

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

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

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

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

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

Centrum Essentials Tropical 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 Tropical** 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 Tropical**:

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.
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2. What you need to know before you take Centrum Essentials Tropical

Do not take Centrum Essentials Tropical:

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

Warnings And Precautions

Take special care with Centrum Essentials Tropical:

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

- 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 Tropical**.

Driving And Using Machines:

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

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

Contains 3,25 g Fructose and 7,5 mg Sucralose per sachet
Ponceau 4R may have an adverse effect in activity and attention in children

3. How To Take Centrum Essentials Tropical

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

Always take **Centrum Essentials Tropical** 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. Do not exceed the recommended daily dose.

Centrum Essentials Tropical 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 Tropical 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 Tropical**:

Gastrointestinal disorders: diarrhoea

Metabolism and nutrition disorders: hyper-vitaminosis A and D

If you forget to take Centrum Essentials Tropical:

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

4. Possible Side Effects

Centrum Essentials Tropical can have side effects.

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

Should your general health worsen or if you experience any untoward effects while taking **Centrum Essentials Tropical**, 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 Tropical**.

5. How To Store Centrum Essentials Tropical

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 Tropical 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, colour ponceau 4R (CI16255), fructose, maltodextrin, silicon dioxide, sodium bicarbonate, sucralose, tropical fruit flavour.

What Centrum Essentials Tropical looks like and contents of the pack

Centrum Essentials Tropical is a pinkish coloured free flowing powder. Having a characteristic tropical odour.

Centrum Essentials Tropical is available in packs of 20 x 6,4 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 Tropical (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
Foliesuur	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 Tropical is beskikbaar sonder 'n dokter se voorskrif, sodat u u gesondheid en welstand kan handhaaf.

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

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

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

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

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

Energievrystelling	Immuneitsondersteuning	Hele Liggaam Gesondheid
Bevat Vitamiene B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₁₂ , Foliesuur, Yster en Jodium, Mangan 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 sleutelvoedingsbehoeftes van die menslike liggaam.

Hieronder is 'n uiteensetting van die rol van elk van die bestanddele in **Centrum Essentials Tropical**:

Belangrike bestanddeel	Belangrik vir die ondersteuning van
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 (Riboflavin)	Vir die produksie van energie uit proteïene, 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 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.
Vitamien C (Askorbiensuur)	Speel 'n rol in die handhawing 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 rooibloedselle te handhaaf, wat 'n rol speel in suurstofvervoer.
Mangan	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 Tropical neem

Moet nie Centrum Essentials Tropical neem nie:

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

Waarskuwings en Voorsorgmaatreëls

Neem spesiale sorg met Centrum Essentials Tropical:

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

Ander medisyne en Centrum Essentials Tropical:

- 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 Essentials Tropical** neem.

Bestuur En Gebruik Van Masjiene:

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

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

Bevat 3,25 g Fruktose en 7,5 mg Sukralose per sakkie
Ponceau 4R kan 'n nadelige uitwerking hê op aktiwiteit en aandag by kinders.

3. Hoe Om Centrum Essentials Tropical Te Neem

Moet nie medisyne wat aan jou voorgeskryf is met enige ander persoon deel nie.
Neem altyd **Centrum Essentials Tropical** 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.
Moenie die aanbevole daaglikse dosis oorskry nie.

Centrum Essentials Tropical reageer op die veranderende voedingsbehoeftes en vul jou daaglikse dieetvereistes aan, maar vervang dit nie.
Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie.

As u meer Centrum Essentials Tropical 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 Essentials Tropical**:

Gastro-intestinale versteurings: diarree

Metabolisme en voedingsversteurings: hiper-vitamienose A en D

As jy vergeet om Centrum Essentials Tropical te neem:

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

4. Moontlike Nuwe-effekte

Centrum Essentials Tropical kan nuwe-effekte hê.

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

Indien u algemene gesondheid verswak of as u enige ongunstige effekte ervaar terwyl u **Centrum Essentials Tropical** 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 nuwe-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 nuwe-effekte te rapporteer, kan u help om meer inligting oor die veiligheid van **Centrum Essentials Tropical** te verskaf.

5. Hoe om Centrum Essentials Tropical 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 rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting

Wat Centrum Essentials Tropical 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
Vitamien B ₃ (Niacinamied)	18 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, kleur ponceau 4R (CI16255), fruktose, maltodextrien, silikon dioksied, natriumbikarbonaat, sukralose, tropicale vrugtegeur.

Hoe Centrum Essentials Tropical lyk en inhoud van die pakkie

Centrum Essentials Tropical is 'n pienkerige gekleurde vryvloeiende poeier. Dit het 'n kenmerkende Tropicale reuk.

Centrum Essentials Tropical is beskikbaar in pakkies van 20 x 6,4 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 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.