

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

Centrum Kids Essentials Strawberry (Effervescent Powder)

Category D Health Supplements 34.12 multiple substance formulation

Ingredients	Each Sachet Contains
Vitamin A (as beta-carotene)	55,5 IU
Vitamin B ₁ (Thiamine)	1 mg
Vitamin B ₂ (Riboflavin)	1 mg
Vitamin B ₃ (Niacinamide)	10 mg
Vitamin B ₅ (Pantothenic Acid)	5 mg
Vitamin B ₆ (Pyridoxine)	1 mg
Folic Acid	100 µg
Vitamin B ₁₂ (Cyanocobalamin)	2 µg
Vitamin C (Ascorbic Acid)	60 mg
Cholecalciferol (Vitamin D ₃)	200 IU
Calcium	120 mg
Iodine	150 µg
Iron	8 mg
Zinc	5 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 this leaflet carefully because it contains important information for you.

Centrum Kids Essentials Strawberry is available without a doctor's prescription, to maintain your child's health and well-being.

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

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

1. What Centrum Kids Essentials Strawberry is and what it is used for
Centrum Kids Essentials Strawberry helps support healthy growth and development

Below is a breakdown of the role of each of the ingredients in Centrum Kids Essentials Strawberry:

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

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.
Calcium	Helps maintain healthy bones and teeth.
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.
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 give Centrum Kids Essentials Strawberry
Do not give **Centrum Kids Essentials Strawberry** to your child:

- If they are hypersensitive (allergic) to any of the ingredients of **Centrum Kids Essentials Strawberry** (listed in section 6).

Warnings and precautions

Take special care with Centrum Kids Essentials Strawberry:

- If you or your child is taking other supplements, read label, since supplements may contain the same ingredient.
- **Centrum Kids Essentials Strawberry** 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.

- Keep out of reach of young children.
- Do not exceed the recommended daily dose.

Other medicines and Centrum Kids Essentials Strawberry:

- Do not share medicines prescribed for your child with any other person.
- Always tell your health care provider if your child is taking any other medicine.
(This includes all complementary or traditional medicines.)

Pregnancy, breastfeeding, and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other health care provider for advice before taking **Centrum Kids Essentials Strawberry**.

Driving and using machines

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

Important information about some of the ingredients of Centrum Kids Essentials Strawberry:

Contains 3,25 g fructose and 7,5 mg sucralose per sachet and colourant carmoisine (E122), this may have an adverse effect in activity and attention in children.

3. How to give Centrum Kids Essentials Strawberry:

Do not share medicines prescribed for your child with any other person.
Always give **Centrum Kids Essentials Strawberry** 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:

Children 4 years and older: 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 Kids Essentials Strawberry 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 your child takes more Centrum Kids Essentials Strawberry than they should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre. In case of accidental overdose, discontinue use and seek professional assistance immediately.

The following signs and symptoms may be associated with an overdose of **Centrum Kids Essentials Strawberry**:

Gastrointestinal disorders: Diarrhoea

Metabolism and nutrition disorders: Hyper-vitaminosis A, Hyper-vitaminosis D

If you forget to give Centrum Kids Essentials Strawberry

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

4. Possible side effects

Centrum Kids Essentials Strawberry can have side effects.

Not all side effects reported for **Centrum Kids Essentials Strawberry** are included in this leaflet. Should your child's general health worsen or if you experience any untoward effects while taking **Centrum Kids Essentials Strawberry**, please consult your healthcare provider for advice.

Tell your doctor if you notice any of the following:

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

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 Kids Essentials Strawberry**.

5. How to store Centrum Kids Essentials Strawberry

Store all medicines out of reach of children.

Store at or below 25 °C in a 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 Kids Essentials Strawberry contains

The active substance per sachet

Ingredients	Each Sachet Contains
Vitamin A (as beta-carotene)	55,5 IU
Vitamin B ₁ (Thiamine)	1 mg
Vitamin B ₂ (Riboflavin)	1 mg
Vitamin B ₃ (Niacinamide)	10 mg
Vitamin B ₅ (Pantothenic Acid)	5 mg
Vitamin B ₆ (Pyridoxine)	1 mg
Folic Acid	100 µg
Vitamin B ₁₂ (Cyanocobalamin)	2 µg
Vitamin C (Ascorbic Acid)	60 mg
Cholecalciferol (Vitamin D ₃)	200 IU
Calcium	120 mg
Iodine	150 µg
Iron	8 mg
Zinc	5 mg

Other ingredients are:

Citric acid, fructose, maltodextrin, strawberry flavour, silicon dioxide, sodium bicarbonate, sucralose, colour carmosine.

What Centrum Kids Essentials Strawberry looks like and contents of the pack

Centrum Kids Essentials Strawberry is a light pink coloured free flowing powder having a characteristic strawberry odour.

Centrum Kids Essentials Strawberry 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

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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 Kids Essentials Strawberry (Bruistablet Poeier)

Kategorie D Gesondheidsaanvullings 34.12 meervoudige stofformulering

Bestanddele	Elke sakkie bevat
Vitamien A (as beta-karoteen)	55,5 IU
Vitamien B ₁ (Tiamien)	1 mg
Vitamien B ₂ (Riboflaviën)	1 mg
Vitamien B ₃ (Niacinamied)	10 mg
Vitamien B ₅ (Pantoteensuur)	5 mg
Vitamien B ₆ (Piridoksien)	1 mg
Foliesuur	100 µg
Vitamien B ₁₂ (Sianokobalamien)	2 µg
Vitamien C (Askorbiensuur)	60 mg
Cholecalciferol (Vitamien D ₃)	200 IU
Kalsium	120 mg
Jodium	150 µg
Yster	8 mg
Sink	5 mg

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

Kategorie D Gesondheidsaanvullings 34.12 meervoudige stof formulering

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

Lees hierdie pamflet noukeurig deur, want dit bevat belangrike inligting vir u. **Centrum Kids Essentials Strawberry** is beskikbaar sonder 'n dokter se voorskrif, om jou kind se gesondheid en welstand te handhaaf.

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

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

1. Wat Centrum Kids Essentials Strawberry is en waarvoor dit gebruik word
Centrum Kids Essentials Strawberry help om gesonde groei en ontwikkeling te ondersteun.

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

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

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 (Riboflavin)	Vir die produksie van energie uit proteïen, vet en koolhidraat. Help om gesonde vel te handhaaf.
Vitamien B ₃ (Niacinamied)	Help die liggaam met proteïenmetabolisme en die omskakeling van vette en koolhidrate in energie.
Vitamien B 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 rooibloedselle.
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.
Kalsium	Help om gesonde bene en tande te handhaaf.
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.
Sink	Help die liggaam om koolhidrate, vette en proteïene te metaboliseer en help om immuunfunksie en gesonde vel te handhaaf.

2. Wat jy moet weet voordat jy Centrum Kids Essentials Strawberry gee

Moet nie **Centrum Kids Essentials Strawberry** aan jou kind gee nie:

- As hulle hipersensitief (allergies) is vir enige van die bestanddele van **Centrum Kids Essentials Strawberry** (gelys in afdeling 6).

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met Centrum Kids Essentials Strawberry:

- As u of u kind ander aanvullings neem, lees die etiket, aangesien aanvullings dieselfde bestanddeel kan bevat.
- **Centrum Kids Essentials Strawberry** bevat Yster, wat skadelik vir kinders kan wees indien in groot dosisse geneem. In geval van toevallige oordosis, kontak onmiddellik jou dokter of gifbeheersentrum.

- Hou buite bereik van jong kinders.
- Moenie die aanbevole daaglikse dosis oorskry nie.

Ander medisyne en Centrum Kids Essentials Strawberry:

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

Swangerskap, borsvoeding, en vrugbaarheid

As u swanger is of borsvoed, dink dat u swanger mag wees of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u **Centrum Kids Essentials Strawberry** neem.

Bestuur en gebruik van masjiene

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

Belangrike inligting oor sommige van die bestanddele van Centrum Kids Essentials Strawberry:

Bevat 3,25 g fruktose en 7,5 mg sukralose per sakkie en kleurstof karmoisien (E122), dit mag 'n nadelige uitwerking op aktiwiteit en aandag by kinders hê.

3. Hoe om Centrum Kids Essentials Strawberry te gee:

Moet nie medisyne wat vir jou kind voorgeskryf is met enige ander persoon deel nie. Gee altyd **Centrum Kids Essentials Strawberry** presies soos beskryf in hierdie pamflet of soos jou dokter, apteker of verpleegkundige jou gesê het. Raadpleeg jou dokter, apteker of verpleegkundige as jy onseker is.

Die gewone dosis is:

Kinders 4 jaar en ouer: 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 Kids Essentials Strawberry reageer op die veranderende voedingsbehoeftes en voltooi jou daaglikse dieetvereistes, maar vervang dit nie.

Gesondheidsaanvullings kan nie 'n gebalanseerde dieet vervang nie.

As jou kind meer Centrum Kids Essentials Strawberry inneem as wat hulle behoort te neem

In die geval van oordosering, raadpleeg jou dokter of apteker. As geen van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheer sentrum. In geval van toevallige oordosering, staak gebruik en soek onmiddellik professionele hulp.

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

Gastro-intestinale versteurings: Diarree

Metabolisme en voedingsversteurings: Hipervitaminose A, Hipervitaminose D

As u vergeet om Centrum Kids Essentials Strawberry te gee

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

4. Moontlike newe-effekte

Centrum Kids Essentials Strawberry kan newe-effekte hê.

Nie alle newe-effekte wat vir **Centrum Kids Essentials Strawberry** gerapporteer is, is in hierdie pamflet ingesluit nie. Indien u kind se algemene gesondheid versleg of indien u enige ongewenste effekte ervaar terwyl u **Centrum Kids Essentials Strawberry** 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.

Immuunstelselafwykings: Hipersensitiwiteit.

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

Verslagdoening van newe-effekte

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

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

5. Hoe om Centrum Kids Essentials Strawberry te stoor

Bêre alle medisyne buite bereik van kinders.

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

Hou die houer stewig gesluit. Moet nie in 'n badkamer stoor 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 Kids Essentials Strawberry bevat

Die aktiewe stof per sakkie

Bestanddele	Elke sakkie bevat
Vitamien A (as beta-karoteen)	55,5 IU
Vitamien B ₁ (Tiamien)	1 mg
Vitamien B ₂ (Riboflavin)	1 mg
Vitamien B ₃ (Niacinamied)	10 mg
Vitamien B ₅ (Pantoteensuur)	5 mg
Vitamien B ₆ (Piridoksien)	1 mg
Foliesuur	100 µg
Vitamien B ₁₂ (Sianokobalamien)	2 µg
Vitamien C (Askorbiensuur)	60 mg
Cholecalciferol (Vitamien D ₃)	200 IU
Kalsium	120 mg
Jodium	150 µg
Yster	8 mg
Sink	5 mg

Ander bestanddele is:

Sitronsuur, fruktose, maltodextrien, aarbei geur, silikon dioksied, natriumbikarbonaat, sukrulose, kleurstof karmosien.

Hoe Centrum Kids Essentials Strawberry lyk en inhoud van die pakkie

Centrum Kids Essentials Strawberry is 'n ligpienk gekleurde, vryvloeiende poeier met 'n kenmerkende aarbei-geur.

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

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

Maart 2025

Registrasienommer

Kategorie D Gesondheidsaanvullings 34.12 meervoudige stof formulering

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.