Designed to unlock energy and support metabolism*

‡SEE BACK PANEL

Centrum®

Multivitamin/Multimineral Supplement

COMPLETE from A to Zinc®†

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

WOMEN UNDER 50

200 TABLETS

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%
Vitamin C 75 mg	125%
Vitamin D 800 IU	200%
Vitamin E 35 IU	117%
Vitamin K 50 mcg	63%
Thiamin 1.1 mg	73%
Riboflavin 1.1 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%
Phosphorus 20 mg	2%
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%
Chloride 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.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Pregelatinized Corn Starch, Dibasic Calcium Phosphate, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Ferrous Fumarate. **Contains < 2% of:** Acacia, Beta-Carotene, BHT, Biotin, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vit. D_3), Chromium Picolinate, Citric Acid, Corn Starch, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B_{12}), dl-Alpha Tocopherol 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 Borate, Magnesium Stearate, Manganese 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 Metasilicate, Sodium Molybdate, Sodium Selenate, Sorbic Acid, Stannous Chloride, Sucrose, Talc, Thiamine Mononitrate (Vit. B_1), Titanium Dioxide, Tocopherols, Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2% of:** Ascorbyl Palmitate, Maltodextrin, 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. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

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 © 2011 Pfizer Inc.

Questions? Comments? Call 1-877-CENTRUM

For most recent product information, visit www.centrum.com

†Refers to all nutrients with an RDI

‡Contains B-Vitamins to support energy and minerals including zinc and iodine to support metabolism.*

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