

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

CENTRUM MEN

Category D: Health Supplements 34.12 Multiple substance formulation

Ingredients	Per tablet
Total Vitamin A ⁺	2330 I.U
Vitamin B ₁ (Thiamine)	1,8 mg
Vitamin B ₂ (Riboflavin)	2,1 mg
Vitamin B ₃ (Niacinamide)	20 mg
Vitamin B ₆ (Pyridoxine)	2,1 mg
Vitamin B ₁₂ (Cyanocobalamin)	3 µg
Biotin	62,5 µg
Folic acid	200 µg
Pantothenic acid	7,5 mg
Vitamin C (Ascorbic acid)	80 mg
Vitamin D ₃	400 IU
Vitamin E (α - TE)	24 mg
Vitamin K ₁	30 µg
Calcium	200 mg
Chromium	40 µg
Copper	0,5 mg
Iodine	100 µg
Iron	3,75 mg
Magnesium	120 mg
Molybdenum	50 µg
Selenium	30 µg
Zinc	5 mg

⁺Total Vitamin A (RAE[#]) provided by 0,6 mg Vitamin A and 1,2 mg 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 MEN is available without a doctor's prescription, for you to maintain your health and well-being. Nevertheless, you still need to use CENTRUM MEN carefully to get the best results from it.

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

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

CENTRUM MEN contain vitamins and minerals including all essential vitamins to help support daily energy release, normal immune function, and assist with the body's metabolism and supports cognitive and muscle function.

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

Ingredient	Important for supporting
Vitamin A	Contributes to the maintenance of normal eyesight, skin, mucous membranes, and immune function. A factor in the maintenance of good health.
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)	Helps to metabolise carbohydrates, fats, and proteins required for the release of energy from glucose. Maintains healthy nerve function. A factor in the maintenance of good health.
Vitamin B ₂ (Riboflavin)	Helps to metabolise carbohydrates, fats, and proteins. Contributes to tissue formation. Helps maintain healthy skin.
Vitamin B ₃ (Niacinamide)	Helps to metabolise carbohydrates, fats, and proteins.
Vitamin B ₆ (Pyridoxine)	Helps to metabolise carbohydrates, fats and protein. Contributes to tissue formation. Helps maintain healthy skin.
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 the maintenance of normal hair and skin.
Folic acid	Helps the body to metabolise proteins and helps form red blood cells.
Pantothenic acid	Contributes to normal mental performance. Plays a role in the metabolism of fatty acids, glucose and proteins for energy production. A factor in the maintenance of good health.
Vitamin C (Ascorbic acid)	Contributes to the normal functioning of the immune system during and after intense physical stress. Helps in the development and maintenance of bones, cartilage, teeth, and gums.

	Contributes to iron absorption from food.
Vitamin D ₃	Helps in the maintenance of healthy bones and teeth. Helps the body to utilise calcium.
Vitamin E	An antioxidant for the maintenance of good health. Contributes to the protection of cells from oxidative stress.
Vitamin K ₁	Contributes to the maintenance of good health and normal bones.
Calcium	Contributes to the development and maintenance of 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. Contributes to normal cognitive function.
Magnesium	Contributes to the normal functioning of the nervous system and muscle function. A factor in the maintenance of good health.
Molybdenum	Helps the body to metabolise proteins. A factor in the maintenance of good health.
Selenium	An antioxidant for the maintenance of good health. Contributes to the normal function of the immune system. Contributes to the maintenance of normal hair and nails.
Zinc	Contributes to the maintenance of normal hair, skin, and nails. Helps to maintain the immune function. Contributes to normal fertility and reproduction.

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

Do not take CENTRUM MEN:

If you are hypersensitive (allergic) to vitamin A, vitamin D, vitamin E, vitamin C, selenium, zinc or any of the other ingredients of CENTRUM MEN (listed in section 6).

Warnings and precautions

Take special care with CENTRUM MEN:

If you are taking other supplements.

Read label since supplements may contain the same ingredients.

Keep out of reach of children.

Do not exceed the recommended daily dose/ amount.

Other medicines and CENTRUM MEN

Always tell your health care provider if you are 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 MEN.

Driving and using machines

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

3. How to take CENTRUM MEN

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

Always take CENTRUM MEN 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).

Do not exceed the recommended daily dose.

Do not use if the foil on the packaging is broken.

Always replace lid after use.

If you take more CENTRUM MEN 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.

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 MEN:

Gastrointestinal disorders: Diarrhoea.

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

If you forget to take CENTRUM MEN

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

4. Possible side effects

CENTRUM MEN can have side effects.

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

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

5. How to store CENTRUM MEN

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 MEN contains

The active substance per tablet:

Ingredients	Per tablet
Total Vitamin A *	2330 IU
Vitamin B ₁ (Thiamine)	1,8 mg
Vitamin B ₂ (Riboflavin)	2,1 mg
Vitamin B ₃ (Niacinamide)	20 mg
Vitamin B ₆ (Pyridoxine)	2,1 mg
Vitamin B ₁₂ (Cyanocobalamin)	3 µg
Biotin	62,5 µg
Folic acid	200 µg
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Vitamin K ₁	30 µg
Calcium	200 mg
Chromium	40 µg
Copper	0,5 mg
Iodine	100 µg
Iron	3,75 mg
Magnesium	120 mg
Molybdenum	50 µg
Selenium	30 µg
Zinc	5 mg

*Total Vitamin A (RAE[#]) provided by 0,6 mg Vitamin A and 1,2 mg Beta-carotene. [#]retinol activity equivalent
Sugar free.

The other ingredients are:

Croscarmellose sodium, magnesium stearate vegetable, microcrystalline cellulose, silicon dioxide and opadry TF 268U205002 blue.

What CENTRUM MEN looks like and contents of the pack

CENTRUM MEN is an oval shaped, light blue, film coated tablet, plain on both sides.

CENTRUM MEN tablets are packed in HDPE bottles capped with polypropylene lids.

The bottles are further packed into a cardboard box.

Do not use if the foil on the packaging is broken.

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

Manufactured by:

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

This leaflet was last revised in

November 2024

Registration number

Category D: Health Supplements 34.12 Multiple substance formulatio

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Afrikaans Patient Information Leaflet

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS: S0

CENTRUM MEN

Kategorie D: Gesondheidsaanvullings 34.12 Meervoudige stofformulering

Bestanddele	Per tablet
Totale Vitamien A*	2330 IU
Vitamien B ₁ (Tiamien)	1,8 mg
Vitamien B ₂ (Riboflaviën)	2,1 mg
Vitamien B ₃ (Niacinamied)	20 mg
Vitamien B ₆ (Piridoksien)	2,1 mg
Vitamien B ₁₂ (Sianokobalamien)	3 µg
Biotien	62,5 µg
Foliesuur	200 µg
Pantoteensuur	7,5 mg
Vitamien C (Askorbiensuur)	80 mg
Vitamien D ₃	400 IU
Vitamien E (α - TE)	24 mg
Vitamien K ₁	30 µg
Kalsium	200 mg
Chroom	40 µg
Koper	0,5 mg
Jodium	100 µg
Yster	3,75 mg
Magnesium	120 mg
Molibdeen	50 µg
Selenium	30 µg
Sink	5 mg

*Totale Vitamien A (RAE[#]) verskaf deur 0,6 mg Vitamien A en 1,2 mg Beta-karoteen.

[#]retinolaktiwiteit-ekwivalent
Suikervry.

Kategorie D: Gesondheidsaanvullings 34.12 Meervoudige stofformulering

Hierdie ongeregistreeerde 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 MEN is beskikbaar sonder 'n dokter se voorskrif, sodat u u gesondheid en welstand kan handhaaf. Nietemin moet u steeds CENTRUM MEN versigtig gebruik om die beste resultate daaruit te kry.

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

1. Wat CENTRUM MEN is en waarvoor dit gebruik word

CENTRUM MEN bevat vitamieë en minerale, insluitend alle essensiële vitamieë om daaglikse energie te ondersteun, normale immuunfunksie, en help met die liggaam se metabolisme en ondersteun kognitiewe en spierfunksie.

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

Bestanddeel	Belangrik vir ondersteuning
Vitamien A	Dra by tot die instandhouding van normale sig, vel, slymvliese, en immuunfunksie. 'n Faktor in die instandhouding van goeie gesondheid.
Beta-karoteen	Handhaaf gesonde vitamien A vlakke. Dra by tot die instandhouding van sig, vel, en immuunfunksie. Help met die ontwikkeling en instandhouding van nagvisie. Help met die ontwikkeling en instandhouding van bene en tande.
Vitamien B ₁ (Tiamien)	Help om koolhidrate, vette en proteïene te metaboliseer vir die vrystelling van energie uit glukose. Handhaaf gesonde senuweefunksie. 'n Faktor in die instandhouding van goeie gesondheid.
Vitamien B ₂ (Riboflavin)	Help om koolhidrate, vette en proteïene te metaboliseer. Dra by tot weefselvorming. Help om gesonde vel te handhaaf.
Vitamien B ₃ (Niacinamied)	Help om koolhidrate, vette en proteïene te metaboliseer.
Vitamien B ₆ (Piridoksien)	Help om koolhidrate, vette en proteïene te metaboliseer. Dra by tot weefselvorming. Help om gesonde vel te handhaaf.
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 die instandhouding van normale hare en vel.
Foliesuur	Help die liggaam om proteïene te metaboliseer en help om rooibloedselle te vorm.
Pantoteensuur	Dra by tot normale verstandelike prestasie. Speel 'n rol in die metabolisme van vetsure, glukose en proteïene vir energieproduksie. 'n Faktor in die instandhouding van goeie gesondheid.
Vitamien C (Askorbiensuur)	Dra by tot die normale funksionering van die immuunstelsel tydens en na intense fisiese stres. Help met die ontwikkeling en instandhouding van bene, kraakbeen, tande, en

	tandvleis. Dra by tot die ysterabsorpsie uit voedsel.
Vitamien D ₃	Help met die instandhouding van gesonde bene en tande. Help die liggaam om kalsium te benut.
Vitamien E	'n Antioksidant vir die instandhouding van goeie gesondheid. Dra by tot die beskerming van selle teen oksidatiewe stres.
Vitamien K ₁	Dra by tot die instandhouding van goeie gesondheid en normale bene.
Kalsium	Dra by tot die ontwikkeling en instandhouding van bene en tande.
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. Dra by tot normale kognitiewe funksie.
Magnesium	Dra by tot die normale funksionering van die senuweestelsel en spierfunksie. 'n Faktor in die instandhouding van goeie gesondheid.
Molybdeen	Help die liggaam om proteïene te metaboliseer. 'n Faktor in die handhawing van goeie gesondheid.
Selenium	'n Antioksidant vir die instandhouding van goeie gesondheid. Dra by tot die normale funksionering van die immuunstelsel. Dra by tot die instandhouding van normale hare en naels.
Sink	Dra by tot die instandhouding van normale hare, vel, en naels. Help om die immuunfunksie te handhaaf. Dra by tot normale vrugbaarheid en voortplanting.

2. Wat jy moet weet voordat jy CENTRUM MEN neem

Moet nie CENTRUM MEN neem nie:

As u hipersensitief (allergies) is vir vitamien A, vitamien D, vitamien E, vitamien C, selenium, sink of enige van die ander bestanddele van CENTRUM MEN (gelys in afdeling 6).

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met CENTRUM MEN:

As u ander aanvullings neem.

Lees etiket aangesien aanvullings dieselfde bestanddele kan bevat.

Hou buite bereik van kinders.

Moenie die aanbevole daaglikse dosis/hoeveelheid oorskry nie.

Ander medisyne en CENTRUM MEN

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie neem.

(Dit sluit alle aanvullende of tradisionele medisyne in.)

Swangerskap, borsvoeding, en vrugbaarheid

As u swanger is of borsvoed, dink u is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u CENTRUM MEN neem.

Bestuur en die gebruik van masjiene

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

3. Hoe om CENTRUM MEN te neem

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

Neem altyd CENTRUM MEN presies soos beskryf in hierdie pamflet of soos jou dokter, apteker of verpleegkundige jou gesê het. Raadpleeg jou dokter, apteker of verpleegkundige as jy nie seker is nie.

Die gewone dosis is:

Volwassenes:

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

Moenie die aanbevole daaglikse dosis oorskry nie.

Moenie gebruik as die foelie op die verpakking gebreek is nie.

Plaas altyd die deksel terug na gebruik.

As u meer CENTRUM MEN 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.

In geval van toevallige oordosis, staak gebruik en soek onmiddellik professionele hulp.

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

Gastro-intestinale verstourings: Diarree.

Metabolisme en voedingsverstourings: Hipervitaminose A, Hipervitaminose D.

As jy vergeet om CENTRUM MEN te neem

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

4. Moontlike nuwe-effekte

CENTRUM MEN kan nuwe-effekte hê.

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

As u algemene gesondheid verswak of as u enige ongunstige effekte ervaar terwyl u CENTRUM MEN neem, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Vertel jou dokter as jy enige van die volgende opmerk:

Gastro-intestinale verstourings: Abdominale ongemak, hardlywigheid, diarree, naarheid.

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 MEN te verskaf.

5. Hoe om CENTRUM MEN 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. Moenie 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 rioelstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting

Wat CENTRUM MEN bevat

Die aktiewe stof per tablet:

Bestanddele	Per tablet
Totale Vitamien A*	2330 IU
Vitamien B ₁ (Tiamien)	1,8 mg
Vitamien B ₂ (Riboflaviën)	2,1 mg
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Kalsium	200 mg
Chroom	40 µg
Koper	0,5 mg
Jodium	100 µg
Yster	3,75 mg
Magnesium	120 mg
Molibdeen	50 µg
Selenium	30 µg
Sink	5 mg

+Totale Vitamien A (RAE#) verskaf deur 0,6 mg Vitamien A en 1,2 mg Beta-karoteen.
retinol aktiwiteit ekwivalent
Suikervry.

Die ander bestanddele is:

Krosarmellose-natrium, groente magnesiumstearaat, mikrokristallyne sellulose, silikondioksied en opadry TF 268U205002 blou.

Hoe CENTRUM MEN lyk en inhoud van die verpakking

CENTRUM MEN is 'n ovaalvormige, ligblou, filmomhulde tablet, glad aan beide kante.
CENTRUM MEN tablette is verpak in HDPE-bottels met polipropileen deksels.
Die bottels word verder in 'n kartondoos verpak.
Moenie gebruik as die foelie op die verpakking gebreek is nie.
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

Vervaardig deur:

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

Hierdie pamflet is laas hersien in

November 2024

Registrasienommer

Kategorie D: Gesondheidsaanvullings 34.12 Meervoudige stofformulering

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

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