PHARMA CODE REF. IS: 869

Centrum
FOR WOMEN
Supports energy, immunity, bone health + healthy skin

64 x 64 x 118

NN 869

HALEON

Contains multiple vitamins to help fill nutritional gaps.

Includes B vitamins and folic acid to support energy.

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

With calcium, vitamin D, copper, zinc & manganese to help maintain healthy bones.

Contains vitamin A, 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 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: 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

Centrum
FOR WOMEN
Supports energy, immunity, bone health + healthy skin

AUST L 404935

90 Film Coated Tablets
MULTIVITAMIN & MINERALS DIETARY SUPPLEMENT

HALEON

90 Film Coated Tablets

Centrum
FOR WOMEN
Supports energy, immunity, bone health + healthy skin

MULTIVITAMIN & MINERALS
DIETARY SUPPLEMENT

AUST L 404935

Each tablet contains:	
Retinol acetate (vitamin A)	300 micrograms R.E.*
Betacarotene	600 micrograms
Colecalciferol (vitamin D3)	20 micrograms
Phytomenadione (vitamin K1)	20 micrograms
Calcium pantothenate (vitamin B5)	11.9 mg
Thiamine nitrate (vitamin B1)	4.2 mg
Nicotinamide	14 mg
Riboflavin (vitamin B2)	3.85 mg
Pyridoxine hydrochloride (vitamin B6)	6 mg
Cyanocobalamin (vitamin B12)	21.6 micrograms
Biotin (vitamin H)	45 micrograms
Folic acid	300 micrograms
dl-alpha-tocopheryl acetate (vitamin E)	28 mg
Ascorbic acid (vitamin C)	150 mg
Calcium (394 mg as calcium carbonate and 6 mg as calcium hydrogen phosphate)	400 mg
Magnesium (as magnesium oxide)	64 mg
Iron (as ferrous fumarate)	6.8 mg
Zinc (as zinc oxide)	8 mg
Manganese (as manganese sulfate monohydrate)	5 mg
Chromium (as chromic chloride hexahydrate)	25 micrograms
Selenium (as sodium selenate)	55 micrograms
Copper (as cupric sulfate)	900 micrograms
Iodine (as potassium iodide)	150 micrograms

*R.E. = Retinol Equivalents

Haleon
Sydney, NSW, Australia & Auckland, New Zealand
Trade Marks owned or licensed by Haleon. ©2024 Haleon or licensor.

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

℮
EXP.

9 310488 003211

Cyan – Magenta – Yellow – Black
P Violet C – P 214 C

62000000211826

PHARMA CODE REF. IS: 869