Over 30 key nutrients that are important to help fill dietary gaps

Centrum®

Multivitamin/Multimineral Supplement

COMPLETE from A to Zinc®†

300 TABLETS

ADULTS UNDER 50

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%
Vitamin C 60 mg	100%
Vitamin D 400 IU	100%
Vitamin E 30 IU	100%
Vitamin K 25 mcg	31%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B_6 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B_{12} 6 mcg	100%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 200 mg	20%
Iron 18 mg	100%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%

Ingredients: Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, Pregelatinized Corn Starch, dl-Alpha Tocopheryl Acetate (Vit. E). **Contains < 2% of:** Acacia, Beta-Carotene, BHT, Biotin, Boric Acid, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vit. D_3), Chromium Picolinate, Citric Acid, Corn Starch, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B_{12}), FD&C Yellow No. 6 Aluminum Lake, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Manganese Sulfate, Medium-Chain Triglycerides, Modified Food 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 Selenate, Sorbic Acid, Stannous Chloride, Sucrose, Talc, Thiamine Mononitrate (Vit. B_1), Titanium Dioxide, Tocopherols, Tribasic Calcium Phosphate, Vitamin A Acetate (Vit. A), Zinc Oxide.
May also contain < 2% of: Ascorbyl Palmitate, Maltodextrin, Sodium Aluminosilicate, Sunflower Oil.
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.

Patent Pending
†Refers to all nutrients with an RDI

Each Tablet Contains	% DV
Magnesium 50 mg	13%
Zinc 11 mg	73%
Selenium 55 mcg	79%
Copper 0.5 mg	25%
Manganese 2.3 mg	115%
Chromium 35 mcg	29%
Molybdenum 45 mcg	60%
Chloride 72 mg	2%
Potassium 80 mg	2%
Boron 75 mcg	*
Nickel 5 mcg	*
Silicon 2 mg	*
Tin 10 mcg	*
Vanadium 10 mcg	*

*Daily Value (DV) not established.

Questions? Comments?
Call 1-877-CENTRUM

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

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