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

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1B

Datamatrix position A: for Lines 1,6, 7 & 9







PLEASE SAVE FOR **FUTURE USE**





With LUTEIN

Complete from A to Zinc

Multi-vitamin, Multi-mineral tablets

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.

leaflet, please tell your doctor or pharmacist.

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 inhered 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
- In this leaflet:

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- What CENTRUM WITH LUTEIN is and what it is used for
- Before you take CENTRUM WITH LUTEIN
 How to take CENTRUM WITH LUTEIN 4. How to store CENTRUM WITH LUTEIN

. What CENTRUM WITH LUTEIN and what it is used for

Multivitamin/multimineral supplement
CENTRUM WITH LUTEIN contains 26 vitamins, minerals, trace elements, and lutein,
an antioxidant that helps support healthy eyes. CENTRUM WITH LUTEIN has a special
balanced composition of vitamins and minerals. With one CENTRUM WITH LUTEIN tablet
every day your body obtains a balance of vitamins and minerals, when for the above
reasons it is difficult to obtain them through your diet. **CENTRUM WITH LUTEIN contains antioxidant nutrients**

CENTRUM WITH LUTEIN CONTAINS aMDOXIGART NUTURENTS
Scientifics studies have proven that antioxidant nutrients such as (Vitamin C, E, betacarotene, Selenium and Lutein) are very important to our bodies. They protect cells from
damage that might depend on certain factors such as poor diet, exposure to the radiation
of the Sun, to exhaust and cigarette smoke. CENTRUM WITH LUTEIN formula helps supply
the body with these important nutrients.

- 2. Before you take CENTRUM WITH LUTEIN a. Warning and Precautions
- Close tightly and keep out of reach of children there is enough iron in the package to seriously harm a child. If taken accidentally call a doctor 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 ashestos
- Mega doses of Vitamin C may contribute to oxalate kidney stones and kidney diseases it may also interfere with blood sugar test as it gives a false result.
- Please seek professional advice before taking this supplement if you are pregnant, nursing a baby, 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 WITH LUTEIN
- 3. How to take CENTRUM WITH LUTEIN

b. Pregnancy and Lactation

Direction for use:
Adults take one CENTRUM 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 WITH LUTEIN respond to the changing nutritional needs, completes your daily

If you take CENTRUM WITH LUTEIN more than you should In case of accidental overdose, discontinue use and seek professional assistance immediately.

4. How to store CENTRUM WITH LUTEIN Store below 30°C in original package away from moisture. Keep out of reach of children.

5. Further information What CENTRUM WITH LUTEIN contains

Equivalent to Beta-carotene-a source of Vitamin A..... .4000IU Vitamin E (as acetate) ..14.9 IU Vitamin C (ascorbic acid)..... Folic Acid . 195 mcg 1.4 mg Vitamin B1 (thiamine Mononitrate) 1.6 mg ... 18 mg 2 mg Vitamin B2 (riboflavin)..... Niacinamide.. Vitamin B6 (pyridoxine hydrochloride) Vitamin B12 (Cyanocobalamin)1 mcg ...200 IU Vitamin D3... Biotin.. . 100 mcg Pantothenic Acid (calcium Pantothenate).... Vitamin K1

Minerals:
Calcium (Ca phosphate dibasic dihydrate)...
Iodine (potassium iodide)...
Iron (ferrous trumarate)...
Magnesium (as oxide)...
Copper (as sulfate)...
Manganese (as sulfate)...
Phosphorus (Ca phosphate dibasic dihydrate)...
Potassium (as chloride)...
Chromium (as chloride)...
Molyddenum (sodium molybdate)...
Selenium (sodium selenate)...
Zinc (as oxide)...
Other Ingredients: Vitamin K1. . 30 mcg1 mg .125 mg40 mg .40 mcg Other Ingredients: 250 mcg Non-Active Ingredients:



2A

2B

Crospovidone, Magnesium Stearate, Microcrystalline Cellulose, Stearic Acid, Syloid 244, Dye Opadry Orange, FD&C Yellow no.6.

b. What CENTRUM WITH LUTEIN looks like and contents of the pack

Multi-vitamin, Multi-mineral tablets Pack sizes: 100's, 30's

c. Manufactured by; PF Consumer Healthcare Canada ULC., Montreal, Canada d. Product License Holder:

GlaxoSmithKline Consumer Healthcare ULC., Ontario, Canada

f. To report any side effect(s): To report any side effect(s):

Kingdom of Saudi Arabia National Pharmacovigilance centre (NPC) Fax: +966112057662 Reporting Hotline: 19999

E-mail: npc.drug@sfda.gov.sa Website: https://ade.sfda.gov.sa GlaxoSmithKline - Head Office, Jeddah

Tel: +966126536666 Mobile: +966569049882 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: Tel: +966126536666

Mobile: +966569049882 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 siele.
- 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

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Champs Creating Hallhage Affaired **Artwork Information Panel** CHAMPS No: SGS No: Non Production X D2A **Production** 0000005444 6842515 Total Number of Colours including Varnish & Foils: 1 **Manufacturing Site:** Site Component No: NPA008071 **Approving Market:** Site Change Control No: Saudi Arabia-SAU **Product Market Trade Name: Component Type: CENTRUM LUTEIN** Leaflet Black 6. **Technical Drawing No:** Material Spec No: DRG-2217 (DWG-50081862) **Print Process:** Pharma Code No: Barcode No: Bar Width Reduction: 10. 12. 11. **Total Special Finishes: 0 Formulation Code:** Body Text Size: 5.5pt Leading: 6.0pt Horizontal Scale: 100% **Micro Text:** Smallest Text Size: 5.5pt Studio Location: Coimbatore, IN

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						Approving Market: Saudi Arabia-SAU	Site Change Control No:
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