

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

CENTRUM ADULT (Tablets)

Category D Health Supplements 34.12 Multiple substance formulation

Ingredients	Each tablet contains
Total Vitamin A ⁺	2666 IU
Vitamin B ₁ (Thiamine)	1,4 mg
Vitamin B ₂ (Riboflavin)	1,75 mg
Niacin (Vitamin B ₃)	20 mg
Vitamin B ₆ (Pyridoxine)	2 mg
Folic acid	200 µg
Vitamin B ₁₂ (Cyanocobalamin)	2,5 µg
Biotin	62,5 µg
Pantothenic acid	7,5 mg
Vitamin C (Ascorbic acid)	100 mg
Vitamin D ₃ (Cholecalciferol)	200 IU
Vitamin E (tocopherol)	22,35 IU
Vitamin K ₁	30 µg
Calcium	162 mg
Chromium	40 µg
Copper	0,5 mg
Iodine	100 µg
Iron	5 mg
Magnesium	100 mg
Manganese	2 mg
Molybdenum	50 µg
Phosphorous	125 mg
Potassium	40 mg
Selenium	30 µg
Zinc	5 mg
*Total vitamin A provided by 600 µg (RAE [#]) Vitamin A and 200 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 is available without a doctor's prescription, for you to maintain your health and well-being.

Nevertheless, you still need to use CENTRUM ADULT carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share CENTRUM ADULT 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 is and what it is used for
2. What you need to know before you take CENTRUM ADULT
3. How to take CENTRUM ADULT
4. Possible side effects
5. How to store CENTRUM ADULT
6. Contents of the pack and other information

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

CENTRUM ADULT contains a comprehensive formula of 25 vitamins and minerals as well as trace elements, specially designed to support health and well-being in adults below 50 years of age.

Patients benefit from CENTRUM ADULT 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 vital substances is important for well-being and good health.

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

Whole Body Health	Energy Release	Immunity support	Antioxidant Action
With 25 essential micronutrients for overall body health	With B-Vitamins and iron to support daily energy needs	With Vitamin C, D and Zinc to support the normal immune function	With vitamins C and E, selenium and zinc that protect cells from damage

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

Vital ingredient	Important for supporting
Vitamin A	Maintenance of good vision and healthy skin, nails and hair.
Beta carotene	Maintain healthy vitamin A levels. Contributes to maintenance of eyesight, skin, and immune function. Assist in the development and maintenance of night vision. Helps in the development and maintenance of bones and teeth.
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 (Niacin)	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	Helps the body to metabolise proteins and helps form red blood 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. (Tissue formation)
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.
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.
Phosphorus	Helps the body to metabolise carbohydrates, fats and protein, contributes to the development and maintenance of normal bones and teeth and 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

Do not take CENTRUM ADULT:

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

Warnings and precautions

Take special care with CENTRUM ADULT:

- If you are taking other supplements.
- Read the label, since these supplements may contain the same ingredients.
- CENTRUM ADULT 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

- 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.

Driving and using machines:

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

Important information about some of the ingredients of CENTRUM ADULT:

Sugar free, Lactose free, GMO free, Gelatine free.

3. How to take CENTRUM ADULT

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

Always take CENTRUM ADULT 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 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.

If you take more CENTRUM ADULT 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:

Gastrointestinal disorders: Diarrhoea

Metabolism and nutrition disorders: Hyper-vitaminosis A and D

If you forget to take CENTRUM ADULT:

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

4. Possible side effects

CENTRUM ADULT can have side effects.

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

Should your general health worsen or if you experience any untoward effects while taking CENTRUM ADULT, 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.

5. How to store CENTRUM ADULT

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 contains**

The active substance per tablet:

Ingredients	Each tablet contains
Total Vitamin A ⁺	2666 IU
Vitamin B ₁ (Thiamine)	1,4 mg
Vitamin B ₂ (Riboflavin)	1,75 mg
Niacin (Vitamin B ₃)	20 mg
Vitamin B ₆ (Pyridoxine)	2 mg
Folic acid	200 µg
Vitamin B ₁₂ (Cyanocobalamin)	2,5 µg
Biotin	62,5 µg
Pantothenic acid	7,5 mg
Vitamin C (Ascorbic acid)	100 mg
Cholecalciferol (Vitamin D ₃)	200 IU
Vitamin E (tocopherol)	22,35 IU
Vitamin K ₁	30 µg
Calcium	162 mg
Chromium	40 µg
Copper	0,5 mg
Iodine	100 µg
Iron	5 mg

Magnesium	100 mg
Manganese	2 mg
Molybdenum	50 µg
Phosphorous	125 mg
Potassium	40 mg
Selenium	30 µg
Zinc	5 mg
*Total vitamin A provided by 600 µg (RAE#) Vitamin A and 200 µg (RAE#) beta carotene	
#Retinol activity equivalent (RAE)	

Sugar Free

Other ingredients are:

Crospovidone, magnesium stearate vegetable, microcrystalline cellulose, silicon dioxide and opadry TF 268U205006 blue.

What CENTRUM ADULT looks like and contents of the pack

CENTRUM ADULT is an oval shaped, light blue, film-coated tablet, engraved with “M” on the left and “C” on the right of the score. The other side is plain.

CENTRUM ADULT is packed in counts of 30, 60, 90, or 100 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 7450
Tel: 0800 007 018

This leaflet was last revised in

November 2024

Manufactured by:

Haleon South Africa (Pty) Ltd.

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

Trademarks are owned by or licensed to Haleon group of companies.

Afrikaans Patient Information Leaflet

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS: S0

CENTRUM ADULT (Tablette)

Kategorie D Gesondheidsaanvullings 34.12 Meervoudige stofformulering

Bestanddele	Elke tablet bevat
Totale Vitamien A ⁺	2666 IU
Vitamien B ₁ (Tiamien)	1,4 mg
Vitamien B ₂ (Riboflaven)	1,75 mg
Niacien (Vitamien B ₃)	20 mg
Vitamien B ₆ (Piridoksien)	2 mg
Foliesuur	200 µg
Vitamien B ₁₂ (Sianokobalamien)	2,5 µg
Biotien	62,5 µg
Pantoteensuur	7,5 mg
Vitamien C (Askorbiensuur)	100 mg
Vitamien D ₃ (Cholekalsiferol)	200 IU
Vitamien E (tokoferol)	22,35 IU
Vitamien K ₁	30 µg
Kalsium	162 mg
Chroom	40 µg
Koper	0,5 mg
Jodium	100 µg
Yster	5 mg
Magnesium	100 mg
Mangaan	2 mg
Molibdeen	50 µg
Fosfor	125 mg
Kalium	40 mg
Selenium	30 µg
Sink	5 mg
Totale vitamien A verskaf deur 600 µg (RAE [#]) vitamien A en 200 µg (RAE [#]) beta-karoteen [#] retinol aktiwiteit ekwivalent	

Suikervry

Kategorie D Gesondheidsaanvullings 34.12 Meervoudige stofformulering

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

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

CENTRUM ADULT is beskikbaar sonder 'n dokter se voorskrif, sodat u u gesondheid en welstand kan handhaaf.

Nietemin, jy moet steeds CENTRUM ADULT versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie pamflet. U mag dit weer moet lees.
- Moet nie CENTRUM ADULT met enige ander persoon deel nie.
- Vra jou gesondheidsorgverskaffer of apteker indien 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 is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy CENTRUM ADULT neem
3. Hoe om CENTRUM ADULT te neem
4. Moontlike nuwe-effekte
5. Hoe om CENTRUM ADULT te bêre
6. Inhoud van die pakkie en ander inligting

1. Wat CENTRUM ADULT is en waarvoor dit gebruik word

CENTRUM ADULT bevat 'n omvattende formule van 25 vitamienes en minerale sowel as spoorelemente, spesiaal ontwerp om gesondheid en welstand by volwassenes onder 50 jaar te ondersteun.

Pasiënte baat by CENTRUM ADULT van wat die wetenskap ontdek oor hoe vitamienes en minerale help om energie te ontsluit, immuniteit te ondersteun en gesondheid te handhaaf. Vitamienes, 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 vereiste vitamienes en minerale op die nodige vlakke. Lewenstylkeuses soos stres, oormatige oefening, alkoholverbruik, rook en selfs die gebruik van sekere medikasie, beïnvloed almal die vlakke van voedingstowwe. Die liggaam kan nie die meeste vitamienes, minerale en spoorelemente produseer nie, maar is afhanklik van 'n gereelde toevoer in die dieet. 'n Voldoende toevoer van hierdie noodsaaklike stowwe is belangrik vir welstand en goeie gesondheid.

Daaglikse aanvulling met CENTRUM ADULT kan die volgende gesondheidsvoordele ondersteun:

Hele Liggaam Gesondheid	Energievrystelling	Immuniteitsondersteuning	Antioksidant Aksie
Met 25 noodsaaklike mikronutriënte vir algehele liggaamsgesondheid	Met B-vitamienes en yster om daaglikse energiebehoefte te ondersteun	Met Vitamien C, D en Sink om die normale immuunfunksie te ondersteun	Met vitamienes C en E, selenium en sink wat selle teen skade beskerm.

Hieronder is 'n uiteensetting van die rol van elk van die bestanddele in CENTRUM ADULT:

Belangrike bestanddeel	Belangrik vir ondersteuning
Vitamien A	Handhawing van goeie sig en gesonde vel, naels en hare.
Beta karoteen	Handhaaf gesonde vitamien A vlakke Dra by tot die instandhouding van sig, vel, en immuunfunksie. Help met die ontwikkeling en instandhouding van nagsig. Help met die ontwikkeling en instandhouding van bene en tande.
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 proteïene, vet en koolhidraat. Help om gesonde vel te handhaaf.
Vitamien B ₃ (Niasien)	Help die liggaam met proteïenmetabolisme en die omskakeling van vette en koolhidrate in energie.
Vitamien B ₆ (Piridoksien)	Vir die produksie van energie uit proteïene, vet en koolhidraat. Help om gesonde vel te handhaaf.
Foliesuur	Help die liggaam om proteïene te metaboliseer en help om rooibloedselle te vorm.
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. (Weefselvorming)
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, wat sodoende selle gesond hou.

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.
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 handhawing 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.
Molibdeen	Help die liggaam om proteïene te metaboliseer. 'n Faktor in die instandhouding van goeie gesondheid.
Fosfor	Help die liggaam om koolhidrate, vette en proteïene te metaboliseer, dra by tot die ontwikkeling en instandhouding van normale bene en tande en tot die instandhouding 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 jy moet weet voordat jy CENTRUM ADULT neem

Moet nie CENTRUM ADULT neem nie:

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

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met CENTRUM ADULT:

- As u ander aanvullings neem.
- Lees die etiket, aangesien hierdie aanvullings moontlik dieselfde bestanddele kan bevat.
- CENTRUM ADULT bevat yster, wat skadelik vir kinders kan wees indien in groot dosisse geneem. In geval van toevallige oordosis, kontak onmiddellik jou dokter of gifbeheer sentrum.
- Moenie die aanbevole daaglikse dosis/hoeveelheid oorskry nie.

Ander medisyne en CENTRUM ADULT

- Moet nie medisyne wat vir 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 neem.

Bestuur en gebruik van masjiene:

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

Belangrike inligting oor sommige van die bestanddele van CENTRUM ADULT:

Suikervry, Laktosevry, GMO-vry, Gelatienvry.

3. Hoe om CENTRUM ADULT te neem

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

Neem altyd CENTRUM ADULT 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:

Volwassenes

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 reageer op die veranderende voedingsbehoefte 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.

As u meer CENTRUM ADULT neem as wat u behoort:

In die geval van oordosering, raadpleeg u dokter of apteker.

Indien geen van beide beskikbaar is nie, kontak die naaste hospitaal of gifbeheer sentrum.

Die volgende tekens en simptome kan geassosieer word met 'n oordosis van CENTRUM ADULT:

Gastro-intestinale versteurings: Diarree

Metabolisme en voedingsversteurings: Hipervitaminose A en D

As u vergeet om CENTRUM ADULT te neem:

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

4. Moontlike nuwe-effekte

CENTRUM ADULT kan nuwe-effekte hê.

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

Indien u algemene gesondheid verswak of as u enige ongunstige effekte ervaar terwyl u CENTRUM ADULT 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 u nuwe-effekte ervaar, praat met u dokter, apteker of verpleegkundige.

U kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Vorm vir die Rapportering van Nadelige Geneesmiddelreaksies", 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 te verskaf.

5. Hoe om CENTRUM ADULT te bêre

Bêre alle medisyne buite bereik van kinders.

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

Hou die houder 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 rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting

Wat CENTRUM ADULT bevat

Die aktiewe stof per tablet:

Bestanddele	Elke tablet bevat
Totale Vitamien A ⁺	2666 IU
Vitamien B ₁ (Tiamien)	1,4 mg
Vitamien B ₂ (Riboflavin)	1,75 mg
Niasien (Vitamien B ₃)	20 mg
Vitamien B ₆ (Piridoksien)	2 mg
Foliesuur	200 µg
Vitamien B ₁₂ (Sianokobalamien)	2,5 µg
Biotien	62,5 µg
Pantoteensuur	7,5 mg
Vitamien C (Askorbiensuur)	100 mg
Vitamien D ₃ (Cholekalsiferol)	200 IU
Vitamien E (tokoferol)	22,35 IU
Vitamien K ₁	30 µg
Kalsium	162 mg
Chroom	40 µg
Koper	0,5 mg
Jodium	100 µg
Yster	5 mg
Magnesium	100 mg
Mangaan	2 mg
Molibdeen	50 µg
Fosfor	125 mg
Kalium	40 mg
Selenium	30 µg
Sink	5 mg
Totale vitamien A verskaf deur 600 µg (RAE [#]) vitamien A en 200 µg (RAE [#]) beta-karoteen [#] retinol aktiwiteit ekwivalent	

Suikervry

Ander bestanddele is:

Krospovidon, magnesiumstearaat plantaardig, mikrokristallyne sellulose, silikon dioksied en opadry TF 268U205006 blou.

Hoe CENTRUM ADULT lyk en inhoud van die verpakking

CENTRUM ADULT is 'n ovaalvormige, ligblou, filmomhulde tablet, gegraveer met "M" aan die linkerkant en "C" aan die regterkant van die breekstreep. Die ander kant is glad.

CENTRUM ADULT word verpak in hoeveelhede van 30, 60, 90, of 100 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.

Houer van Sertifikaat van Registrasie

Haleon South Africa (Edms.) Bpk.
11 Hawkinslaan, Epping Industria 1,
Kaapstad 7450
Tel: 0800 007 018

Hierdie pamflet is laas hersien in
November 2024

Vervaardig deur:
Haleon South Africa (Edms.) Bpk.

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.