

1: Folding 150 x 36
2: Folding 32 x 137

150 mm

274 mm

1B

1A

1B

2B

2A

2B

Adults 50+

Please save for future use

Centrum

SILVER with LUTEIN

Complete from A to Zinc

Multi-vitamin, Multi-mineral tablets

NPA008074

gsk

Read all of this leaflet carefully before you start taking this medicine.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

Why vitamins and minerals are essential to us?

Vitamins are nutrients absolutely essential for the proper function of our body. Continuous scientific studies constantly substantiate the necessity of all vitamins at adequate quantities. Vitamins help the metabolism, contributing to good health, reproduction, growth and maintenance of good fitness. Most vitamins cannot be synthesized in the human body and are obtained through food. They do not have any calories or any energy value by themselves. Minerals, like vitamins, are essentials components for the proper function of our body. They constitute 4-5% of our body weight, which are inherited in the bones and teeth and are important components of muscles, nerve cells, enzymes and blood. Deficiency of vitamins and minerals in our body, even in small amount, may lead sooner or later, to health disorders.

Why do we need a complete nutritional supplement?

The maintenance of good health requires adequate and balanced nutrition that depends on the right choice and correct combination of food. Food supplements provide our bodies with vitamins and minerals, that for different reasons we do not get from our diet.

Usually the reasons are the following:

- Modern methods of cultivation, processing and conservation may contribute to the reduction of vitamins and minerals contained in food.
- It is very difficult to check the quality of meals prepared away from home (at the office, restaurants,etc).
- Sensitive vitamins are destroyed during cooking and storage.

About CENTRUM SILVER with Lutein:

1. What CENTRUM SILVER with Lutein is and what it is used for
2. Before you take CENTRUM SILVER with Lutein
3. How to take CENTRUM SILVER with Lutein
4. How to store CENTRUM SILVER with Lutein
5. Further information

1. What CENTRUM SILVER with Lutein is and what it is used for

Multivitamin/multimineral supplement

CENTRUM SILVER with lutein contains 26 vitamins, minerals, trace elements, and lutein, an antioxidant that helps support healthy eyes.

CENTRUM SILVER with lutein has a special balanced composition of vitamins and minerals. With one CENTRUM SILVER with Lutein tablet every day your body obtains a complete balance of vitamins and minerals, when for the above reasons it is difficult to obtain them through your diet.

CENTRUM SILVER with Lutein contains antioxidant nutrients

Scientific studies have proven that antioxidant nutrients (such as vitamins C, E, beta-carotene, Selenium and Lutein) are very important to our bodies. They protect cells from damage that might depend on certain factors, such as poor diet, the exposure to the radiation of the sun, to exhaust and cigarette smoke. CENTRUM SILVER with Lutein formula helps supply the body with these important nutrients.

2. Before you take CENTRUM SILVER with Lutein

a. **Warnings & Precautions**

- Close tightly and keep out of the reach of children. There is enough iron in this package to seriously harm a child. In case of accidental overdose, contact your doctor or poison control center immediately.
- If taking other supplements, read label, since supplements may contain the same ingredient.
- Beta carotene should not be taken by smokers and those exposed to asbestos.
- Mega doses of Vitamin C may contribute to oxalate kidney stones and kidney disease; it may also interfere with blood sugar test, it may give a false result.
- Please seek professional advice before taking this supplement if you are pregnant, nursing a baby, on a prescribed medication or suffering from chronic renal failure.
- To avoid complications, do not use regularly or for a prolonged period.
- Food supplement should not be used as a substitute for a varied and balanced diet. As with any supplement, consult your doctor or pharmacist before taking CENTRUM Silver with Lutein.

b. **Pregnancy and Lactation**

Please seek professional advice before taking this supplement if you are pregnant or nursing a baby.

3. How to take CENTRUM SILVER with Lutein

Direction for use:

Adults take one CENTRUM SILVER with Lutein tablet every day to help maintain a balanced diet. Do not exceed the recommended daily dose.

The administration of the tablet (with some water) is recommended along with a meal.

CENTRUM SILVER with Lutein respond to the changing nutritional needs, completes your daily diet but does not replace it.

If you take CENTRUM SILVER with Lutein more than you should

In case of accidental overdose, discontinue use and seek professional assistance immediately.

4. How to store CENTRUM SILVER with Lutein

Store below 30°C in original package away from moisture.

Keep out of reach of children.

5. Further information

a. What CENTRUM SILVER with Lutein contains

Vitamins:	
Total Retinol	400 mcg
Equivalent to	
Beta-carotene, a source of Vitamin A.....	4000IU
Vitamin E (as acetate)	14.9 IU
Vitamin C (ascorbic acid).....	.60 mg
Folic Acid195 mcg
Vitamin B1 (as thiamine Mononitrate).....	.14 mg
Vitamin B2 (riboflavin).....	.16 mg
Niacinamide.....	.18 mg
Vitamin B6 (as pyridoxine hydrochloride).....	.2 mg
Vitamin B12 (as Cyanocobalamin).....	.1 mcg
Vitamin D3 (cholecalciferol).....	400 IU
Biotin.....	100 mcg
Pantothenic Acid (as calcium Pantothenate).....	.6 mg
Vitamin K130 mcg
Minerals:	
Calcium (as Ca phosphate dibasic).....	.162 mg
Iodine (as potassium iodide).....	.100 mcg
Iron (as ferrous fumarate).....	.10 mg
Magnesium (as oxide).....	.50 mg
Copper (as sulfate).....	.05 mg
Manganese (as sulfate).....	.1 mg
Phosphorus (as Ca phosphate dibasic).....	.125 mg
Chromium (as chloride).....	.40 mcg
Molybdenum (as sodium molybdate).....	.50 mcg
Selenium (as sodium selenate).....	.30 mcg
Zinc (as oxide).....	.5 mg
Other Ingredients:	
Lutein.....	1000 mcg

Non-Active Ingredients:

Croscopolvidone, Magnesium Stearate, Microcrystalline Cellulose, Stearic Acid, Styloid 244, Dye Opadry Gray, Minerals Oil, Triethyl Citrate, Polysorbate 80.

b. What CENTRUM SILVER with Lutein looks like and contents of the pack

Multivitamin/multimineral tablets

Pack size: 100's & 30's

c. Manufacturer: PF Consumer Healthcare Canada ULC., Montreal, Canada.

d. Product license Holder: GlaxoSmithKline Consumer Healthcare ULC., Ontario, Canada.

e. This leaflet was last approved in July 2022

To report any side effect(s):

Kingdom of Saudi Arabia

-National Pharmacovigilance centre (NPC)

Fax: +966-11-205-7662

Reporting Hotline: 19999

E-mail: npc.drug@sfdc.gov.sa

Website: https://ade.sfda.gov.sa

-GlaxoSmithKline - Head Office, Jeddah

Tel: +966-12-6536666

Mobile: +966-56-904-9882

Email: saudi.safety@gsk.com

Website: https://gskpro.com/en-sa/

P.O. Box 55850, Jeddah 21544, Saudi Arabia

For any information about this medicinal product, please contact:

GlaxoSmithKline - Head Office, Jeddah

Tel: +966-12-6536666

Mobile: +966-56-904-9882

Email: gcc.medinfo@gsk.com

Website: https://gskpro.com/en-sa/

P.O. Box 55850, Jeddah 21544, Saudi Arabia

This is a Medicament

- Medicament is a product which affects your health and its consumption contrary to instructions is dangerous for you.

- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.

- The doctor and the pharmacist are the experts in medicines, their benefits and risks.



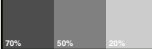
- Do not by yourself interrupt the period of treatment prescribed for you.

- Do not repeat the same prescription without consulting your doctor.

- Keep all medicaments out of reach of children.

Council of Arab Health Ministers
Union of Arab Pharmacist

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V1 29 - JUL - 2022		 champs <small>Consumer Healthcare Artwork Management & Performance Division</small>		<h1>Artwork Information Panel</h1>					
D2A <input type="checkbox"/>		Non Production <input checked="" type="checkbox"/>		Production <input type="checkbox"/>		SGS No: 6842528		CHAMPS No: 0000005459	
Total Number of Colours including Varnish & Foils: 1						Manufacturing Site:		Site Component No:	
						Approving Market: Saudi Arabia-SAU		Site Change Control No: NPA008074	
1. Black						Product Market Trade Name: CENTRUM SILVER		Component Type: Leaflet	
2.						Technical Drawing No: DRG-2217 (DWG-50081862)		Material Spec No: NA	
3.						Print Process:		Pharma Code No:	
4.						Barcode No:		Bar Width Reduction:	
5.						Formulation Code: NA		Body Text Size: 5.5pt Leading: 6.0pt	
6.						Micro Text: N		Horizontal Scale: 100% Smallest Text Size: 5.5pt	
7.						Studio Location: Coimbatore, IN			
8.									
9.									
10.									
11.									
12.									
Total Special Finishes: 0									

