

CENTRUM IMMUNE SUPPORT is specially formulated to support the functioning of the immune system with vitamins A, C, D, E, selenium, zinc and elderberry extract.

- Vitamin C which contributes to maintain the normal function of the immune system during and after intense physical stress and is an antioxidant for the maintenance of good health.
- Vitamin E which helps for the maintenance of good health and immune support.
- Elderberry extract that helps support the body's natural immune function.

EACH SOFTGEL CAPSULE CONTAINS ELKE SAGTSEL KAPSULE BEVAT:

Active ingredient	Each capsule contains (Elke kapsule bevat)	Daily dosage (Dagelijkse dosis (2 kapsules))
Vitamin A (retinyl palmitate)	1333 IU	2666 IU
Vitamin D (cholecalciferol)	200 IU	400 IU
Vitamin E (d, l- α -tocopheryl acetate)	7.5 mg	15 mg
Vitamin C (ascorbic acid)	375 mg	750 mg
Selenium (enriched yeast)	15 μ g	30 μ g
Zinc (zinc oxide)	5 mg	10 mg
Elderberry extract (Sambucus nigra L.)	16.5 mg	33 mg

HOW TO TAKE CENTRUM IMMUNE SUPPORT:
Adults: 2 capsules per day with a glass of water, preferably before a meal. Do not exceed the recommended daily dose.

HOW TO TAKE CENTRUM IMMUNE SUPPORT:
Volwassenes: 2 kapsules per dag met 'n glas water, verkieslik voor 'n maaltyd. Moenie die aanbevole daglikse dosis oorskry nie.

60 SOFTGEL CAPSULES

Centrum

IMMUNE SUPPORT

With Elderberry

HEALTH SUPPLEMENT

Health Supplement of Vitamins, Minerals and Elderberry Extract.


HOW TO STORE:
Store at or below 25 °C in a cool, dry place. KEEP OUT OF REACH OF CHILDREN. Do not use if the seal on the bottle is broken. Always close after use.

HOE OM TE BEWAAR:
Bewaar by of onder 25 °C in 'n droë plek. HOU BUITE BEREIK VAN KINDERS. Moenie gebruik as die seël op die bottel stukker is nie. Maak dit altyd ná gebruik toe.

3412 Multiple substance formulation
Category: Complementary Medicine - Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.
GaoSmithKline Consumer Healthcare South Africa (Pty) Ltd / (Edms) Bpk, 39 Hawkins Avenue, Epping Industria 1, 7460
Manufactured by/vervaard deur:
Catalent Pharma Solutions Via Nettunoem, km 20,100, 04011 Aprilia LT, Italia
For any product safety issues contact GSK on +27 11 745 6001
0800 118 274
consumer.careline@gsk.com
www.centrum.co.za
Trademark owned or licensed by GSK.

Batch:
MNF DATE:
BEST BEFORE END:

111977/A



CENTRUM IMMUNE SUPPORT PATIENT INFORMATION LEAFLET
SCHERMING STATUS: (S)

CENTRUM IMMUNE SUPPORT
Multiple substance formulation.

Ingredients	Each Capsule Contains
Vitamin A (retinyl palmitate)	1333 IU
Vitamin D (cholecalciferol)	200 IU
Vitamin E (d,l- α -tocopheryl acetate)	7.5 mg
Vitamin C (ascorbic acid)	375 mg
Selenium (enriched yeast)	15 μ g
Zinc (zinc oxide)	5 mg
Elderberry extract (Sambucus nigra L.)	16.5 mg

Sugar free.
Complementary Medicine: Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.
Read all this leaflet carefully because it contains important information for you.
CENTRUM IMMUNE SUPPORT is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use CENTRUM IMMUNE SUPPORT carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share CENTRUM IMMUNE SUPPORT with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- Health supplements are not intended as a substitute for a varied and balanced diet and a healthy lifestyle.

What is in this leaflet

- What CENTRUM IMMUNE SUPPORT is and what it is used for
- What you need to know before you take CENTRUM IMMUNE SUPPORT
- How to take CENTRUM IMMUNE SUPPORT
- Possible side effects
- How to store CENTRUM IMMUNE SUPPORT
- Contents of the pack and other information

1. What CENTRUM IMMUNE SUPPORT is and what it is used for
CENTRUM IMMUNE SUPPORT is specially formulated to support the functioning of the immune system with elderberry extract, vitamin A, D, E, selenium and zinc.

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

Ingredient	Important for supporting
Vitamin A	Contributes to the normal function of the immune system. Contributes to the maintenance of eyesight and skin membranes. Contributes to normal iron metabolism.
Vitamin C	Contributes to maintain the normal function of the immune system during and after intense physical stress. An antioxidant for the maintenance of good health. Contributes to the reduction of tiredness and fatigue Helps in connective tissue formation. Helps in wound healing.
Vitamin D	Contributes to the normal function of the immune system. Contributes to the maintenance of normal muscle function. A factor in the maintenance of good health. Contributes to the development and maintenance of strong bones and teeth.
Vitamin E	Contributes to the protection of cells from oxidative stress. An antioxidant for the maintenance of good health. Contributes to normal thyroid function.
Selenium	Contributes to the normal function of the immune system. An antioxidant for the maintenance of good health.
Zinc	Contributes to the maintenance of immune function. Contributes to normal cognitive function. Contributes to normal metabolism of Vitamin A. Helps in connective tissue formation.
Elderberry extract	Helps support the body's natural immune function.

2. What you need to know before you take CENTRUM IMMUNE SUPPORT
Do not take CENTRUM IMMUNE SUPPORT.
If you are hypersensitive (allergic) to vitamin A, D, E, C, selenium, zinc, elderberry extract or any of the other ingredients of CENTRUM IMMUNE SUPPORT (listed in section 6).

Warnings and precautions
Take special care with CENTRUM IMMUNE SUPPORT:
Do not exceed the recommended daily dose.
Keep out of reach of children.
If you are taking other health supplements, read the labels as they may contain the same ingredients.
Other medicines and CENTRUM IMMUNE SUPPORT
Always tell your health care provider if you are taking any other medicines. (This includes all complementary or traditional medicines.)
Pregnancy, breastfeeding, and fertility
If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other health care provider for advice before taking CENTRUM IMMUNE SUPPORT.
Driving and using machines
CENTRUM IMMUNE SUPPORT does not contain any ingredients causing drowsiness, so CENTRUM IMMUNE SUPPORT should not affect the ability to drive or operate machinery.
CENTRUM IMMUNE SUPPORT is sugar free.
3. HOW TO TAKE CENTRUM IMMUNE SUPPORT:
Do not share medicines prescribed to you by any other person.
Always take CENTRUM IMMUNE SUPPORT exactly as described in this leaflet or as your doctor or pharmacist or nurse has told you.
Check with your doctor or pharmacist or nurse if you are not sure.
The usual dose is:
Adults:
2 capsules per day with a glass of water, preferably before a meal. Do not exceed the recommended daily dose.
Always replace lid after use.
Children:
Do not give CENTRUM IMMUNE SUPPORT to children.
In the event of overdose, consult your doctor or pharmacist.
If neither is available, contact the nearest hospital or poison control centre. 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 IMMUNE SUPPORT:
Gastrointestinal disorders: Diarrhoea.
Metabolic and nutrition disorders: Hyper-vitaminosis A, Hyper-vitaminosis D.

4. Possible side-effects
CENTRUM IMMUNE SUPPORT can have side effects.
Not all side effects reported for CENTRUM IMMUNE SUPPORT are included in this leaflet.
Should your general health worsen or if you experience any unexplained effects while taking CENTRUM IMMUNE SUPPORT, please consult your healthcare provider for advice.
Tell your doctor if you notice any of the following:
Gastrointestinal disorders: Abdominal discomfort, constipation, diarrhoea, nausea.
Immune system disorders: Hypersensitivity.
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.
Reporting of side effects
If you get side effects, talk to your doctor or pharmacist or nurse.
You can also report side effects to SAHPRA via the "e.04 Adverse Drug Reaction Reporting Form" found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/index>.
By reporting side effects, you can help provide more information on the safety of CENTRUM IMMUNE SUPPORT.
5. How to store CENTRUM IMMUNE SUPPORT
Store all medicines out of reach of children.
Store at or below 25 °C in a dry place in the original packaging.
Keep the container tightly closed.
Do not use if the seal on the bottle is broken. Always close after use.
Do not store in a bathroom.
Do not use after the expiry date stated on the bottle label.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilet).

6. Contents of the pack and other information
What CENTRUM IMMUNE SUPPORT contains
The active substance per capsule:

Ingredients	Each Capsule Contains
Vitamin A (retinyl palmitate)	1333 IU
Vitamin D (cholecalciferol)	200 IU
Vitamin E (d,l- α -tocopheryl acetate)	7.5 mg
Vitamin C (ascorbic acid)	375 mg
Selenium (enriched yeast)	15 μ g
Zinc (zinc oxide)	5 mg
Elderberry extract (Sambucus nigra L.)	16.5 mg

The other ingredients are: Bismarck yellow (E101); bovine gelatine; black iron oxide (E172); E322; glycerol (E422); sunflower oil; 8 red iron oxide (E172); sunflower lecithin; yeast powder.
What CENTRUM IMMUNE SUPPORT looks like and contents of the pack
CENTRUM IMMUNE SUPPORT is an oblong opaque brown softgel capsule containing a light purple suspension.
CENTRUM IMMUNE SUPPORT is packed in a white HDPE cylinder container with a white polypropylene cap with orange rim and pulp heat induction seal in counts of 30 and 60 capsules.
Do not use if the lid on the packaging is broken.
Always replace lid after use.
Holder of Certificate of Registration
GaoSmithKline Consumer Healthcare South Africa (Pty) Ltd.
39 Hawkins Avenue,
Epping Industria 1,
7460
Tel: 0800 118 274 / +27 11 745 6001
Manufactured by
Catalent Pharma Solutions Via Nettunoem, km 20,100, 04011 Aprilia LT, Italia
This leaflet was last revised in
September 2022

CENTRUM IMMUNE SUPPORT PASIËNTINLIGTINGSWOORLEAFLET
SKEURLINGSSTATUS: (S)

CENTRUM IMMUNE SUPPORT
Formulering met meervoudige stowwe.

Bestanddele	Elke kapsule bevat
Vitamin A (retinylpalmitaat)	1333 IU
Vitamin D (cholecalciferol)	200 IU
Vitamin E (d, l- α -tokoferilasetaat)	7,5 mg
Vitamin C (ascorbylneer)	375 mg
Selen (verrykte gist)	15 μ g
Sink (sinkoksied)	5 mg
Vierbesse-ekstrak (Sambucus nigra L.)	16,5 mg

Sukker-vry.
Aanvullende medisyne: Gesondheidsaanvulling
Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of bedoelde gebruik geëvalueer nie.
 Lees hierdie handle voublyt aandagdig omrust dit belangrike inligting vir u beneit.
CENTRUM IMMUNE SUPPORT is sonder 'n doktersvoorskrif aan u beskikbaar om u gesondheid te handhaaf. Nietemin moet u steeds CENTRUM IMMUNE SUPPORT omsigtig gebruik om die beste resultate daarvan te wen.
• Hou hierdie voublyt. U sal dit dalk weer moet lees.
• Moenie CENTRUM IMMUNE SUPPORT met enige ander persoon deel nie.
• Tra u gesondheidsverskaffer of apteker as u meer inligting of advies benodig.
• Gesondheidsaanvullings is nie bedoel om 'n plaasvervanger te wees vir 'n gebalanseerde dieet met verskeidenheid, en 'n gesonde lewenswyse nie.
Wat hierdie voublyt bevat
1. Wat CENTRUM IMMUNE SUPPORT is en waarom dit gebruik word
2. Wat u moet weet alvorens u CENTRUM IMMUNE SUPPORT neem
3. Hoe om CENTRUM IMMUNE SUPPORT te bewaar
4. Moontlike newe-effekte
5. Hoe om CENTRUM IMMUNE SUPPORT te bewaar
6. Inhoud van die pakkie en ander inligting
1. Wat CENTRUM IMMUNE SUPPORT is en waarom dit gebruik word
CENTRUM IMMUNE SUPPORT is spesiaal geformuleer met vierbesse-ekstrak, vitamien A, D, E, selen en sink om die funksionering van die immuusstelsel te ondersteun.

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

Bestanddeel	Dit is belangrik om die volgende te ondersteun
Vitamien A	Dra by tot die normale funksionering van die immuusstelsel. Dra by tot die handhawing van visie en velmembrane. Dra by tot die normale metabolisme van yster.
Vitamien C	Dra by tot die handhawing van normale funksionering van die immuusstelsel, getransende en ná betreflike fisieke spanning. 'n Antiekstidant vir die handhawing van goeie gesondheid. Dra by tot die vermindering van moegheid en vermoedheid. Help met die vorming van binneweest. Help met die geneesing van wonds.
Vitamien D	Dra by tot die normale funksionering van die immuusstelsel. Dra by tot die handhawing van normale spiersterkte. 'n Faktor in die handhawing van goeie gesondheid. Dra by tot ontvakkeling en handhawing van sterk been en tande.
Vitamien E	Dra by tot die beskerming van selle teen oksidatiewe spanning. 'n Antiekstidant vir die handhawing van goeie gesondheid. 'n Antiekstidant vir die handhawing van goeie gesondheid.
Selen	Dra by tot die normale funksionering van die immuusstelsel. 'n Antiekstidant vir die handhawing van goeie gesondheid.
Sink	Dra by tot die handhawing van die funksionering van die immuusstelsel. Dra by tot normale kognitiewe funksionering. Dra by tot normale metabolisme van vitamien A. Help met die vorming van binneweest.
Vierbesse-ekstrak	Help om die liggaam se natuurlike immuusstelsel/funksionering te ondersteun.

2. Wat u moet weet alvorens u CENTRUM IMMUNE SUPPORT neem
Moenie in die volgende gevalle CENTRUM IMMUNE SUPPORT neem nie:
As u hipersensitief (allergies) vir vitamien A, D, E, C, selen, sink, vierbesse-ekstrak of enige van die ander bestanddele van CENTRUM IMMUNE SUPPORT is (dit word in afdeling 6 uiteengesit).

Waarskuwings en voorsorgmaatreëls
Neem in die volgende gevalle spesiale sorg met CENTRUM IMMUNE SUPPORT:
Moenie die aanbevole daglikse dosis oorskry nie.
Hou buite bereik van kinders.
As u ander gesondheidsaanvullings neem, lees die etikette aangesien die aanvullings moontlik dieselfde bestanddele kan bevat.
Ander medisyne en CENTRUM IMMUNE SUPPORT
Sê altyd vir u gesondheidsverskaffer as u enige ander medisyne neem. (Dit sluit alle aanvullende of tradisionele medisyne in.)
Swangerskap, borsvoeding, en vrugbaarheid
As u swanger is of borsvoed, vermoed dat u swanger is of van plan is om swanger te raak, raadpleeg asseblief u dokter, apteker of ander gesondheidsverskaffer vir advies voordat u CENTRUM IMMUNE SUPPORT neem.
Bestuur van voertuig en gebruik van masjines
CENTRUM IMMUNE SUPPORT bevat geen bestanddele wat tomorigheid kan veroorsaak nie. CENTRUM IMMUNE SUPPORT behoort dus nie u vermoed te effekteer om 'n voertuig te bestuur of om masjines te handleer nie.
CENTRUM IMMUNE SUPPORT is sukkervry.
3. HOE OM CENTRUM IMMUNE SUPPORT TE NEEM:
Moenie medisyne wat u u voorgeskrif is met enige ander persoon deel nie.
Neem CENTRUM IMMUNE SUPPORT altyd presies soos dit in hierdie voublyt verduidelik word, of soos u dokter, apteker of verskeiegesonde u aangeel het. Maak by u dokter, apteker of verpleegkundige seker as u onseker is. Die gewone dosis is:
Volwassenes:
2 kapsules per dag met 'n glas water, verkieslik voor 'n maaltyd. Moenie die aanbevole daglikse dosis oorskry nie. Sit altyd na gebruik die dekselstjie weer terug.
As u meer CENTRUM IMMUNE SUPPORT neem as wat u behoort te neem
Reageer u dokter of apteker in die geval van 'n oortoois.
As een een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbehoewer. In geval van bavevalle oortoois, staak die gebruik en kyk onmiddellik hulp van 'n dokter.
Die volgende tekens en simptome kan moontlik verband hou met 'n oortoois CENTRUM IMMUNE SUPPORT:
Gastroïntestinale verstorenges: Diarree.
Metaboliese- en voedingsverstorenges: Hipervitaminose A, hipervitaminose D.

As u versprei om CENTRUM IMMUNE SUPPORT te neem
U moenie 'n dubbelsolisie neem om die vergete dosis in te haal nie.

4. MOONTLIKE NEWE-EFFEKTE
CENTRUM IMMUNE SUPPORT kan newe-effekte veroorsaak.
Nis al die newe-effekte wat vir CENTRUM IMMUNE SUPPORT aangemeld is, word by hierdie voublyt getoon.
As u algeemne gesondheid verswak, of as u enige ongewone effekte ervaar terwyl u CENTRUM IMMUNE SUPPORT neem, raadpleeg asseblief u gesondheidsverskaffer vir advies.
Sê vir u dokter as u enige van die volgende optreek:
Gastroïntestinale verstorenges: Buikpyn, buikvolheid, diarree, maerheid.
Aerourings van die immuusstelsel: Hipersensitief.
As u enige newe-effekte ervaar, waer nie in hierdie voublyt genoem word nie, moet u asseblief u dokter of apteker in kennis stel.
Aanmelding van newe-effekte
Praat met u dokter, apteker of verskeiegesonde as u newe-effekte ervaar. U kan ook newe-effekte by SAHPRA aameld deur die "e.04 Adverse Drug Reaction Reporting Form" te gebruik wat aanlyn onder SAHPRA-publikasies beskikbaar is: <https://www.sahpra.org.za/Publications/index>.
Dour newe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van CENTRUM IMMUNE SUPPORT te verskaf.
5. Hoe om CENTRUM IMMUNE SUPPORT te bewaar
Bewaar alle medisyne buite bereik van kinders.
Bewaar dit by of onder 25 °C op 'n droë plek in die oorspronklike verpakking.
Dour newe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van CENTRUM IMMUNE SUPPORT te verskaf.
6. Inhoud van die pakkie en ander inligting
Wat CENTRUM IMMUNE SUPPORT bevat
Die aktiewe stof per kapsule is:

Bestanddele	Elke kapsule bevat
Vitamien A (retinylpalmitaat)	1333 IU
Vitamien D (cholecalciferol)	200 IU
Vitamien E (d, l- α -tokoferilasetaat)	7,5 mg
Vitamien C (ascorbylneer)	375 mg
Selen (verrykte gist)	15 μ g
Sink (sinkoksied)	5 mg
Vierbesse-ekstrak (Sambucus nigra L.)	16,5 mg

Die ander bestanddele is: Geel bywas (E101); beengelatien, swart ysteroksied (E172); E322; gisneel (E422); sonneblomolie en rooi ysteroksied (E172); sonneblomleesolie, gisneel.
Hoe CENTRUM IMMUNE SUPPORT lyk en wat die inhoud van die pakkie is
CENTRUM IMMUNE SUPPORT is 'n langwerpige, ondeursigtige bruin sagtige kapsule met 'n ligte sukkervrye bestanddele.
CENTRUM IMMUNE SUPPORT is verpak in 'n wit HDPE-silinderhouer met 'n wit polipropyleen dop met 'n oranje rand en pulphitte-induksiesel in hoeveelhede van 30 en 60 kapsules.
Moenie gebruik as die folie op die verpakking stukker is nie. Sit altyd na gebruik die dekselstjie weer terug.
Hoer van die registrasiesertifikaat
GaoSmithKline Consumer Healthcare South Africa (Pty) Ltd.
Hawkinsaan 39
Epping Industria 1
7460
Telefoonnommer: 0800 118 274 / +27 11 745 6001
Vervaardig deur
Catalent Pharma Solutions Via Nettunoem, km 20,100, 04011 Aprilia LT, Italia
Hierdie voublyt is las hersien in
September 2022

V1
24 - JUL - 2023

Artwork Information Panel

HALEON

Component No: **AWP No:**
111977/A **7396580**

Manufacturing Site:
Catalent Italy
(Note: North American Artwork will have N/A in this field)

Approving Market:
South Africa-ZAF

Technical Drawing No:
COUPON.F.TO 85X160 1

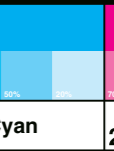
Material Spec No:
Die line label 85 x 160
(Note: North American Artwork will have N/A in this field)

Body Text Size: 5.0pt
Smallest Text Size: 4.0pt
(Note: See Form 800 for this information)

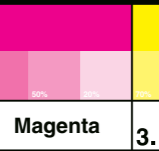
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Printer and User notes:

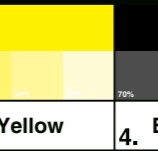
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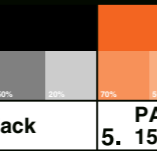
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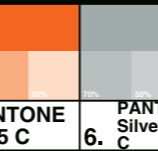
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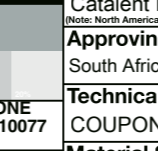
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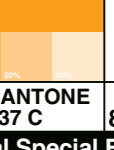
5. PANTONE 1585 C



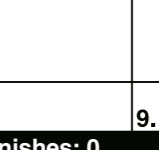
6. PANTONE Silver 10077



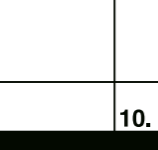
7. PANTONE 137 C



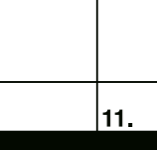
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9.



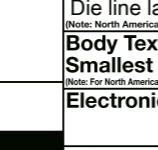
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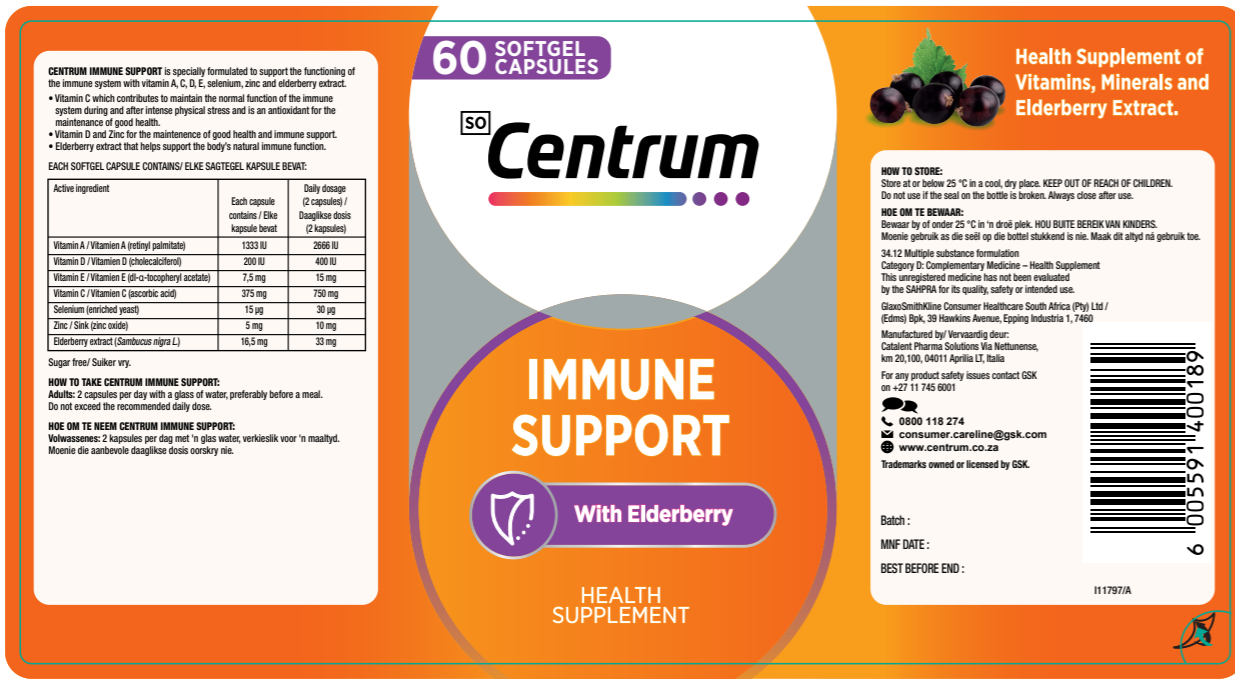
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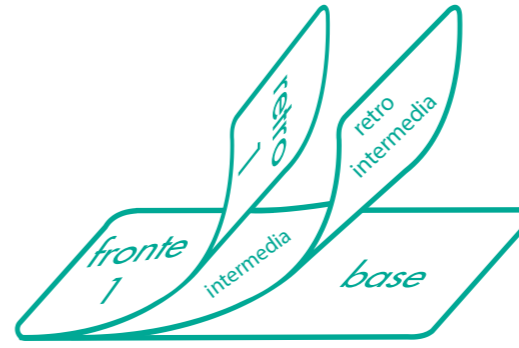
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Total Special Finishes: 0



attenzione: misure indicative, provare il tutto sul flacone.
è necessario il flacone per maggior precisione



ETICHETTA COUPON
A 3 STRATI
5 FACCIATE

ESEMPIO COUPON F.TO 85X160.ap 29/07/21 16:35 FUSTELLA

flacone 200ml

AREA DI TENUTA (9 mm)
(ZONA ESENTE DA TESTI)

CENTRUM IMMUNE SUPPORT PATIENT INFORMATION LEAFLET
SCHEDULED STATUS: (S)
CENTRUM IMMUNE SUPPORT Multiple substance formulation.

Ingredients	Each Capsule Contains
Vitamin A (retinyl palmitate)	1333 IU
Vitamin D (cholecalciferol)	200 IU
Vitamin E (d, l-alpha-tocopheryl acetate)	7.5 mg
Vitamin C (ascorbic acid)	375 mg
Selenium (enriched yeast)	15 µg
Zinc (zinc oxide)	5 mg
Elderberry extract (Sambucus nigra L.)	16.5 mg

HOW TO TAKE CENTRUM IMMUNE SUPPORT:
Adults: 2 capsules per day with a glass of water, preferably before a meal. Do not exceed the recommended daily dose.

HOW TO TAKE CENTRUM IMMUNE SUPPORT:
Wanneer 2 capsules per dag met 'n glas water, verkieslik voor 'n maaltyd. Moenie die aanbevole dosering oorskry nie.

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

Ingredient	Important for supporting
Vitamin A	Contributes to the normal function of the immune system. Contributes to the maintenance of eyesight and skin membranes. Contributes to normal iron metabolism.
Vitamin C	Contributes to maintain the normal function of the immune system during and after intense physical stress. An antioxidant for the maintenance of good health. Contributes to the reduction of tiredness and fatigue. Helps in connective tissue formation. Helps in wound healing.
Vitamin D	Contributes to the normal function of the immune system. Contributes to the maintenance of normal muscle function. A factor in the maintenance of good health. Contributes to the development and maintenance of strong bones and teeth.
Vitamin E	Contributes to the protection of cells from oxidative stress. An antioxidant for the maintenance of good health. Contributes to normal thyroid function.
Selenium	Contributes to the normal function of the immune system. An antioxidant for the maintenance of good health.
Zinc	Contributes to the maintenance of immune function. Contributes to normal cognitive function. Contributes to normal metabolism of Vitamin A. Helps in connective tissue formation.
Elderberry extract	Helps support the body's natural immune function.

Warnings and precautions
Take special care with CENTRUM IMMUNE SUPPORT: Do not exceed the recommended daily dose. Keep out of reach of children. If you are taking other health supplements, read the labels as they may contain the same ingredients.

Other medicines and CENTRUM IMMUNE SUPPORT
Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Pregnancy, breastfeeding, and fertility
If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other health care provider for advice before taking CENTRUM IMMUNE SUPPORT.

Driving and using machines
CENTRUM IMMUNE SUPPORT does not contain any ingredients causing drowsiness, so CENTRUM IMMUNE SUPPORT should not affect the ability to drive or operate machinery. CENTRUM IMMUNE SUPPORT is sugar free.

HOW TO TAKE CENTRUM IMMUNE SUPPORT:
Do not share medicines prescribed by you with any other person. Always take CENTRUM IMMUNE SUPPORT exactly as described in this leaflet or as your doctor or pharmacist or nurse has told you. Check with your doctor or pharmacist or nurse if you are not sure. The usual dose is:
Adults: 2 capsules per day with a glass of water, preferably before a meal. Do not exceed the recommended daily dose. Always replace lid after use.

What you need to know before you take CENTRUM IMMUNE SUPPORT
Do not take CENTRUM IMMUNE SUPPORT if you are hypersensitive (allergic) to vitamin A, D, E, C, selenium, zinc, elderberry extract or any of the other ingredients of CENTRUM IMMUNE SUPPORT (listed in section 6).

1. What CENTRUM IMMUNE SUPPORT is and what it is used for
CENTRUM IMMUNE SUPPORT is specially formulated to support the functioning of the immune system with elderberry extract, vitamin A, D, E, selenium and zinc.

4. POSSIBLE SIDE-EFFECTS
CENTRUM IMMUNE SUPPORT can have side effects. Not all side effects reported for CENTRUM IMMUNE SUPPORT are included in this leaflet. Should your general health worsen or if you experience any unlisted effects while taking CENTRUM IMMUNE SUPPORT, please consult your healthcare provider for advice. Tell your doctor if you notice any of the following: Gastrointestinal disorders: Abdominal discomfort, constipation, diarrhoea, nausea. Immune system disorders: Hypersensitivity. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

5. How to store CENTRUM IMMUNE SUPPORT
Store all medicines out of reach of children. Store at or below 25 °C in a dry place in the original packaging. Keep the container tightly closed. Do not use if the seal on the bottle is broken. Always close after use. Do not store in a bathroom. Do not use after the expiry date stated on the bottle label. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilet).

6. Contents of the pack and other information
What CENTRUM IMMUNE SUPPORT contains
The active substance per capsule:

Ingredients	Each Capsule Contains
Vitamin A (retinyl palmitate)	1333 IU
Vitamin D (cholecalciferol)	200 IU
Vitamin E (d, l-alpha-tocopheryl acetate)	7.5 mg
Vitamin C (ascorbic acid)	375 mg
Selenium (enriched yeast)	15 µg
Zinc (zinc oxide)	5 mg
Elderberry extract (Sambucus nigra L.)	16.5 mg

The other ingredients are: Bienenwax yellow (E901); bovine gelatine; black iron oxide (E172); (E322); glycerol (E422); sunflower oil; 8 red iron oxide (E172); sunflower lecithin; yeast powder. What CENTRUM IMMUNE SUPPORT looks like and contents of the pack CENTRUM IMMUNE SUPPORT is an oblong opaque brown softgel capsule containing a light purple suspension. CENTRUM IMMUNE SUPPORT is packed in a white HDPE cylinder container with a white polypropylene cap with orange rim and pulp heat induction seal in counts of 30 and 60 capsules. Do not use if the lid on the packaging is broken. Always replace lid after use.

Holder of Certificate of Registration
GaoSmithKline Consumer Healthcare South Africa (Pty) Ltd.
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Registration number
Complementary Medicine: Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.
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AREA DI TENUTA (9 mm)
(ZONA ESENTE DA TESTI)

CENTRUM IMMUNE SUPPORT PASIËNTINLIGTINGSWOORDJULET
SKEDULEERINGSSTATUS: (S)
CENTRUM IMMUNE SUPPORT Formulerings met meervoudige stowings.

Bestanddele	Elke kapsule bevat
Vitamin A (retinylpalmitaat)	1333 IU
Vitamin D (cholecalciferol)	200 IU
Vitamin E (d, l-alfatocofereleester)	7,5 mg
Vitamin C (ascorbyl-asien)	375 mg
Selen (verrykte gist)	15 µg
Sink (sinkoksied)	5 mg
Vierbesse-ekstrak (Sambucus nigra L.)	16,5 mg

Wat hierdie woordjuleit bevat
1. Wat CENTRUM IMMUNE SUPPORT is en waarom dit gebruik word
2. Wat u moet weet alvorens u CENTRUM IMMUNE SUPPORT neem
3. Hoe om CENTRUM IMMUNE SUPPORT te bewaar
4. Moontlike newe-effekte
5. Hoe om CENTRUM IMMUNE SUPPORT te bewaar
6. Inhoud van die pakkie en ander inligting

1. Wat CENTRUM IMMUNE SUPPORT is en waarom dit gebruik word
CENTRUM IMMUNE SUPPORT is spesiaal geformuleer vierbesse-ekstrak, vitamien A, D, E, selen en sink om die funksionering van die immuunstelsel te ondersteun.

2. Wat u moet weet alvorens u CENTRUM IMMUNE SUPPORT neem
Moenie in die volgende gevalle CENTRUM IMMUNE SUPPORT neem nie:
As u hipersensitief (allergies) vir vitamien A, D, E, C, selen, sink, vierbesse-ekstrak of enige van die ander bestanddele van CENTRUM IMMUNE SUPPORT is (dit word in afdeling 6 uiteengesit).

3. Hoe om CENTRUM IMMUNE SUPPORT te bewaar
Bewaar alle medisyne buite bereik van kinders. Bewaar dit by of onder 25 °C op 'n droë plek in die oorspronklike verpakking. Moenie gebruik as die seël op die bottel stukker is nie. Maak dit altyd ná gebruik toe.
Moenie in 'n badkamer bly nie. Moenie die produk uit die verpakking gebruik wat op die etiket aangedui word nie. Geë alle ongebruikte medisyne aan u apteker terug. Moenie ongebruikte medisyne in draine of rioolstelsels (bv. toilette) weggooi nie.

4. Moontlike newe-effekte
Moenie in 'n dubbelblous neem om die vergete dosis in te haal nie.

5. Hoe om CENTRUM IMMUNE SUPPORT te bewaar
Bewaar alle medisyne buite bereik van kinders. Bewaar dit by of onder 25 °C op 'n droë plek in die oorspronklike verpakking. Moenie gebruik as die seël op die bottel stukker is nie. Maak dit altyd ná gebruik toe.
Moenie in 'n badkamer bly nie. Moenie die produk uit die verpakking gebruik wat op die etiket aangedui word nie. Geë alle ongebruikte medisyne aan u apteker terug. Moenie ongebruikte medisyne in draine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting
Wat CENTRUM IMMUNE SUPPORT bevat
Die aktiewe stof per kapsule is:

Bestanddele	Elke kapsule bevat
Vitamin A (retinylpalmitaat)	1333 IU
Vitamin D (cholecalciferol)	200 IU
Vitamin E (d, l-alfatocofereleester)	7,5 mg
Vitamin C (askorbiesuur)	375 mg
Selen (verrykte gist)	15 µg
Sink (sinkoksied)	5 mg
Vierbesse-ekstrak (Sambucus nigra L.)	16,5 mg

Die ander bestanddele is: Goeibees (E901), beengelatien, swart ysteroksied (E172), (E322), gelysk (E422), sonneblomolie en rooi ysteroksied (E172), sonneblomleëliën, gelyskolie.

Hoe CENTRUM IMMUNE SUPPORT lyk en wat die inhoud van die pakkie is
CENTRUM IMMUNE SUPPORT is 'n langwerpige, ondeursigtige bruin sagtegel kapsule met 'n ligte persususpensie.

Wat CENTRUM IMMUNE SUPPORT is en waarom dit gebruik word
CENTRUM IMMUNE SUPPORT is spesiaal geformuleer vierbesse-ekstrak, vitamien A, D, E, selen en sink om die funksionering van die immuunstelsel te ondersteun.

As u vergiet om CENTRUM IMMUNE SUPPORT te neem
U moenie 'n dubbelblous neem om die vergete dosis in te haal nie.

4. MOONTLIKE NEWE-EFFEKTE
CENTRUM IMMUNE SUPPORT kan newe-effekte veroorsaak. Nie alle newe-effekte wat vir CENTRUM IMMUNE SUPPORT aangemeld is, word in hierdie woordjuleit uiteengesit. As u algeemene gesondheidsvervalsak, of so u enige ongewone effekte ervaar terwyl u CENTRUM IMMUNE SUPPORT neem, raadpleeg asseblief u gesondheidsverskaffer vir advies. Sê altyd vir u gesondheidsverskaffer as u enige ander medisyne neem. (Dit sluit die aanvallende of tradisionele medisyne in.)

Swangerskap, borsvoeding, en vrugbaarheid
As u swanger is of borsvoed, vermoed dat u swanger is of van plan is om swanger te raak, raadpleeg asseblief u dokter, apteker of ander gesondheidsverskaffer vir advies voordat u CENTRUM IMMUNE SUPPORT neem.

Bestuur van voertuig en gebruik van masjien
CENTRUM IMMUNE SUPPORT bevat geen bestanddele wat tomorighed kan veroorsaak nie. CENTRUM IMMUNE SUPPORT behoort dus nie u vermoed te effekteer om 'n voertuig te bestuur of om masjien te bestuur nie. CENTRUM IMMUNE SUPPORT is suiker-vry.

5. HOE OM CENTRUM IMMUNE SUPPORT TE NEEM:
Moenie medisyne wat vir u voorgeskrif is met enige ander persoon deel nie. Neem CENTRUM IMMUNE SUPPORT altyd presies soos dit in hierdie woordjuleit verduidelik word, of soos u dokter, apteker of verpleegkundige u aangedui het. Maak by u dokter, apteker of verpleegkundige seker as u onseker is. Die gewone dosis is:
Volwasse: 2 kapsules per dag met 'n glas water, verkieslik voor 'n maaltyd. Moenie die aanbevole dosering oorskry nie. Sit altyd na gebruik die dekselstjie weer terug.

As u meer CENTRUM IMMUNE SUPPORT neem as wat u behoort te neem
Reageer u dokter of apteker in die geval van 'n oortosis. As u een van hulle beskikbaar is, kontak die naaste hospitaal of gifteensentrum. In geval van toevallige oortosis, staak die gebruik en kyk onmiddellik hulp van 'n dokter. Die volgende tekens en simptome kan moontlik verband hou met 'n oortosis CENTRUM IMMUNE SUPPORT: Gastrointestinale vervalsakings: Diarree. Metaboliese- en voedingsvervalsakings: Hipervitaminose A, hipervitaminose D.

V1 Artwork Information Panel HALEON
24 - JUL - 2023

Non Production Artwork **Production Artwork**

Total Number of Colours including Varnish & Foils: 7

1. Cyan	2. Magenta	3. Yellow	4. Black	5. PANTONE 1585 C	6. PANTONE Silver 10077
7. PANTONE 137 C	8.	9.	10.	11.	12.

Total Special Finishes: 0

Component No: AWP No: 111797/A 7396580

Manufacturing Site: Catalent Italy (Note: North American Artwork will have N/A in this field)

Approving Market: South Africa-ZAF

Technical Drawing No: COUPON.F.TO 85X160 1

Material Spec No: Die line label 85 x 160 (Note: North American Artwork will have N/A in this field)

Body Text Size: 5.0pt
Smallest Text Size: 4.0pt (Note: North American Artwork will have N/A in this field)

Electronic Verification Code:

Printer and User notes: