PHARMA CODE REF. IS: 640

Centrum
FOR WOMEN 50+
Supports immunity, cognition, bone health + post menopausal health

64 x 64 x 118

NN 640

HALEON

Contains multiple vitamins to help fill nutritional gaps.

With key antioxidants such as vitamins A, C & E, betacarotene, selenium and zinc to support healthy immune system function.

With B5, iron and zinc to support cognition. Supports memory in adults aged 65+.

Increased levels of calcium and vitamin D* to maintain healthy bones.

Increased levels of iron, calcium and vitamin D* to support post menopausal health.

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 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.
The recommended daily amount of vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men.
DIRECTIONS FOR USE: WARNING: When taken in excess of 3000 micrograms retinol equivalents, vitamin A can cause birth defects. If you are pregnant or considering becoming pregnant, do not take vitamin A supplements without consulting your doctor or pharmacist.
Dosage: Adults 18+: Take one tablet daily with water.
Do not exceed recommended daily dose.
*Compared to Centrum Advance 50+ Store below 25°C

DO NOT USE IF SEAL UNDER CAP IS TORN OR MISSING

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90 Film Coated Tablets
MULTIVITAMIN & MINERALS DIETARY SUPPLEMENT

AUST L 293385

HALEON

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MULTIVITAMIN & MINERALS
DIETARY SUPPLEMENT

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Each tablet contains:	
Retinol acetate (vitamin A)	175 micrograms R.E.*
Betacarotene	1.2 mg
Colecalciferol (vitamin D3)	20 micrograms
Phytomenadione (vitamin K1)	20 micrograms
Calcium pantothenate (vitamin B5)	12 mg
Thiamine nitrate (vitamin B1)	4.2 mg
Nicotinamide	14 mg
Riboflavin (vitamin B2)	3.85 mg
Pyridoxine hydrochloride (vitamin B6)	9.7 mg
Cyanocobalamin (vitamin B12)	35 micrograms
Biotin (vitamin H)	45 micrograms
Folic acid	300 micrograms
dl-alpha-tocopheryl acetate (vitamin E)	40 mg
Ascorbic acid (vitamin C)	150 mg
Calcium (294 mg as calcium carbonate and 6 mg as calcium hydrogen phosphate)	300 mg
Magnesium (as magnesium oxide)	100 mg
Iron (as ferrous fumarate)	6 mg
Zinc (as zinc oxide)	8 mg
Manganese (as manganese sulfate monohydrate)	3 mg
Chromium (as chromic chloride hexahydrate)	100 micrograms
Selenium (as sodium selenate)	55 micrograms
Copper (as cupric sulfate)	500 micrograms
Molybdenum (as sodium molybdate dihydrate)	50 micrograms
Iodine (as potassium iodide)	150 micrograms

*R.E. = Retinol Equivalents

Haleon
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AU: 1800 028 533
NZ: 0800 540 144
www.centrum.net.au
www.centrum.co.nz

EXP.

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Cyan – Magenta – Yellow – P Violet C
P 877 C – Black

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