Centrum®

ENERGY*	IMMUNITY*	APPEARANCE*	METABOLISM*	PHYSICAL STRESS*
Includes B-vitamins plus Iron to help support daily energy needs*	With antioxidants to support the normal function of the immune system*	Helps maintain healthy skin, hair and nails with biotin, beta-carotene, vitamins A, C and E*	Contains B-vitamins to aid in the metabolism of fats, carbohydrates and proteins*	With vitamins C and E to help protect the body against the effects of physical stress*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

With the complete benefits of Centrum® PLUS nutrients to support:

✓ Appearance*

✓ Breast Health*‡

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FPO 128 CODE 024073

Centrum®

Multivitamin/Multimineral Supplement

Personalized for WOMEN UNDER 50

100 TABLETS

FPO 128 CODE 024073

The experts at Centrum bring you complete solutions delivered without compromise. . . .

Centrum Under 50 | Centrum 50+ | Centrum Specialist

FPO

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Control No.

Exp. Date

Centrum® WOMEN

‡Emerging science suggests that Vitamin D helps support breast health.*

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Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 5 000 IU (29% as Beta-Carotene)	70%
Vitamin C 75 mg	125%
Vitamin D 400 IU	200%
Vitamin E 35 IU	117%
Vitamin K 50 mcg	63%
Thiamin 1.7 mg	73%
Riboflavin 1.7 mg	65%
Niacin 14 mg	70%
Vitamin B_6 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B_{12} 6 mcg	100%
Biotin 40 mcg	13%
Pantothenic Acid 15 mg	150%
Calcium 500 mg	50%
Iron 18 mg	100%
Iodine 150 mcg	100%
Magnesium 100 mg	25%
Zinc 8 mg	53%
Selenium 55 mcg	79%
Copper 0.9 mg	45%
Manganese 1.8 mg	90%
Chromium 25 mcg	21%
Molybdenum 50 mcg	67%
Choline 72 mg	2%
Potassium 80 mg	2%
Boron 150 mcg	*
Nickel 5 mcg	*
Silicon 2 mg	*
Tin 10 mcg	*
Vanadium 10 mcg	*

*Daily Value (DV) not established.

Store at room temperature. Keep bottle tightly closed.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Marketed by:
Pfizer, Madison, NJ 07940 USA

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Questions? Comments?
Call 1-877-CENTRUM
For most recent product information, visit www.centrum.com

Inactive: Calcium Carbonate, Magnesium Oxide, Potassium Citrate, Calcium Phosphate, Ascorbic Acid (Vit. C), Pregelatinized Corn Starch, Dibasic Microcrystalline Cellulose, Ferrous Fumarate, **Contains < 2%** of: Acacia, Beta-Carotene, BHT, Biotin, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vit. D3), Cholinium Ascorbate, Citric Acid, Corn Starch, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B_{12}), dl-Alpha Tocopheryl Acetate (Vit. E), FD&C Blue No. 2 Aluminum Lake, FD&C Red No. 40 Aluminum Lake, FD&C Yellow No. 6 Aluminum Lake, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Lecithin (Soy), Magnesium Stearate, Magnesium Silicate, Magnesium Sulfate, Medium-Chain Triglycerides, Modified Corn Starch, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B_6), Riboflavin (Vit. B_2), Silicon Dioxide, Sodium Ascorbate, Sodium Benzoate, Sodium Citrate, Sodium Metavanadate, Sodium Molybdate, Sodium Silicate, Sorbic Acid, Stannous Citrate, Sucrose, Talc, Thiamine Mononitrate (Vit. B_1), Titanium Dioxide, Tocopherols, Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2% of:** Ascorbyl Palmitate, Methicelin, Sodium Aluminosilicate, Sunflower Oil, Tribasic Calcium Phosphate. **Contains:** Soy.

SUGGESTED USE: Adults – Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (including that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

Centrum® WOMEN

Centrum® is the #1 doctor recommended multivitamin brand

This formula is not sold to any retailer as a store brand