

Centrum SPECIALIST™

Multivitamin/Multimineral Supplement

COMPLETE MULTIVITAMIN

Centrum Specialist is a line of enhanced complete multivitamins from the superior science of Centrum that targets specific health priorities including:



Take the
complete multivitamin
that's right for you!

• for more information visit •
WWW.CENTRUM.COM



3 0005-4365-56 9

New!

COMPLETE
from A to
Zinc®†

Centrum SPECIALIST™

Multivitamin/Multimineral Supplement
DHA Supplement



COMPLETE
MULTIVITAMIN

PRENATAL

Supports Baby's Healthy
Growth & Development
with DHA & Folic Acid*

*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.

**28 TABLETS +
28 DHA SOFTGELS**

Centrum SPECIALIST™

PRENATAL

Provides essential nutrients for
women before, during, and after
pregnancy while breastfeeding.

✓ Before Pregnancy

DHA, iron, and iodine,
important nutrients to optimize
before conception. Healthful diets
with adequate folic acid may help
reduce baby's risk of brain
or spinal cord defects.

✓ During Pregnancy

With DHA to support healthy fetal
brain and eye development.*

✓ After Pregnancy

A customized ratio of DHA and
EPA to help optimize DHA levels
of the mother's breastmilk.*

*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.

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

Supplement Facts

Serving Size 1 Tablet and 1 DHA Softgel

Each Serving Contains % Daily Value for
Pregnant and
Lactating Women

Calories 5

Calories from fat 5

Total Fat 0.5 g

Vitamin A 2,500 IU (60% as Beta-Carotene) 31%

Vitamin C 90 mg 150%

Vitamin D 400 IU 100%

Vitamin E 35 IU 116%

Vitamin K 30 mcg *

Thiamin 1.4 mg 82%

Riboflavin 1.4 mg 70%

Niacin 18 mg 90%

Vitamin B₆ 1.9 mg 76%

Folic Acid 800 mcg 100%

Vitamin B₁₂ 2.6 mcg 32%

Biotin 30 mcg 10%

Pantothenic Acid 6 mg 60%

Calcium 250 mg 19%

Iron 27 mg 150%

Phosphorus 20 mg 2%

Iodine 220 mcg 147%

Magnesium 50 mg 11%

Zinc 11 mg 73%

Selenium 30 mcg *

Copper 0.9 mg 45%

Manganese 2 mg *

Chromium 30 mcg *

Molybdenum 50 mcg *

Chloride 72 mg *

Potassium 80 mg *

DHA (Docosahexaenoic acid) 200 mg *

EPA (Eicosapentaenoic acid) 15 mg *

*Daily Value not established.

Ingredients (Softgel): Fish Oil Concentrate, Gelatin, Glycerin, Purified Water. **Contains < 2% of:** Medium-Chain Triglycerides, Sunflower Oil, Tocopherols (to retard oxidation).

Ingredients (Tablet): Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Ascorbic Acid (Vit. C), Ferrous Fumarate, Magnesium Oxide, Microcrystalline Cellulose, Pregelatinized Corn Starch, dl-Alpha-Tocopheryl Acetate (Vit. E). **Contains < 2% of:** Acacia, Beta-Carotene, BHT (to retard oxidation), Biotin, Calcium Pantothenate, Calcium Stearate, Carmine (Color), Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Corn Starch, Corn Syrup Solids, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hypromellose, Lecithin (Soy), Magnesium Stearate, Maltodextrin, Manganese Sulfate, Medium-Chain Triglycerides, Modified Corn Starch, Niacinamide, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to retard oxidation), Sodium Benzoate (preservative), Sodium Citrate, Sodium Molybdate, Sodium Selenate, Sorbic Acid (preservative), Sucrose, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to retard oxidation), Vitamin A Acetate, Zinc Oxide. **May also contain < 2% of:** Sodium Aluminosilicate. **Contains:** Soy.

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.

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

The safe upper limit for daily intake of folic acid is 1000 mcg (1 mg).

Do not take Centrum Specialist Prenatal with other multivitamin formulas unless recommended by your doctor.

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.

PAA020400

† Refers to all nutrients with an RDI