

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

CENTRUM ENERGY (Tablets)

Category D: Discipline-Specific 33.7 Combination Product

Ingredients	Each tablet contains
Vitamin A (total) ⁺	2660 IU
Vitamin B ₁ (Thiamine)	4,2 mg
Vitamin B ₂ (Riboflavin)	4,8 mg
Niacin (Vitamin B ₃)	36 mg
Pantothenic acid	10 mg
Vitamin B ₆ (Pyridoxine)	6 mg
Folic acid	400 µg
Vitamin B ₁₂ (Cyanocobalamin)	18 µg
Biotin	40 µg
Vitamin C (Ascorbic acid)	120 mg
Vitamin D ₃	200 IU
Vitamin E	40 IU
Vitamin K ₁	25 µg
Calcium	100 mg
Chromium	120 µg
Copper	0,7 mg
Iodine	150 µg
Iron	14 mg
Magnesium	45 mg
Manganese	1,8 mg
Molybdenum	75 µg
Potassium	80 mg
Phosphorus	48 mg
Selenium	70 µg
Zinc	7,5 mg
Ginseng (Root Extract) **	50 mg
<i>Ginkgo biloba</i> L (Leaf Extract)	60 mg
⁺Total vitamin A provided by 400 µg (RAE[#]) Vitamin A and 400 µg (RAE) Beta-carotene [#]retinol activity equivalent ^{**}<i>panax ginseng</i> extract	

Sugar free

Category D: Discipline-Specific 33.7 Combination Product

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

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

1. WHAT CENTRUM ENERGY is and what it is used for

CENTRUM ENERGY is a scientifically formulated daily multivitamin with elevated levels of B-vitamins[#], as well as iron, antioxidants, ginseng and *Ginkgo biloba*. Specially formulated with ginkgo biloba to help maintain an active mind, and ginseng to support physical performance.

[#]compared to centrum adult formulation

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

FATIGUE REDUCTION	PHYSICAL PERFORMANCE	MENTAL PERFORMANCE	HEART FUNCTION	WHOLE BODY HEALTH
With vitamins B ₂ , B ₃ , B ₆ and B ₁₂ which contribute to the reduction of tiredness and fatigue	Ginseng to support physical performance for active lifestyles	Ginkgo biloba to help maintain an active mind	With B-Vitamins and folic acid to help promote heart health	With 25 essential vitamins & minerals to support whole body health

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

Vital ingredient	Important for supporting
Vitamin A	Maintenance of good vision and healthy skin, nails, and hair.
Beta-carotene	Provitamin A; for the maintenance of good health. to help maintain eyesight, skin membranes and immune function.
Vitamin B ₁ (Thiamine)	Required for the release of energy from glucose. Maintains healthy nerve function.
Vitamin B ₂ (Riboflavin)	To produce 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.
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 B ₆ (Pyridoxine)	To produce 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.
Vitamin C (Ascorbic Acid)	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	Involved in DNA metabolism, sulphite metabolism and the formation of uric acid.
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.
Ginseng (Root Extract) **	Supports mental function and energy enhancement
<i>Ginkgo biloba</i> L (Leaf Extract)	Support memory and cognitive functions. Ginkgo biloba to help maintain an active mind

***Panax ginseng* extract

2. What you need to know before you take CENTRUM ENERGY

Do not take CENTRUM ENERGY:

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

Warnings and precautions

Take special care with CENTRUM ENERGY:

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

- 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).

If you are taking any of the following medicines on a regular basis, the use of CENTRUM ENERGY with these medicines may cause undesirable interactions:

- blood thinners (e.g. warfarin)
- digoxin
- antidepressants
- tamoxifen
- you are taking other dietary supplements that contain folic acid or manganese.

Pregnancy and breastfeeding:

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

Driving and using machinery:

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

Important information about some of the ingredients of CENTRUM ENERGY:

Sugar free, Gluten free, GMO free, Lactose free.

3. How to take CENTRUM ENERGY

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

Always take CENTRUM ENERGY 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:

CENTRUM ENERGY is formulated for use in adults only (18 years and older).

Adults:

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

Exceeding the daily dose is not recommended. Health supplements cannot replace a balanced diet.

To open: First press cap down firmly, then turn.

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 ENERGY than you should:

In the event of overdose, 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 ENERGY:

- *Gastrointestinal disorders:* Diarrhoea
- *Metabolism and nutrition disorders:* Hyper-vitaminosis A and D

If you forget to take CENTRUM ENERGY:

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

4. Possible side effects

CENTRUM ENERGY can have side effects.

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

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

Flushing of the skin, headaches, diarrhoea, skin eruptions, sleeplessness, nervousness, hypertension, euphoria, swelling or a combination of itchy skin, joint aches, and fever. Oestrogenic effects have been reported.

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 ENERGY

5. How to store CENTRUM ENERGY:

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

Store all medicines out of reach of children.

Keep the container firmly closed.

Do not store in a bathroom.

Do not use after the expiry date stated on the 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 ENERGY contains

Ingredients	Each tablet contains
Vitamin A (total)*	2660 IU
Vitamin B ₁ (Thiamine)	4,2 mg
Vitamin B ₂ (Riboflavin)	4,8 mg
Niacin (Vitamin B ₃)	36 mg
Pantothenic acid	10 mg
Vitamin B ₆ (Pyridoxine)	6 mg
Folic acid	400 µg
Vitamin B ₁₂ (Cyanocobalamin)	18 µg
Biotin	40 µg
Vitamin C (Ascorbic acid)	120 mg
Vitamin D ₃	200 IU
Vitamin E	40 IU
Vitamin K ₁	25 µg
Calcium	100 mg
Chromium	120 µg
Copper	0,7 mg
Iodine	150 µg
Iron	14 mg
Magnesium	45 mg
Manganese	1,8 mg
Molybdenum	75 µg
Potassium	80 mg
Phosphorus	48 mg
Selenium	70 µg
Zinc	7,5 mg
Ginseng**	50 mg
<i>Ginkgo biloba</i> L Leaf Extract	60 mg
Total vitamin A provided by 400 µg (RAE) Vitamin A and 400 µg (RAE) Beta-carotene #retinol activity equivalent	
** <i>panax ginseng</i> extract	

Sugar free

Other ingredients are: Croscopovidone, dibasic calcium phosphate anhydrous, magnesium stearate, microcrystalline cellulose, silicon dioxide, opadry TF 268U220002 yellow.

What CENTRUM ENERGY looks like and contents of the pack

CENTRUM ENERGY is oval, capsule shaped, yellow film coated tablet; One side is engraved with "Centrum", the other side is plain.

CENTRUM ENERGY is packed in counts of 30 & 60 tablets in an opaque high density polyethylene bottle and closed with a white polypropylene child-resistant wave cap with induction inner seal

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

The bottle is packed in a carton with a leaflet. Please do not use if the foil is broken.

Holder Of Certificate of Registration

Haleon South Africa (Pty) Ltd.
11 Hawkins Avenue,
Epping Industria 1,
Cape Town 7450
Tel: 0800 007 018

Manufactured by:

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

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Registration number

Category D: Discipline-Specific 33.7 Combination Product

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 ENERGY (Tablette)

Kategorie D: Dissipline-Spesifiek 33.7 Kombinasieproduk

Bestanddele	Elke tablet bevat
Vitamen A (Totaal)+	2660 IU
Vitamen B ₁ (Tiamien)	4,2 mg
Vitamen B ₂ (Riboflavin)	4,8 mg
Niasien (Vitamen B ₃)	36 mg
Pantoteensuur	10 mg
Vitamen B ₆ (Piridoksien)	6 mg
Foliesuur	400 µg
Vitamen B ₁₂ (Sianokobalamien)	18 µg
Biotien	40 µg
Vitamen C (Askorbiensuur)	120 mg
Vitamen D ₃	200 IU
Vitamen E	40 IU
Vitamen K ₁	25 µg
Kalsium	100 mg
Chroom	120 µg
Koper	0,7 mg
Jodium	150 µg
Yster	14 mg
Magnesium	45 mg
Mangaan	1,8 mg
Molibdeen	75 µg
Kalium	80 mg
Fosfor	48 mg
Selenium	70 µg
Sink	7,5 mg
Ginseng (Wortelekstrak) **	50 mg
<i>Ginkgo biloba</i> L (Blarekstrak)	60 mg
Totale vitamen A verskaf deur 400 µg (RAE) Vitamen A en 400 µg (RAE) Beta-karoteen #retinolaktiwiteitsekwivalent	
** <i>panax ginseng</i> -ekstrak	

Suikervry

Kategorie D: Dissipline-Spesifiek 33.7 Kombinasieproduk

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

- Hou hierdie pamflet. U mag dit weer moet lees.
- Moet nie CENTRUM ENERGY 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 ENERGY is en waarvoor dit gebruik word
2. Wat u moet weet voordat u CENTRUM ENERGY neem
3. Hoe om CENTRUM ENERGY te neem
4. Moontlike nuwe-effekte
5. Hoe om CENTRUM ENERGY te berg
6. Inhoud van die pakkie en ander inligting

1. WAT CENTRUM ENERGY is en waarvoor dit gebruik word

CENTRUM ENERGY is 'n wetenskaplik geformuleerde daaglikse multivitamien met verhoogde vlakke van B-vitamiene, sowel as yster, antioksidante, ginseng en *Ginkgo biloba*. Spesiaal geformuleer met ginkgo biloba om 'n aktiewe verstand te help handhaaf, en ginseng om fisiese prestasie te ondersteun.

vergeleke met Centrum volwasse formulering

Daaglikse aanvulling met CENTRUM ENERGY kan die volgende gesondheidsvoordele ondersteun:

MOEGHEID VERMINDERING	FISIESE PRESTASIE	GEESTELIKE PRESTASIE	HARTFUNKSIE	HELE LIGGAAM GESONDHEID
Met vitamiene B ₂ , B ₃ , B ₆ en B ₁₂ wat bydra tot die vermindering van moegheid en uitputting.	Ginseng om fisiese prestasie vir aktiewe lewenstyle te ondersteun	Ginkgo biloba om 'n aktiewe verstand te help handhaaf	Met B-vitamiene en foliensuur om hartgesondheid te bevorder	Met 25 noodsaaklike vitamiene en minerale om die algehele liggaamsgesondheid te ondersteun

Hier is 'n uiteensetting van die rol van elk van die bestanddele in CENTRUM ENERGY:

Belangrike bestanddeel	Belangrik vir ondersteuning
Vitamien A	Handhawing van goeie sig en gesonde vel, naels en hare.
Beta-karoteen	Provitamien A; vir die instandhouding van goeie gesondheid. om te help met die instandhouding van sig, velmembrane en immuunfunksie.
Vitamien B ₁ (Tiamien)	Nodig vir die vrystelling van energie uit glukose. Handhaaf gesonde senuweefunksie.
Vitamien B ₂ (Riboflavin)	Om energie te produseer 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.
Pantoteensuur	Speel 'n rol in die metabolisme van vetsure, glukose, en proteïene vir energieproduksie. Help om gesonde vel en slymvliese te handhaaf.
Vitamien B ₆ (Piridoksien)	Om energie te produseer uit proteïene, 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.
Vitamien C (Askorbiensuur)	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 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.
Molibdeen	Betrokke by DNA-metabolisme, sulfietmetabolisme en die vorming van uriensuur.
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.
Ginseng (Wortelekstrak) **	Ondersteun geestelike funksie en energieverbetering
<i>Ginkgo biloba</i> L (Blarekstrak)	Ondersteun geheue en kognitiewe funksies. Ginkgo biloba om 'n aktiewe verstand te help handhaaf.

***Panax ginseng*-ekstrak

2. Wat jy moet weet voordat jy CENTRUM ENERGY neem

Moet nie CENTRUM ENERGY neem nie:

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

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met CENTRUM ENERGY:

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

Moenie die aanbevole daaglikse dosis/hoeveelheid oorskry nie.

Ander medisyne en CENTRUM ENERGY:

- 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).

As u enige van die volgende medisyne gereeld neem, kan die gebruik van CENTRUM ENERGY saam met hierdie medisyne ongewenste interaksies veroorsaak:

- bloedverdunners (bv. warfarin)
- digoksien
- antidepressante
- tamoksifeen
- jy neem ander dieetaanvullings wat foliensuur of mangaan bevat.

Swangerskap en borsvoeding:

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

Bestuur en die gebruik van masjinerie:

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

Belangrike inligting oor sommige van die bestanddele van CENTRUM ENERGY:

Suikervry, Glutenvry, GMO-vry, Laktosevry.

3. Hoe om CENTRUM ENERGY te neem

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

Neem altyd CENTRUM ENERGY 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:

CENTRUM ENERGY is geformuleer vir gebruik slegs by volwassenes (18 jaar en ouer).

Volwassenes:

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

Dit word nie aanbeveel om die daaglikse dosis te oorskry nie. Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie.

Om oop te maak: Druk eers die dop stewig af, draai dan.

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

Moet asseblief nie gebruik as die foelie gebreek is nie.

As u meer CENTRUM ENERGY neem as wat u behoort:

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

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

- *Gastro-intestinale versteurings:* Diarree
- *Metabolisme en voedingsstoornisse:* Hipervitaminose A en D

As jy vergeet om CENTRUM ENERGY te neem:

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

4. Moontlike nuwe-effekte

CENTRUM ENERGY kan nuwe-effekte hê.

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

Indien u algemene gesondheid verswak of as u enige ongunstige effekte ervaar terwyl u CENTRUM ENERGY 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

Spoeling van die vel, hoofpyne, diarree, veluitslag, slapeloosheid, senuweeagtigheid, hoë bloeddruk, euforie, swelling of 'n kombinasie van jeukerige vel, gewrigspyne en koors. Estrogeniese effekte is gerapporteer.

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 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 te verskaf.

CENTRUM ENERGY

5. Hoe om CENTRUM ENERGY te bêre:

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

Bêre alle medisyne buite bereik van kinders.

Hou die houer stewig gesluit.

Moet nie in 'n badkamer stoor nie.

Moet nie gebruik na die vervaldatum wat op die 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 ENERGY bevat

Bestanddele	Elke tablet bevat
Vitamiën A (Totaal)+	2660 IU
Vitamiën B ₁ (Tiamien)	4,2 mg
Vitamiën B ₂ (Riboflaviën)	4,8 mg
Niasien (Vitamiën B ₃)	36 mg
Pantoteensuur	10 mg
Vitamiën B ₆ (Piridoksien)	6 mg
Foliesuur	400 µg
Vitamiën B ₁₂ (Sianokobalamien)	18 µg
Biotien	40 µg
Vitamiën C (Askorbiensuur)	120 mg
Vitamiën D ₃	200 IU
Vitamiën E	40 IU
Vitamiën K ₁	25 µg
Kalsium	100 mg
Chroom	120 µg
Koper	0,7 mg
Jodium	150 µg
Yster	14 mg
Magnesium	45 mg
Mangaan	1,8 mg
Molibdeen	75 µg
Kalium	80 mg
Fosfor	48 mg
Selenium	70 µg
Sink	7,5 mg
Ginseng (Wortelekstrak) **	50 mg
<i>Ginkgo biloba</i> L (Blarekstrak)	60 mg
*Totale vitamien A verskaf deur 400 µg (RAE#) Vitamiën A en 400 µg (RAE#) Beta-karoteen #retinolaktiwiteitskwivalent	
** <i>panax ginseng</i> -ekstrak	

Suikervry

Ander bestanddele is: Krosprovidoon, dibasiese kalsiumfosfaat watervry, magnesiumstearaat, mikrokristallyne sellulose, silikon dioksied, opadry TF 268U220002 geel.

Hoe CENTRUM ENERGY lyk en inhoud van die verpakking

CENTRUM ENERGY is 'n ovaal, kapsulevormige, geel filmomhulde tablet; Een kant is gegraveer met "Centrum", die ander kant is glad.

CENTRUM ENERGY is verpak in hoeveelhede van 30 en 60 tablette in 'n ondeursigtige hoëdigtheid-poliëtileenbottel en gesluit met 'n wit polipropileen kinderveilige golfdop met induksie-binneseël.

Hierdie houer is verseël met 'n peuterbestande foelie vir u veiligheid. Die bottel is verpak in 'n karton met 'n pamflet. Moet asseblief nie gebruik as die foelie gebreek is nie.

Houer van Sertifikaat van Registrasie

Haleon South Africa (Edms.) Bpk.

11 Hawkinslaan,
Epping Industria 1,
Kaapstad 7450
Tel: 0800 007 018

Vervaardig deur:

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

Hierdie pamflet is laas hersien in

November 2024

Registrasienommer

Kategorie D: Disipline-Spesifiek 33.7 Kombinasieproduk

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

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