

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

CENTRUM ADULT 50+ (Tablets)

Category D Health Supplements 34.12 Multiple substance formulation

Ingredients	Each tablet contains
Total Vitamin A ⁺	2660 IU
Vitamin B ₁ (Thiamine)	1,65 mg
Vitamin B ₂ (Riboflavin)	2,1 mg
Vitamin B ₃ (Niacin)	24 mg
Vitamin B ₆ (Pyridoxine)	2,1 mg
Folic acid	300 µg
Vitamin B ₁₂ (Cyanocobalamin)	3 µg
Biotin	75 µg
Pantothenic acid	9 mg
Vitamin C (Ascorbic acid)	120 mg
Vitamin D ₃	200 IU
Vitamin E	26,82 IU
Vitamin K ₁	30 µg
Calcium	162 mg
Chromium	40 µg
Copper	0,5 mg
Iodine	100 µg
Phosphorus	125 mg
Iron	2,1 mg
Magnesium	100 mg
Manganese	2 mg
Molybdenum	50 µg
Potassium	40 mg
Selenium	30 µg
Zinc	5 mg
*Total vitamin A provided by 400 µg (RAE [#]) Vitamin A and 400 µg (RAE [#]) Beta carotene [#] retinol activity equivalent	

Sugar free

Category D Health Supplements 34.12 Multiple substance formulation

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you.

CENTRUM ADULT 50+ is available without a doctor's prescription, for your use as a health supplement. Nevertheless, you still need to use CENTRUM ADULT 50+ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share CENTRUM ADULT 50+ with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

What is in this leaflet

1. What CENTRUM ADULT 50+ is and what it is used for
2. What you need to know before you take CENTRUM ADULT 50+
3. How to take CENTRUM ADULT 50+
4. Possible side effects
5. How to store CENTRUM ADULT 50+
6. Contents of the pack and other information

1. What CENTRUM ADULT 50+ is and what it is used for

CENTRUM ADULT 50+ a scientifically formulated, age-adjusted health supplement for adults aged 50 years and older to help support health, and well-being. As we get older, our nutritional needs change. With CENTRUM ADULT 50+, you benefit from what science is discovering about how vitamins, and minerals help to unlock energy, support immunity, and maintain health.

Vitamins, minerals, and trace elements are involved in many of the metabolic processes in the body and in so doing, contribute to physical and mental wellness. It may be difficult to follow a balanced diet with the required vitamins and minerals at the required levels.

Lifestyle choices such as stress, excessive exercise, alcohol consumption, smoking and even taking certain medication, all impact on nutrient levels.

The body cannot produce most vitamins, minerals, and trace elements, but is dependent on a regular supply in the diet. An adequate supply of these nutrients is important for well-being and good health.

Daily supplementation with CENTRUM ADULT 50+ can support the following health benefits:

Cognitive Function	Immunity Support	Bone Strength	Health Heart	Eye Health
With ingredients scientifically proven to support memory and cognition in older adults.	With B-Vitamins and iron to support daily energy needs.	With Calcium, Vitamin K, and Vitamin D to support strong bones.	With B-Vitamins and folic acid to help promote heart health.	With vitamins A, C, E, and zinc to support healthy eyes.

Below is a breakdown of the role of each of the ingredients in CENTRUM ADULT 50+:

Vital ingredient	Important for supporting
Vitamin A	Maintenance of good vision and healthy skin, nails, and hair.
Vitamin B ₁ (Thiamine)	Required for the release of energy from glucose. Maintains healthy nerve function.
Vitamin B ₂ (Riboflavin)	For the production of energy from protein, fat, and carbohydrate. Helps maintain healthy skin.
Vitamin B ₃ (Niacinamide)	Helps the body in protein metabolism and the conversion of fats and carbohydrate into energy.
Vitamin B ₆ (Pyridoxine)	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Folic acid	Plays a role in the metabolism of cell division and in the regeneration of blood and cells.
Vitamin B ₁₂ (Cyanocobalamin)	Contributes to the health of the nervous system and is involved in the manufacture of red blood cells.
Biotin	Helps the body with the transformation of fats and carbohydrates into energy. Contributes to healthy skin and hair.
Pantothenic acid	Plays a role in the metabolism of fatty acids, glucose, and proteins for energy production. Helps maintain healthy skin and mucous membranes.
Vitamin C	Plays a role in maintaining healthy gums, skin, and connective tissue. Functions as a tissue antioxidant, thereby keeping cells healthy. Helps with the absorption of iron from food.
Vitamin D ₃	For the maintenance of healthy teeth and bones. Helps the body to utilise calcium.
Vitamin E	Functions as a tissue antioxidant, thereby keeping cells healthy.
Vitamin K ₁	Contributes to the maintenance of good health and normal bones.
Calcium	Helps maintain healthy bones and teeth.

Chromium	Helps the body to metabolise glucose and supports the maintenance of good health.
Copper	Helps to produce and repair connective tissue and to form red blood cells.
Iodine	Contributes to the normal production of thyroid hormones and normal thyroid function and is a factor in the maintenance of good health.
Phosphorus	Helps to metabolise carbohydrates, fats and proteins. Contributes to the development and maintenance of normal bones and teeth
Iron	Helps to maintain healthy red blood cells, which plays a role in oxygen transportation.
Magnesium	Contributes to the normal functioning of the nervous system and muscle function. A factor in the maintenance of good health.
Manganese	Helps the body to metabolise carbohydrates, proteins and fat and contributes to the protection of cells from oxidative stress.
Molybdenum	Helps the body to metabolise proteins. A factor in the maintenance of good health.
Potassium	Helps the body to metabolise proteins and in the maintenance of good health.
Selenium	An antioxidant for the maintenance of good health.
Zinc	Assists the body to metabolise carbohydrates, fats and proteins and help to maintain immune function and a healthy skin.

2. What you need to know before you take CENTRUM ADULT 50+

Do not take CENTRUM ADULT 50+:

- If you are allergic to any of the ingredients (listed in section 6).

Warnings and precautions

Take special care with CENTRUM ADULT 50+:

- If you are taking other supplements.
- Read the label since these supplements may contain the same ingredients.
- CENTRUM ADULT 50+ contains iron, which can be harmful to children if taken in large doses.
- In case of accidental overdose, contact your doctor or poison control centre immediately.

Do not exceed the recommended daily dose/amount.

Other medicines and CENTRUM ADULT 50+

- Do not share medicines prescribed for you with any other person.
- Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines).

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking CENTRUM ADULT 50+.

Driving and using machinery:

CENTRUM ADULT 50+ does not contain any ingredients causing drowsiness, so CENTRUM ADULT 50+ should not affect the ability to drive or operate machinery.

Important information about some of the ingredients of CENTRUM ADULT 50+:

Sugar free. Lactose free. GMO free.

3. How to take CENTRUM ADULT 50+

Do not share medicines prescribed for you with any other person.

Always take CENTRUM ADULT 50+ exactly as described in this leaflet or as your doctor or pharmacist or nurse has told you.

Check with your doctor or pharmacist or nurse if you are not sure

The usual dose is:

Adults:

Take 1 tablet daily. Take the tablet with sufficient quantity of liquid (e.g. a glass of water) with meals.

Do not exceed the recommended daily dose.

CENTRUM ADULT 50+ responds to the changing nutritional needs, and completes your daily diet requirements, but does not replace it. Health supplements cannot replace a balanced diet.

To open: Firmly depress cap and simultaneously turn anticlockwise.

This container is sealed with a tamper-evident foil for safety.

Please do not use if the foil is broken.

If you take more CENTRUM ADULT 50+ than you should:

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

The following signs and symptoms may be associated with an overdose of CENTRUM ADULT 50+:

Gastrointestinal disorders: Diarrhoea

Metabolism and nutrition disorders: Hyper-vitaminosis A and D

If you forget to take CENTRUM ADULT 50+:

Do not take a double dose to make up for the forgotten dose.

4. Possible side effects:

CENTRUM ADULT 50+ can have side effects.

Not all side effects reported for CENTRUM ADULT 50+ are included in this leaflet.

Should your general health worsen or if you experience any untoward effects

while taking CENTRUM ADULT 50+, please consult your healthcare provider for advice.

Tell your doctor if you notice any of the following:

Gastrointestinal disorders: Abdominal discomfort, constipation, diarrhoea, nausea, stomach discomfort.

Immune system disorders: Hypersensitivity

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or, pharmacist or nurse.

You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications:

<https://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of CENTRUM ADULT 50+

5. How to store CENTRUM ADULT 50+:

Store all medicines out of reach of children.

Store at or below 25 °C in a cool, dry place.

Keep the container firmly closed.

Do not store in a bathroom.

Do not use after the expiry date stated on the bottle label and carton.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What CENTRUM ADULT 50+: contains

The active substance per tablet:

Ingredients	Each tablet contain
Total Vitamin A*	2660 IU
Vitamin B ₁ (Thiamine)	1,65 mg
Vitamin B ₂ (Riboflavin)	2,1 mg
Vitamin B ₃ (Niacin)	24 mg
Vitamin B ₆ (Pyridoxine)	2, 1mg
Folic acid	300 µg
Vitamin B ₁₂ (Cyanocobalamin)	3 µg
Biotin	75 µg
Pantothenic acid	9 mg
Vitamin C (Ascorbic acid)	120 mg
Vitamin D ₃	200 IU
Vitamin E	26,8 IU
Vitamin K ₁	30 µg
Calcium	162 mg
Chromium	40 µg
Copper	0,5 mg
Iodine	100 µg
Phosphorus	125 mg
Iron	2,1 mg
Magnesium	100 mg
Manganese	2 mg
Molybdenum	50 µg
Potassium	40 mg
Selenium	30 µg
Zinc	5 mg
*Total vitamin A provided by 400 µg (RAE#) Vitamin A and 400 µg (RAE#) Beta carotene #retinol activity equivalent	

Sugar free

Other ingredients are:

Crospovidone, magnesium stearate, microcrystalline cellulose, silicon dioxide Opadry TF 268U205006 blue

What CENTRUM ADULT 50+ looks like and contents of the pack

CENTRUM ADULT 50+ is a light blue oval shaped film coated tablet. Engraved “C” on one side and “S” on the right of the score. The other side is plain.

CENTRUM ADULT 50+ is packed in counts of 30, 60 & 90's tablets in an opaque high- density polyethylene (HDPE) bottles, with a white polypropylene (PP) cap child resistant wave closure caps with induction seal.

Not all pack sizes maybe marketed.

The bottle is packed in a carton with a leaflet. Always replace lid after use.

Holder of Certificate of Registration

Haleon South Africa (Pty) Ltd.
11 Hawkins Avenue,
Epping Industria 1,
Cape Town 7460
Tel: 0800 007 018

This leaflet was last revised in
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Manufactured by:

Haleon Italy Manufacturing S.r.l.
Via Nettunense 90, 04011, Aprilia (LT), Italy

Registration number

Category D Health Supplements 34.12 Multiple substance formulation

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

The Afrikaans Patient Information Leaflet may be accessed on www.centrum.co.za

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Afrikaans Patient Information Leaflet

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS: **S0**

CENTRUM ADULT 50+ (Tablette)

Kategorie D Gesondheidsaanvullings 34.12 Meervoudige stofformulering

Bestanddele	Elke tablet bevat
Totale Vitamien A*	2660 IU
Vitamien B ₁ (Tiamien)	1,65 mg
Vitamien B ₂ (Riboflaven)	2,1 mg
Vitamien B ₃ (Niacien)	24 mg
Vitamien B ₆ (Piridoksien)	2,1 mg
Foliesuur	300 µg
Vitamien B ₁₂ (Sianokobalamien)	3 µg
Biotien	75 µg
Pantoteensuur	9 mg
Vitamien C (Askorbiensuur)	120 mg
Vitamien D ₃	200 IU
Vitamien E	26,82 IU
Vitamien K ₁	30 µg
Kalsium	162 mg
Chroom	40 µg
Koper	0,5 mg
Jodium	100 µg
Fosfor	125 mg
Yster	2,1 mg
Magnesium	100 mg
Mangaan	2 mg
Molibdeen	50 µg
Kalium	40 mg
Selenium	30 µg
Sink	5 mg
*Totale vitamien A verskaf deur 400 µg (RAE#) Vitamien A en 400 µg (RAE#) Beta-karoteen #retinolaktiwiteit-ekwivalent	

Suikervry

Kategorie D Gesondheidsaanvullings 34.12 Meervoudige stof formulering

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir sy kwaliteit, veiligheid of bedoelde gebruik nie.

Lees hierdie pamflet noukeurig deur omdat dit belangrike inligting vir u bevat.

CENTRUM ADULT 50+ is beskikbaar sonder 'n dokter se voorskrif, vir jou gebruik as 'n gesondheidsaanvulling. Nietemin, moet jy steeds CENTRUM ADULT 50+ versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie pamflet. U mag dit weer moet lees.
- Moet nie CENTRUM ADULT 50+ met enige ander persoon deel nie.
- Vra jou gesondheidsorgverskaffer of apteker as jy meer inligting of advies benodig.
- 'n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasie te bereik.

Wat is in hierdie pamflet?

1. Wat CENTRUM ADULT 50+ is en waarvoor dit gebruik word
2. Wat u moet weet voordat u CENTRUM ADULT 50+ neem
3. Hoe om CENTRUM ADULT 50+ te neem
4. Moontlike nuwe-effekte
5. Hoe om CENTRUM ADULT 50+ te bêre
6. Inhoud van die pakkie en ander inligting

1. Wat CENTRUM ADULT 50+ is en waarvoor dit gebruik word

CENTRUM ADULT 50+ is 'n wetenskaplik geformuleerde, ouderdom-aangepaste gesondheidsaanvulling vir ADULTs van 50 jaar en ouer om gesondheid en welstand te ondersteun. Soos ons ouer word, verander ons voedingsbehoefte.

Met CENTRUM ADULT 50+ trek jy voordeel uit wat die wetenskap ontdek oor hoe vitamien en minerale help om energie te ontsluit, immuniteit te ondersteun, en gesondheid te handhaaf.

Vitamien, minerale en spoorelemente is betrokke by baie van die metabolisme prosesse in die liggaam en dra sodoende by tot fisiese en geestelike welstand. Dit kan moeilik wees om 'n gebalanseerde dieet te volg met die nodige vitamien en minerale op die vereiste vlakke.

Lewensstylkeuses soos stres, oormatige oefening, alkoholverbruik, rook en selfs die neem van sekere medikasie, beïnvloed almal die voedingsvlakke.

Die liggaam kan nie die meeste vitamien, minerale en spoorelemente produseer nie, maar is afhanklik van 'n gereelde toevoer in die dieet. 'n Voldoende toevoer van hierdie voedingsstowwe is belangrik vir welstand en goeie gesondheid.

Daaglikse aanvulling met CENTRUM ADULT 50+ kan die volgende gesondheidsvoordele ondersteun:

KOGNITIEWE FUNKSIE	IMMUNITEIT SONDERSTEUNING	BEENSTERKTE	GESONDHEID HART	OOGGESONDHEID
Met bestanddele wat wetenskaplik bewys is om geheue en kognisie by ouer ADULTs te ondersteun.	Met B-vitamien en yster om daaglikse energiebehoefte te ondersteun.	Met kalsium, vitamien K, en vitamien D om sterk bene te ondersteun.	Met B-vitamien en foliensuur om hartgesondheid te bevorder.	Met vitamien A, C, E, en sink om gesonde oë te ondersteun.

Hier is 'n uiteensetting van die rol van elkeen van die bestanddele in CENTRUM ADULT 50+:

Belangrike bestanddeel	Belangrik vir ondersteuning
Vitamien A	Handhawing van goeie sig en gesonde vel, naels en hare.
Vitamien B ₁ (Tiamien)	Nodig vir die vrystelling van energie uit glukose. Handhaaf gesonde senuweefunksie.
Vitamien B ₂ (Riboflavin)	Vir die produksie van energie uit proteïen, vet en koolhidraat. Help om gesonde vel te handhaaf.
Vitamien B ₃ (Niacinamied)	Help die liggaam met proteïenmetabolisme en die omskakeling van vette en koolhidrate in energie.
Vitamien B ₆ (Piridoksien)	Vir die produksie van energie uit proteïen, vet en koolhidraat. Help om gesonde vel te handhaaf.
Foliesuur	Speel 'n rol in die metabolisme van seldeling en in die regenerasie van bloed en selle.
Vitamien B ₁₂ (Sianokobalamien)	Dra by tot die gesondheid van die senuweestelsel en is betrokke by die vervaardiging van rooibloedselle.
Biotien	Help die liggaam met die omskakeling van vette en koolhidrate in energie. Dra by tot gesonde vel en hare.
Pantoteensuur	Speel 'n rol in die metabolisme van vetsure, glukose, en proteïene vir energieproduksie. Help om gesonde vel en slymvliese te handhaaf.

Vitamien C	Speel 'n rol in die handhawing van gesonde tandvleis, vel en bindweefsel. Funksioneer as 'n weefsel antioksidant, wat sodoende selle gesond hou. Help met die absorpsie van yster uit voedsel.
Vitamien D ₃	Vir die instandhouding van gesonde tande en bene. Help die liggaam om kalsium te benut.
Vitamien E	Funksioneer as 'n weefsel antioksidant, en hou sodoende selle gesond.
Vitamien K ₁	Dra by tot die instandhouding van goeie gesondheid en normale bene.
Kalsium	Help om gesonde bene en tande te handhaaf.
Chroom	Help die liggaam om glukose te metaboliseer en ondersteun die instandhouding van goeie gesondheid.
Koper	Help om bindweefsel te produseer en te herstel en om rooibloedselle te vorm.
Jodium	Dra by tot die normale produksie van skildklierhormone en normale skildklierfunksie en is 'n faktor in die instandhouding van goeie gesondheid.
Fosfor	Help om koolhidrate, vette en proteïene te metaboliseer. Dra by tot die ontwikkeling en instandhouding van normale bene en tande.
Yster	Help om gesonde rooibloedselle te handhaaf, wat 'n rol speel in suurstofvervoer.
Magnesium	Dra by tot die normale funksionering van die senuweestelsel en spierfunksie. 'n Faktor in die instandhouding van goeie gesondheid.
Mangaan	Help die liggaam om koolhidrate, proteïene en vet te metaboliseer en dra by tot die beskerming van selle teen oksidatiewe stres.
Molybdeen	Help die liggaam om proteïene te metaboliseer. 'n Faktor in die handhawing van goeie gesondheid.
Kalium	Help die liggaam om proteïene te metaboliseer en in die instandhouding van goeie gesondheid.
Selenium	'n Antioksidant vir die instandhouding van goeie gesondheid.
Sink	Help die liggaam om koolhidrate, vette en proteïene te metaboliseer en help om immuunfunksie en 'n gesonde vel te handhaaf.

2. Wat u moet weet voordat u CENTRUM ADULT 50+ neem.

Moet nie CENTRUM ADULT 50+ neem nie:

- As jy allergies is vir enige van die bestanddele (gelys in afdeling 6).

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met CENTRUM ADULT 50+:

- As u ander aanvullings neem.
- Lees die etiket aangesien hierdie aanvullings moontlik dieselfde bestanddele kan bevat.
- CENTRUM ADULT 50+ bevat yster, wat skadelik vir kinders kan wees indien dit in groot dosisse geneem word.
- In geval van toevallige oordosis, kontak onmiddellik u dokter of gifbeheer sentrum.

Moenie die aanbevole daaglikse dosis/hoeveelheid oorskry nie.

Ander medisyne en CENTRUM ADULT 50+

- Moet nie medisyne wat aan jou voorgeskryf is met enige ander persoon deel nie.
- Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne neem. (Dit sluit aanvullende of tradisionele medisyne in).

Swangerskap, borsvoeding en vrugbaarheid

As u swanger is of u baba borsvoed, raadpleeg asseblief u gesondheidsorgverskaffer vir advies voordat u CENTRUM ADULT 50+ neem.

Bestuur en die gebruik van masjinerie:

CENTRUM ADULT 50+ bevat geen bestanddele wat lomerigheid veroorsaak nie, dus behoort CENTRUM ADULT 50+ nie die vermoë om te bestuur of masjinerie te bedryf te beïnvloed nie.

Belangrike inligting oor sommige van die bestanddele van CENTRUM ADULT 50+:

Suikervry. Laktosevry. GMO-vry.

3. Hoe om CENTRUM ADULT 50+ te neem

Moet nie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.

Neem altyd CENTRUM ADULT 50+ presies soos beskryf in hierdie pamflet of soos jou dokter, apteker of verpleegkundige jou meegedeel het.

Raadpleeg jou dokter, apteker of verpleegkundige as jy nie seker is nie.

Die gewone dosis is:

ADULTS:

Neem 1 tablet daagliks. Neem die tablet met 'n voldoende hoeveelheid vloeistof (bv. 'n glas water) saam met etes.

Moenie die aanbevole daaglikse dosis oorskry nie.

CENTRUM ADULT 50+ reageer op die veranderende voedingsbehoeftes en vul jou daaglikse dieetvereistes aan, maar vervang dit nie. Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie.

Om oop te maak: Druk die dop stewig in en draai terselfdertyd antikloksgewys.

Hierdie houër is verseël met 'n peuterbestande foelie vir veiligheid.

Moet asseblief nie gebruik as die foelie gebreek is nie.

As u meer CENTRUM ADULT 50+ neem as wat u behoort:

In die geval van oordosering, raadpleeg u dokter of apteker. As geen van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheer sentrum.

Die volgende tekens en simptome mag geassosieer word met 'n oordosis van CENTRUM ADULT 50+:

Gastro-intestinale versteurings: Diarree

Metabolisme en voedingsversteurings: Hipervitaminose A en D

As u vergeet om CENTRUM ADULT 50+ te neem:

Moet nie 'n dubbele dosis neem om die vergete dosis in te haal nie.

4. Moontlike nuwe-effekte:

CENTRUM ADULT 50+ kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir CENTRUM ADULT 50+ gerapporteer is, is in hierdie pamflet ingesluit nie.

As jou algemene gesondheid versleg of as jy enige ongunstige effekte ervaar

terwyl u CENTRUM ADULT 50+ neem, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Vertel jou dokter as jy enige van die volgende opmerk:

Gastro-intestinale versteurings: Abdominale ongemak, hardlywigheid, diarree, naarheid, maagongemak.

Immunstelselafwykings: Hipersensitiwiteit

As u enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief u dokter of apteker in kennis.

Verslagdoening van nuwe-effekte

As jy nuwe-effekte kry, praat met jou dokter, apteker of verpleegkundige.

U kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn onder SAHPRA se publikasies gevind kan word:

<https://www.sahpra.org.za/Publications/Index/8>.

Deur nuwe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van CENTRUM ADULT 50+ te verskaf.

5. Hoe om CENTRUM ADULT 50+ te bêre:

Bêre alle medisyne buite bereik van kinders.

Bêre by of onder 25 °C in 'n koel, droë plek.

Hou die houër stewig gesluit.

Moet nie in 'n badkamer gestoor word nie.

Moenie gebruik na die vervaldatum wat op die bottel etiket en karton aangedui is nie.

Gee alle ongebruikte medisyne terug aan jou apteker.

Moet nie ongebruikte medisyne in dreine of rioelstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting

Wat CENTRUM ADULT 50+: bevat

Die aktiewe stof per tablet:

Bestanddele	Per tablet
Totale Vitamien A*	2660 IU
Vitamien B ₁ (Tiamien)	1,65 mg
Vitamien B ₂ (Riboflaviën)	2,1 mg
Vitamien B ₃ (Niacien)	24 mg
Vitamien B ₆ (Piridoksien)	2,1 mg
Foliesuur	300 µg
Vitamien B ₁₂ (Sianokobalamien)	3 µg
Biotien	75 µg
Pantoteensuur	9 mg
Vitamien C (Askorbiensuur)	120 mg
Vitamien D ₃	200 IU
Vitamien E	26,82 IU
Vitamien K ₁	30 µg
Kalsium	162 mg
Chroom	40 µg
Koper	0,5 mg
Jodium	100 µg
Fosfor	125 mg
Yster	2,1 mg
Magnesium	100 mg
Mangaan	2 mg
Molibdeen	50 µg
Kalium	40 mg
Selenium	30 µg
Sink	5 mg
*Totale vitamien A verskaf deur 400 µg (RAE [#]) Vitamien A en 400 µg (RAE [#]) Beta-karoteen #retinolaktiwiteit-ekwivalent	

Suikervry

Ander bestanddele is:

Krospovidon, magnesiumstearaat, mikrokristallyne sellulose, silikon dioksied, Opadry TF 268U205006 blou

Hoe CENTRUM ADULT 50+ lyk en inhoud van die pakkie

CENTRUM ADULT 50+ is 'n ligblou ovaalvormige filmomhulde tablet. Gegraveer met "C" aan die een kant en "S" aan die regterkant van die breekstreep. Die ander kant is glad.

CENTRUM ADULT 50+ is verpak in hoeveelhede van 30, 60 en 90 tablette in ondeursigtige hoëdigtheid poliëtileen (HDPE) bottels, met 'n wit polipropileen (PP) kinderveilige golfsluiting doppie met induksie-seël. Nie alle verpakkingsgroottes mag bemark word nie.

Die bottel is in 'n karton met 'n pamflet verpak. Plaas altyd die deksel terug na gebruik. Plaas altyd die deksel terug na gebruik.

Houer van Sertifikaat van Registrasie

Haleon South Africa (Edms.) Bpk.

11 Hawkinslaan,

Epping Industria 1,

Kaapstad 7460

Tel: 0800 007 018

Hierdie pamflet is laas hersien in
November 2024

Vervaardig deur:

Haleon Italië Vervaardiging Bpk.
Via Nettunense 90, 04011, Aprilia (LT), Italië

Registrasienommer

Kategorie D Gesondheidsaanvullings 34.12 Meervoudige stof formulering

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir sy kwaliteit, veiligheid of bedoelde gebruik nie.

Handelsmerke word besit deur of gelisensieer aan Haleon-groep van maatskappye.