

FOR YOUR PROTECTION, DO NOT
USE IF SEAL UNDER CAP IS
BROKEN OR MISSING.

STORE AT ROOM TEMPERATURE,
TIGHTLY CLOSED AND AVOID
EXCESSIVE HEAT.



Satisfaction guaranteed - Or
we'll replace it or give you your
money back. For questions or
comments or to report an
undesired reaction or side effect,
please call 1-888-287-1915.

equate®

Compare to
Centrum®
Ingredients*

Complete Multivitamin

Balanced Multivitamin/
Multimineral Supplement



Actual Size

200
TABLETS



0 78742 44276 1

30271 B30272 09C

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and 25% as Beta-Carotene)	3,500 IU 70%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin D (as Cholecalciferol)	400 IU 100%	Zinc (as Zinc Oxide)	11 mg 73%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%	Selenium (as Sodium Selenate)	55 mcg 79%
Vitamin K (as Phytanadione)	25 mcg 31%	Copper (as Cupric Sulfate)	0.5 mg 25%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%	Manganese (as Manganese Sulfate)	2.3 mg 119%
Riboflavin (Vitamin B-2)	1.7 mg 100%	Chromium (as Chromium Picolinate)	35 mcg 29%
Niacin (as Nicotinamide)	20 mg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 60%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Folic Acid	400 mcg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%	Boron (as Boric Acid)	75 mcg **
Biotin (as d-Biotin)	30 mcg 10%	Nickel (as Nickel Sulfate)	5 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Silicon (as Silicon Dioxide)	2 mg **
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%	Tin (as Stannous Chloride)	10 mcg **
Iron (as Ferrous Fumarate)	18 mg 100%	Vanadium (as Sodium Metavanadate)	10 mcg **
Phosphorus (as Dicalcium Phosphate)	20 mg 2%		

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Gelatin,
Contains <2% of: Cellulose Coating, Croscarmellose,
Croscrovidone, FD&C Yellow #6 Lake, Maltodextrin,
Polysorbate 80, Starch, Titanium Dioxide Color,
Triacetin, Vegetable Magnesium Stearate.

Suggested Use: For adults, take one (1) tablet daily,
preferably with a meal. As a reminder, discuss the
supplements and medications you take with your health
care providers.

WARNING: Not intended for use by pregnant or nursing
women. If you are taking any medications, planning any
medical procedure or have any medical condition,
consult your doctor before use. Discontinue use and
consult your doctor if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing
products is a leading cause of fatal poisoning in children
under six. **KEEP THIS PRODUCT OUT OF REACH OF
CHILDREN.** In case of accidental overdose, call a doctor
or Poison Control Center immediately.

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FRESHNESS AND POTENCY GUARANTEED THROUGHOUT