

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

Centrum Essentials Orange (Effervescent Powder)

Category D Health Supplements 34.12 multiple substance formulation

Ingredients	Each Sachet Contains
Vitamin A (as beta-carotene)	220 IU
Vitamin B ₁ (Thiamine)	1,4 mg
Vitamin B ₂ (Riboflavin)	1,6 mg
Vitamin B ₃ (Niacinamide)	18 mg
Vitamin B ₅ (Pantothenic Acid)	5 mg
Vitamin B ₆ (Pyridoxine)	2 mg
Folic Acid	200 µg
Vitamin B ₁₂ (Cyanocobalamin)	2,5 µg
Vitamin C (Ascorbic Acid)	80 mg
Cholecalciferol (Vitamin D ₃)	200 IU
Iodine	150 µg
Iron	8 mg
Manganese	0,58 mg
Potassium	90 mg
Zinc	8 mg

Contains 3,25 g Fructose and 7,5 mg Sucralose per sachet

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 Essentials Orange is available without a doctor's prescription, for you to maintain your health and well-being.

Nevertheless, you still need to use Centrum Essentials Orange carefully to get the best results from it.

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

1. What Centrum Essentials Orange is and what it is used for

Centrum Essentials Orange is an expertly blended formula, containing Vit A, B, C, D, Iron, Zinc, and 9 other essential nutrients the body requires every day.

Daily supplementation with **Centrum Essentials Orange** can support the following health benefits:

Energy Release	Immunity Support	Whole Body Health
Includes Vitamins B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₁₂ , Folic acid, Iron and Iodine, Manganese which supports energy yielding metabolisms and reduce tiredness and fatigue.	Contains also Vitamins A, D, C and Zinc which supports the immunity function in the body.	This combination of ingredients supports the key nutritional needs of the human body.

Below is a breakdown of the role of each of the ingredients in **Centrum Essentials Orange**:

Vital ingredient	Important for supporting
Beta-carotene	Maintain healthy vitamin A levels. Contributes to maintenance of eyesight, skin, and immune function.
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 ₅ (Pantothenic acid)	Plays a role in the metabolism of fatty acids, glucose and proteins for energy production. Contributes to the reduction of tiredness and fatigue.
Vitamin B ₆ (Pyridoxine)	To produce 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.
Vitamin C (Ascorbic Acid)	Plays a role in maintaining healthy gums, skin and connective tissue. Functions as a tissue antioxidant. Contributes to the reduction of tiredness and fatigue.
Vitamin D ₃	For the maintenance of healthy teeth and bones. Helps the body to utilise calcium.
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.
Manganese	Helps the body to metabolise carbohydrates, proteins and fat and contributes to the protection of cells from oxidative stress.

Potassium	Helps the body to metabolise proteins and in 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 Essentials Orange

Do not take Centrum Essentials Orange:

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

Warnings and precautions

Take special care with Centrum Essentials Orange:

- If you are taking other supplements.
- Read the label, since these supplements may contain the same ingredients.
- **Centrum Essentials Orange** 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.

Other medicines and Centrum Essentials Orange:

- 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 Essentials Orange**.

Driving and using machines:

Centrum Essentials Orange does not contain any ingredients causing drowsiness, so **Centrum Essentials Orange** should not affect the ability to drive or operate machinery.

Important information about some of the ingredients of Centrum Essentials Orange:

Contains 3,25 g Fructose and 7,5 mg Sucralose per sachet

3. How to take Centrum Essentials Orange

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

Always take **Centrum Essentials Orange** 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: 1 Sachet daily.

Dissolve the contents of 1 sachet into 200 ml of water. Wait until powder is fully dissolved before drinking.

Do not exceed the recommended daily dose.

Centrum Essentials Orange responds to the changing nutritional needs, and completes your daily diet requirements, but does not replace it.

Health Supplements cannot replace a balanced diet.

If you take more Centrum Essentials Orange 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 Essentials Orange**:

Gastrointestinal disorders: diarrhoea

Metabolism and nutrition disorders: hyper-vitaminosis A and D

If you forget to take Centrum Essentials Orange:

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

4. Possible side effects

Centrum Essentials Orange can have side effects.

Not all side effects reported for **Centrum Essentials Orange** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking **Centrum Essentials Orange**, 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 Med Safety APP (Medsafety X SAHPRA) and eReporting platform (whoumc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of **Centrum Essentials Orange**.

5. How to store Centrum Essentials Orange

Store all medicines out of reach of children.

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

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 Essentials Orange contains

The active substance per sachet

Ingredients	Each Sachet Contains
Vitamin A (As Beta-Carotene)	220 IU
Vitamin B ₁ (Thiamine)	1,4 mg
Vitamin B ₂ (Riboflavin)	1,6 mg
Vitamin B ₃ (Niacinamide)	18 mg
Vitamin B ₅ (Pantothenic Acid)	5 mg
Vitamin B ₆ (Pyridoxine)	2 mg
Folic Acid	200 µg
Vitamin B ₁₂ (Cyanocobalamin)	2,5 µg
Vitamin C (Ascorbic Acid)	80 mg
Cholecalciferol (Vitamin D ₃)	200 IU
Iodine	150 µg
Iron	8 mg
Manganese	0,58 mg
Potassium	90 mg
Zinc	8 mg

Other ingredients are:

Citric Acid, fructose, maltodextrin, orange flavour, silicon dioxide, sodium bicarbonate, sucralose.

What Centrum Essentials Orange looks like and contents of the pack

Centrum Essentials Orange is a creamish coloured free flowing powder having a characteristic orange odour.

Centrum Essentials Orange is available in packs of 20 x 6,8 g sachets in a carton

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

March 2025

Manufactured by:

Haleon South Africa (Pty) Ltd
11 Hawkins Avenue,
Epping Industria 1,
Cape Town, 7450

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 Essentials Orange (Bruistabletpoeier)

Kategorie D Gesondheidsaanvullings 34.12 meervoudige stof formulering

Bestanddele	Elke sakkie bevat
Vitamiën A (as beta-karoteen)	220 IU
Vitamiën B ₁ (Tiamien)	1,4 mg
Vitamiën B ₂ (Riboflaviën)	1,6 mg
Vitamiën B ₃ (Niacinamied)	18 mg
Vitamiën B ₅ (Pantoteensuur)	5 mg
Vitamiën B ₆ (Piridoksien)	2 mg
Foliensuur	200 µg
Vitamiën B ₁₂ (Sianokobalamien)	2,5 µg
Vitamiën C (Askorbiensuur)	80 mg
Cholekalsiferol (Vitamiën D ₃)	200 IU
Jodium	150 µg
Yster	8 mg
Mangaan	0,58 mg
Kalium	90 mg
Sink	8 mg

Bevat 3,25 g Fruktose en 7,5 mg Sukralose per sakkie

Kategorie D Gesondheidsaanvullings 34.12 meervoudige stofformulering

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

Lees hierdie pamflet noukeurig deur, want dit bevat belangrike inligting vir u. **Centrum Essentials Orange** is beskikbaar sonder 'n dokter se voorskrif, sodat u u gesondheid en welstand kan handhaaf.

Nietemin, jy moet steeds Centrum Essentials Orange versigtig gebruik om die beste resultate daaruit te kry.

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

1. Wat Centrum Essentials Orange is en waarvoor dit gebruik word

Centrum Essentials Orange is 'n kundig gemengde formule wat Vit A, B, C, D, Yster, Sink, en 9 ander noodsaaklike voedingstowwe bevat wat die liggaam daaglik benodig.

Daaglikse aanvulling met **Centrum Essentials Orange** kan die volgende gesondheidsvoordele ondersteun:

Energievrystelling	Immunitetsondersteuning	Hele Liggaam Gesondheid
Bevat Vitamiene B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₁₂ , Foliesuur, Yster en Jodium, Mangaan wat energie-lewerende metabolisme ondersteun en moegheid en uitputting verminder.	Bevat ook Vitamiene A, D, C en Sink wat die immuunfunksie in die liggaam ondersteun.	Hierdie kombinasie van bestanddele ondersteun die sleutelvoedingsbehoefes van die menslike liggaam.

Hier is 'n uiteensetting van die rol van elke bestanddeel in **Centrum Essentials Orange**:

Belangrike bestanddeel	Belangrik vir ondersteuning
Beta-karoteen	Handhaaf gesonde vitamien A vlakke. Dra by tot die instandhouding van sig, vel, en immuunfunksie.
Vitamien B ₁ (Tiamien)	Nodig vir die vrystelling van energie uit glukose. Handhaaf gesonde senuweefunksie.
Vitamien B ₂ (Riboflaviën)	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 ₅ (Pantoteensuur)	Speel 'n rol in die metabolisme van vetsure, glukose en proteïene vir energieproduksie. Dra by tot die vermindering van moegheid en uitputting.
Vitamien B ₆ (Piridoksien)	Om energie te produseer uit proteïen, 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 rooi bloed selle.
Vitamien C (Askorbiensuur)	Speel 'n rol in die instandhouding van gesonde tandvleis, vel en bindweefsel. Funksioneer as 'n weefsel antioksidant. Dra by tot die vermindering van moegheid en uitputting.
Vitamien D ₃	Vir die instandhouding van gesonde tande en bene. Help die liggaam om kalsium te benut.
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 rooi bloed selle te handhaaf, wat 'n rol speel in suurstof vervoer.
Mangaan	Help die liggaam om koolhidrate, proteïene en vet te metaboliseer en dra by tot die beskerming van selle teen oksidatiewe stres.

Kalium	Help die liggaam om proteïene te metaboliseer en in 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 Essentials Orange neem

Moet nie Centrum Essentials Orange neem nie:

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

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met Centrum Essentials Orange:

- As u ander aanvullings neem.
- Lees die etiket, aangesien hierdie aanvullings moontlik dieselfde bestanddele kan bevat.
- **Centrum Essentials Orange** 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 oorskry nie.

Ander medisyne en Centrum Essentials Orange:

- Moet nie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.
- Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie 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 Essentials Orange** neem.

Bestuur en die gebruik van masjiene:

Centrum Essentials Orange bevat geen bestanddele wat lomerigheid veroorsaak nie, dus behoort **Centrum Essentials Orange** nie die vermoë om te bestuur of masjinerie te bedryf te beïnvloed nie.

Belangrike inligting oor sommige van die bestanddele van Centrum Essentials Orange:

Bevat 3,25 g Fruktose en 7,5 mg Sukralose per sakkie

3. Hoe om Centrum Essentials Orange te neem

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

Neem altyd **Centrum Essentials Orange** presies soos beskryf in hierdie pamflet of soos jou dokter, apteker of verpleegkundige jou meegedeel het.

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

Die gewone dosis is:

Volwassenes: 1 sakkie daaglik.

Los die inhoud van 1 sakkie op in 200 ml water. Wag totdat die poeier heeltemal opgelos is voordat jy dit drink.

Moenie die aanbevole daaglikse dosis oorskry nie.

Centrum Essentials Orange reageer op die veranderende voedingsbehoefte en vul jou daaglikse dieetvereistes aan, maar vervang dit nie.

Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie.

As u meer Centrum Essentials Orange neem as wat u behoort:

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

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

Die volgende tekens en simptome kan geassosieer word met 'n oordosis van **Centrum Essentials Orange**:

Gastro-intestinale afwykings: diarree

Metabolisme en voedingsstoornisse: hiper-vitamienose A en D

As jy vergeet om Centrum Essentials Orange te neem:

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

4. Moontlike nowe-effekte

Centrum Essentials Orange kan nowe-effekte hê.

Nie alle nowe-effekte wat vir **Centrum Essentials Orange** gerapporteer is, is in hierdie pamflet ingesluit nie.

As u algemene gesondheid versleg of as u enige ongewensde effekte ervaar terwyl u **Centrum Essentials Orange** 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 nowe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief u dokter of apteker in kennis.

Verslagdoening van nowe-effekte

As u nowe-effekte ervaar, praat met u dokter, apteker of verpleegkundige.

U kan ook nowe-effekte aan SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en die eReporting-platform (whoumc.org) wat op die SAHPRA-webwerf gevind kan word. Deur nowe-effekte te rapporteer, kan u help om meer inligting oor die veiligheid van **Centrum Essentials Orange** te verskaf.

5. Hoe om Centrum Essentials Orange te bêre

Bêre alle medisyne buite bereik van kinders.

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

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 Essentials Orange bevat

Die aktiewe stof per sakkie

Bestanddele	Elke sakkie bevat
Vitamien A (as beta-karoteen)	220 IU
Vitamien B ₁ (Tiamien)	1,4 mg
Vitamien B ₂ (Riboflaviën)	1,6 mg
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Cholekalsiferol (Vitamien D ₃)	200 IU
Jodium	150 µg
Yster	8 mg
Mangaan	0,58 mg
Kalium	90 mg
Sink	8 mg

Ander bestanddele is:

Sitronsuur, fruktose, maltodekstriën, lemoengeur, silikondioksied, natriumbikarbonaat, sukralose.

Hoe Centrum Essentials Orange lyk en inhoud van die pakkie

Centrum Essentials Orange is 'n roomkleurige, vryvloeiende poeier met 'n kenmerkende Orange geur.

Centrum Essentials Orange is beskikbaar in pakkies van 20 x 6,8 g sakkies in 'n karton.

Houer van Sertifikaat van Registrasie

Haleon Suid-Afrika (Edms) Bpk
11 Hawkinslaan,
Epping Industria 1,
Kaapstad, 7450
Tel: 0800 007 018

Hierdie pamflet is laas hersien in

Maart 2025

Vervaardig deur:

Haleon Suid-Afrika (Edms) Bpk
11 Hawkinslaan,
Epping Industria 1,
Kaapstad, 7450

Registrasienommer

Kategorie D Gesondheidsaanvullings 34.12 meervoudige stofformulering

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