PHARMA CODE REF. IS: 834

Centrum

ADVANCE

ADULTS

Supports energy, immunity, muscle function + healthy skin

72 x 72 x 141

NN 834

- Contains multiple vitamins to help fill nutritional gaps.
- With B vitamins and folic acid to support energy.
- With key antioxidants such as vitamins C & E, betacarotene, selenium and zinc to support healthy immune system function.
- Contains vitamin D to support muscle health.
- Contains vitamin C & biotin to maintain healthy skin, hair & nails.

WARNING: This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Talk to your health professional before use if you are pregnant or breastfeeding. Not for the treatment of iron deficiency conditions. Vitamin and mineral supplements should not replace a balanced diet. If taking other supplements, read the label since supplements may contain the same ingredients.

Keep out of reach of children. In case of accidental overdose, contact your doctor or Poisons Information Centre immediately (Australia: 13 11 26, New Zealand: 0800 764 766).

CONTAINS: Sulfites, colourings and tabletting aids.

DIRECTIONS FOR USE:

Dosage: Adults: Take one tablet daily with water.
Do not exceed recommended daily dose.

Store below 25°C

DO NOT USE IF SEAL UNDER CAP IS TORN OR MISSING

HALEON

Centrum

ADVANCE

ADULTS

Supports energy, immunity, muscle function + healthy skin

AUST L 402390

150 Film Coated Tablets

MULTIVITAMIN & MINERALS DIETARY SUPPLEMENT

HALEON

150 Film Coated Tablets

Centrum

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MULTIVITAMIN & MINERALS
DIETARY SUPPLEMENT

AUST L 402390

Each tablet contains:	
Betacarotene	1.8 mg
Colecalciferol (vitamin D3)	15 micrograms
Phytomenadione (vitamin K1)	25 micrograms
Calcium pantothenate (vitamin B5)	10.87 mg
Thiamine nitrate (vitamin B1)	2.18 mg
Nicotinamide	15 mg
Riboflavin (vitamin B2)	3.2 mg
Pyridoxine hydrochloride (vitamin B6)	6 mg
Cyanocobalamin (vitamin B12)	22 micrograms
Biotin (vitamin H)	45 micrograms
Folic acid	300 micrograms
dl-alpha-tocopheryl acetate (vitamin E)	50 mg
Ascorbic acid (vitamin C)	90 mg
Calcium (135.3 mg as calcium carbonate and 64.7 mg as calcium hydrogen phosphate)	200 mg
Magnesium (as magnesium oxide)	50 mg
Iron (as ferrous fumarate)	5 mg
Zinc (as zinc oxide)	7.5 mg
Manganese (as manganese sulfate monohydrate)	3.5 mg
Chromium (as chromic chloride hexahydrate)	35 micrograms
Selenium (as sodium selenate)	55 micrograms
Copper (as cupric sulfate)	500 micrograms
Iodine (as potassium iodide)	150 micrograms
Potassium (as potassium sulfate)	80 mg

Haleon
Sydney, NSW, Australia & Auckland, New Zealand
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AU: 1800 028 533
NZ: 0800 540 144
www.centrum.net.au
www.centrum.co.nz

Cyan – Magenta – Yellow – Black
P 355 C – P 376 C

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