



PATIENT INFORMATION LEAFLET
SEKONDÊRE STATUS
CENTRUM MEN
Multiple substance formulation.

| Ingredient | Per tablet |
|---|------------|
| Vitamin A | 0,6 mg |
| Beta-Carotene | 1,2 mg |
| Total Vitamin A (RAE)* | 2350 I.U. |
| Vitamin B ₁ (Thiamine) | 1,8 mg |
| Vitamin B ₂ (Riboflavin) | 2,1 mg |
| Vitamin B ₃ (Niacinamide) | 20 mg |
| Vitamin B ₅ (Pantoic acid) | 2,1 mg |
| Vitamin B ₆ (Cyanocobalamin) | 3 µg |
| Biotin | 62,5 µg |
| Folic acid | 200 µg |
| Pantoic acid | 2,1 mg |
| Vitamin C (Ascorbic acid) | 80 mg |
| Vitamin D ₃ | 400 I.U. |
| Vitamin E (α-TE) | 24 mg |
| Vitamin K ₁ | 30 µg |
| Calcium | 200 mg |
| Chromium | 40 µg |
| Copper | 0,5 mg |
| Iodine | 100 µg |
| Iron | 3,75 mg |
| Magnesium | 120 mg |
| Molybdenum | 50 µg |
| Selenium | 30 µg |
| Zinc | 5 mg |

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

Warnings and precautions
Take special care with CENTRUM MEN if you are taking other supplements. Read label since supplements may contain the same ingredients. Keep out of reach of children. Do not exceed the recommended daily dose/ amount. Always refer to your doctor or pharmacist if you are taking any other medicine.

Other medicines and CENTRUM MEN
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 MEN.

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

How to take CENTRUM MEN
Do not share medicines prescribed for you with any other person.

Always take CENTRUM MEN 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:
Read all of this leaflet carefully because it contains important information for you. CENTRUM MEN is available without a doctor's prescription for you to maintain your health and well-being. Nevertheless, you still need to use CENTRUM MEN carefully to get the best results from it.
• Keep this leaflet. You may need to read it again.
• Do not share CENTRUM MEN with any other person.
• Ask your healthcare provider or pharmacist if you need more information or advice.
• A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical well-being.

What is in this leaflet
1. What CENTRUM MEN is and what it is used for
2. What you need to know before you take CENTRUM MEN
3. How to take CENTRUM MEN
4. Possible side effects
5. How to store CENTRUM MEN
6. Contents of the pack and other information

What CENTRUM MEN is and what it is used for
CENTRUM MEN contains vitamins and minerals including all essential vitamins to help support daily energy release, normal immune function, and assist with the body's metabolism and supports cognitive and muscle function. Below is a breakdown of the role of each of the ingredients in CENTRUM MEN:

Ingredient **Important for supporting**

Vitamin A Contributes to the maintenance of normal weight, skin, mucous membranes, and immune function. A factor in the maintenance of good health.

Beta-Carotene Maintains healthy vitamin A levels. Contributes to maintenance of eyesight, skin, and immune function. Aids in the development and maintenance of night vision. Helps in the development and maintenance of bones and teeth.

Vitamin B₁ (Thiamine) Helps to metabolise carbohydrates, fat, and proteins. Required for the release of energy from glucose. Maintains healthy nerve function. A factor in the maintenance of good health.

Vitamin B₂ (Riboflavin) Helps to metabolise carbohydrates, fat, and proteins. Contributes to tissue formation. Helps maintain healthy skin.

Vitamin B₃ (Niacinamide) Helps to metabolise carbohydrates, fat, and proteins. Contributes to tissue formation. Helps maintain healthy skin.

Vitamin B₅ (Pantoic acid) 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 fat and carbohydrates into energy. Contributes to the maintenance of normal hair and skin.

Folic acid Helps the body to metabolise proteins and helps form red blood cells.

Pantoic acid Contributes to normal mental performance. Plays a role in the metabolism of fatty acids, glucose and proteins for energy production. A factor in the maintenance of good health.

Vitamin C (Ascorbic acid) Contributes to the normal functioning of the immune system during and after intense physical stress. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Contributes to iron absorption from food.

Vitamin D₃ Helps in the maintenance of healthy bones and teeth. Helps the body to utilise calcium.

Vitamin E An antioxidant for the maintenance of good health. Contributes to the protection of cells from oxidative stress.

Vitamin K₁ Contributes to the maintenance of good health and normal bones.

Calcium Contributes to the development and maintenance of bones and teeth. The tablets are further packed into a cardboard box. Do not use if the foil on the packaging is broken. Always refer to your doctor.

Chromium Helps the body to metabolise glucose and supports the maintenance of good health.

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. Contributes to normal cognitive function.

Magnesium Contributes to the normal functioning of the nervous system and muscle function. A factor in the maintenance of good health.

Molybdenum Helps the body to metabolise proteins. A factor in the maintenance of good health.

The other ingredients are: Croscarmellose sodium, magnesium stearate, vegetable, microcrystalline cellulose, silicon dioxide and opadry TF 2682/25002 blue.

What CENTRUM MEN looks like and contents of the pack
CENTRUM MEN is an oval shaped, light blue, film coated tablet, plain on both sides. CENTRUM MEN tablets are packed in HDPE bottles capped with polypropylene lids, in counts of 30 tablets. The bottles are further packed into a cardboard box. Do not use if the foil on the packaging is broken. Always refer to your doctor.

Holder of Certificate of Registration
Haleon South Africa (Pty) Ltd, 11 Hawkins Avenue, Epping Industria 1, Cape Town, 7450 Tel: 0800 007 018

Manufactured by:
Haleon Italy Manufacturing S.r.l., Via Nettunense, 90 04011 Aprilia (CT) Italy

This leaflet was last revised in
April 2024

Registration number
Complementary Medicine: Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. www.centrum.co.za

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PASIENTINLICHTINGSVOUWLIJST
SEKONDÊRE STATUS
CENTRUM MEN
Formulering met veelvuldige stowwe.

| Bestanddele | Per tablet |
|--|------------|
| Vitamin A | 0,6 mg |
| Betakaroteen | 1,2 mg |
| Totale vitamien A (RAE)* | 2 350 IU |
| Vitamin B ₁ (biamien) | 1,8 mg |
| Vitamin B ₂ (riboflawien) | 2,1 mg |
| Vitamin B ₃ (niasienamide) | 20 mg |
| Vitamin B ₅ (pantoïsuur) | 2,1 mg |
| Vitamin B ₆ (sianolkobalamin) | 3 µg |
| Biotien | 62,5 µg |
| Foliesuur | 200 µg |
| Pantoteensuur | 75 mg |
| Vitamin C (askorbiesuur) | 80 mg |
| Vitamin D ₃ | 400 IU |
| Vitamin E (α-TE) | 24 mg |
| Vitamin K ₁ | 30 µg |
| Kalsium | 200 mg |
| Chroom | 40 µg |
| Koper | 0,5 mg |
| Jodium | 100 µg |
| Yster | 3,75 mg |
| Magnesium | 120 mg |
| Molibdeen | 50 µg |
| Selen | 30 µg |
| Zink | 5 mg |

Wat u moet weet voordat u CENTRUM MEN neem
Moenie ongegrondeerde medisyne nie deur Salpha vir gevaarlike veiligheid van besodigde gebruik gebruik nie.

Laas Maandêre hanteer die aanwysing deur om dit te gebruik
CENTRUM MEN is beskikbaar sonder 'n dokter se voorskrif. Dit is beskikbaar om te gebruik. Hierin moet u seker maak dat u die gebruik van die beste resultaat daarvan te verkry.

Waarheid is belangrik
• Hou hierdie voublijs. U sal dit moontlik weer moet lees.
• Moenie CENTRUM MEN met enige ander persoon deel nie.
• Ask u dokter of apoteker of apoteker as u meer inligting of advies benodig.
• 'n Agterwede deers is die doeltreffendste en 'n verskeie maniere om goeie voeding, gesondheid, ligter en meer sukses te behaal.

Wat hierdie voublijs bevat
1. Wat CENTRUM MEN is en waarom dit gebruik word
2. Hoe u moet weet voordat u CENTRUM MEN neem
3. Hoe om CENTRUM MEN te bewaar
4. Moontlike neuseffekte
5. Hoe om CENTRUM MEN te bewaar
6. Inhoud van die pakke en ander inligting

1. Wat CENTRUM MEN is en waarom dit gebruik word
CENTRUM MEN bevat vitamien en minerale insluitende alle noodsaaklike vitamien om te help om daaglik energie te produseer, normale funksionering van die immuunstelsel te handhaaf, te help met die liggaam se metabolisme, en kognitiewe en muskelfunksie te ondersteun.

2. Hoe u moet weet voordat u CENTRUM MEN neem
Do not share medicines prescribed for you with any other person.

3. Hoe om CENTRUM MEN te bewaar
Do not share medicines prescribed for you with any other person.

4. Moontlike neuseffekte
CENTRUM MEN kan neuseffekte veroorsaak. Dit is 'n normale neuseffekte van die immuunstelsel te handhaaf, te help met die liggaam se metabolisme, en kognitiewe en muskelfunksie te ondersteun.

5. Hoe om CENTRUM MEN te bewaar
Do not share medicines prescribed for you with any other person.

6. Inhoud van die pakke en ander inligting
CENTRUM MEN is 'n ovaal gevormde, ligblou, filmbedekte tablet, plat op beide kante. CENTRUM MEN tablette word in HDPE-bottels verpak in 30 tablette. Die bottels word in 'n kartonboks verpak. Moenie die produkte gebruik as die folie op die verpakking stukkerd is nie. Se altyd na gebruik die doppe weer terug.

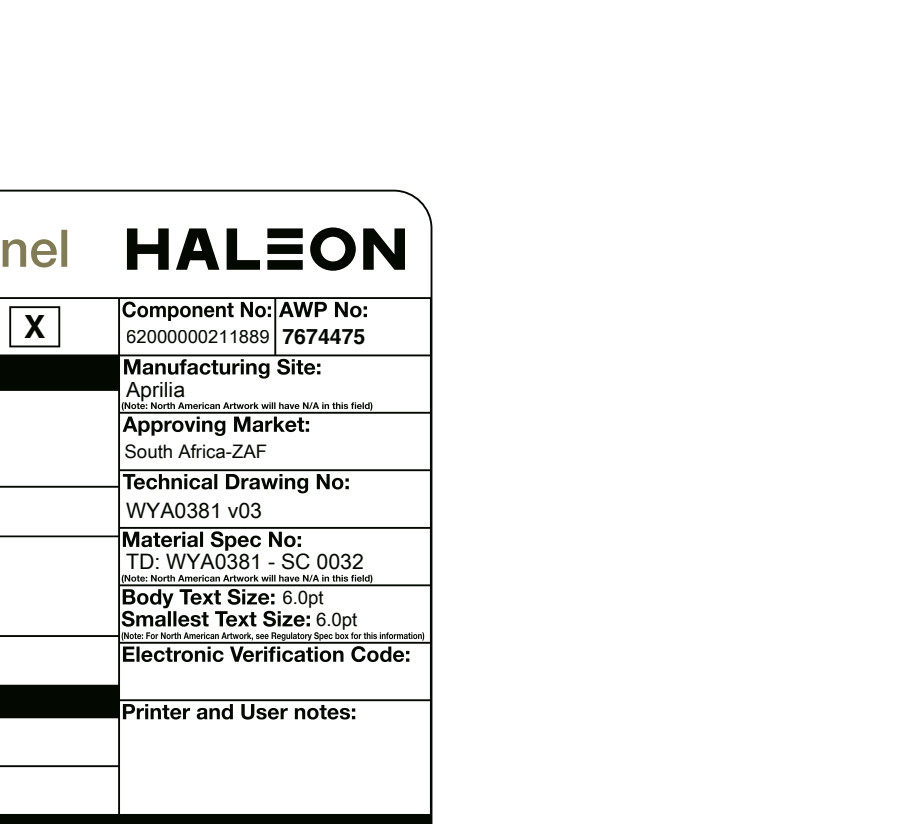
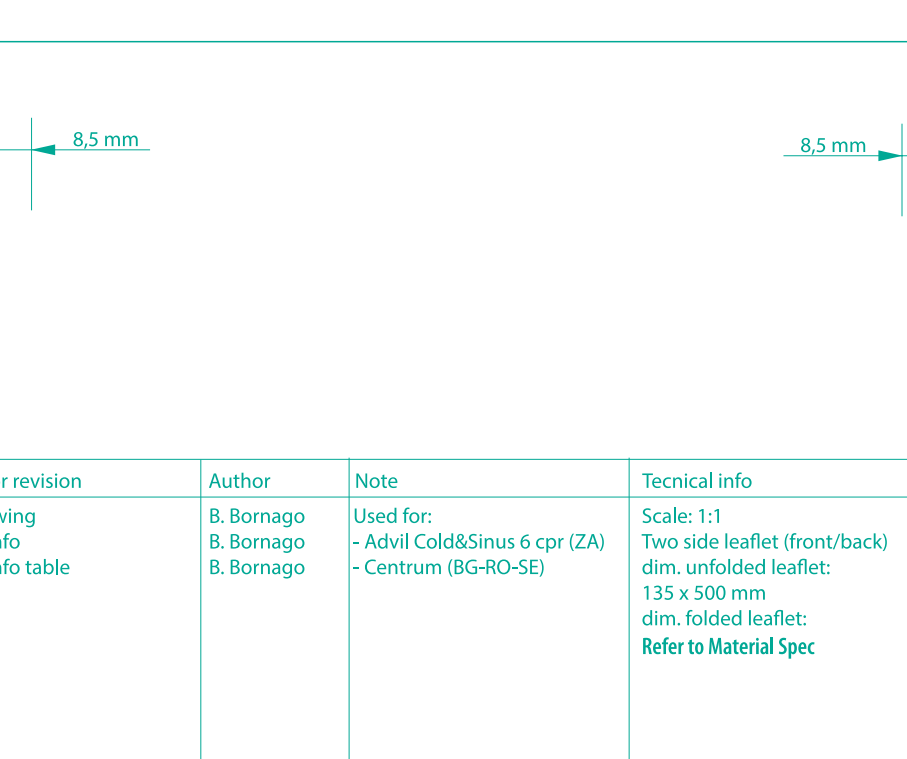
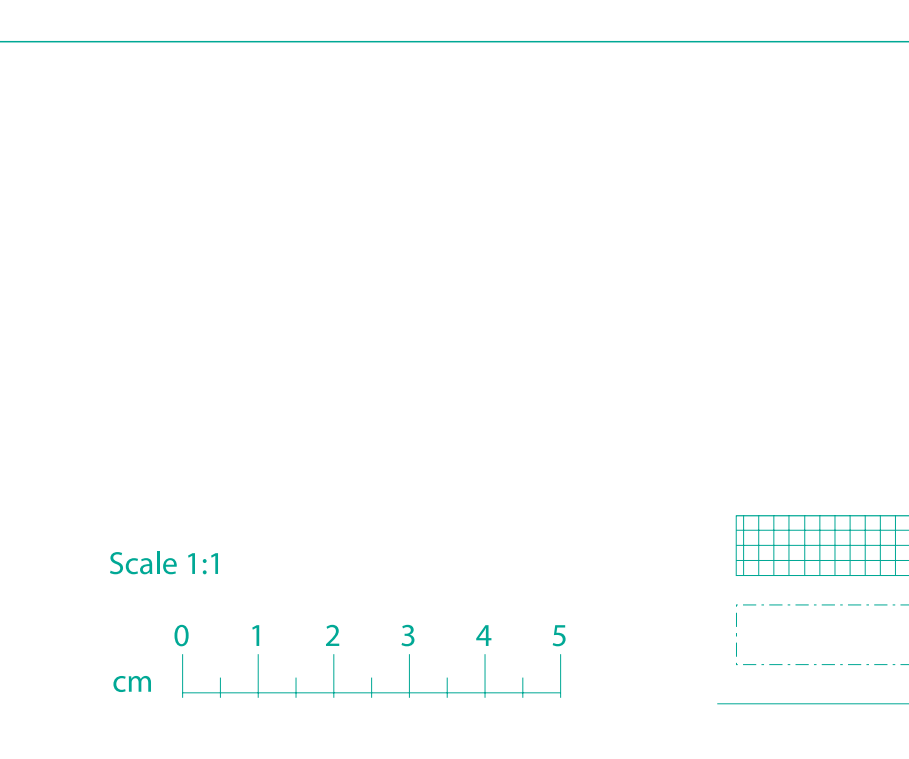
Hoër van die registrasiesertifikaat
Haleon South Africa (Edms) Bpk, Hawkinsdorp 11, Epping Industrie 1, Kaapstad, 7450 Tel: 0800 007 018

Versandingsadres:
Haleon Italy Manufacturing S.r.l., Via Nettunense, 90 04011 Aprilia (CT) Italië

Hierdie voublijs is laas hersien in
April 2024

Registrasiesnommer
Aanvullende medisyne: gesondheidsaanwysing. Hierdie ongegrondeerde medisyne is nie deur Salpha vir gevaarlike veiligheid van besodigde gebruik geëvalueer nie. www.centrum.co.za

Handelmerke is in besit van geïntegreer aan die Haleon groep van maatskappye.



| Ver. | Date | Reason for revision | Author | Note | Technical Info |
|------|--------------|---------------------|------------|-------------------------------|--|
| 01 | 23 May 2017 | New Drawing | B. Bornago | Used for: | Scale: 1:1 |
| 02 | 09 May 2022 | Update info | B. Bornago | - Advil Cold&Sinus 6 cpr (ZA) | Two side leaflet (front/back) |
| 03 | 27 July 2023 | Update info table | B. Bornago | - Centrum (BG-RO-SE) | dim. unfolded leaflet: 135 x 500 mm dim. folded leaflet: Refer to Material Spec |

| Artwork & Packaging | |
|---------------------|--|
| APRILIA DEPT | |
| Description | |
| Leaflet | |
| Drawing no. | |
| WYA0381 | |

V1 Artwork Information Panel **HALEON**
26 - APR - 2024

Non Production Artwork Production Artwork

Component No./AWP No: 6200000211889 / 7674475

Manufacturing Site: Agrilia

Approving Market: South Africa ZAF

Technical Drawing No: WYA0381 v03

Material Spec No: TD: WYA0381 - SC: 0032

Body Text Size: 6.0pt

Smallest Text Size: 6.0pt

Electronic Verification Code:

Printer and User notes:

| | | | | | |
|----------|----|----|-----|-----|-----|
| 1. Black | 2. | 3. | 4. | 5. | 6. |
| 7. | 8. | 9. | 10. | 11. | 12. |

Total Special Finishes: 0