervous system metabolism.
Selenium	Immune system.

BEFORE YOU TAKE CENTRUM:

Do not take CENTRUM:

- If you are allergic to any of the excipients.

Take special care with Centrum:

. Do not exceed the recommended daily dose/amount.

- If you are 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.

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Pregnancy and Breastfeeding

As with any supplement, if you are pregnant or nursing a baby, contact your healthcare professional before taking CENTRUM.

HOW TO USE CENTRUM:

Centrum: Take 1 tablet every day with water.

Exceeding the daily dose is not recommended.

Nutritional supplements cannot replace a balanced diet.

A varied, balanced diet and a healthy lifestyle are important, and CENTRUM 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 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:

Gastrointestinal disorders:

Diarrhoea

Metabolism and nutrition disorders:

Hyper-vitaminosis D

POSSIBLE SIDE-EFFECTS:

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

Gastrointestinal disorders:

Abdominal discomfort, constipation, diarrhoea, nausea.

Immune system disorders:

Hypersensitivity

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STORAGE INSTRUCTIONS:

Store at or below 30 °C in a cool, dry place. Keep the container firmly closed.

Do not use this medicine after the expiry date shown on the carton.

KEEP OUT OF SIGHT AND REACH OF CHILDREN.

PRESENTATION:

CENTRUM film-coated tablets are packed in white HDPE bottles with a white child resistant cap in counts of 30, 60 or 90 tablets in a carton. This container is sealed with a tamper-evident foil for your safety. Please do not use if the foil is broken.

IDENTIFICATION:

Centrum is an orange, oval shaped, film-coated tablet scored on one side with the following engraving: "S" to the left side and "1" to the right side of the score and a "C" on the reverse side.

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

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