Centrum®
SPECIALIST™
Multivitamin/Multimineral Supplement
COMPLETE MULTIVITAMIN
ENERGY

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

VISION HEART ENERGY PRENATAL

Take the complete multivitamin that's right for you!

• for more information visit •
WWW.CENTRUM.COM

PAA023633

Centrum®
SPECIALIST™
ENERGY

*Targeted support for your energy needs coupled with the benefits of a complete multivitamin**

✔ **Caffeine-Free**
Supports your energy needs without the use of stimulants like caffeine.*

✔ **Supports Energy Production**
B Vitamins and other nutrients to naturally help your body produce energy.*

✔ **Supports Vitality & Well-being**
Ginseng and B Vitamins to help support vitality and well-being.*

*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.

New Look!
Formerly Centrum Performance®

COMPLETE from A to Zinc®†

Centrum®
SPECIALIST™
Multivitamin/Multimineral Supplement

COMPLETE MULTIVITAMIN
ENERGY
Supports Your Energy with B Vitamins & Ginseng*

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60 TABLETS

Centrum®
SPECIALIST™
Multivitamin/Multimineral Supplement
COMPLETE MULTIVITAMIN
ENERGY

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

Supplement Facts
Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%
Vitamin C 120 mg	200%
Vitamin D 400 IU	100%
Vitamin E 60 IU	200%
Vitamin K 25 mcg	31%
Thiamin 4.5 mg	300%
Riboflavin 5.1 mg	300%
Niacin 40 mg	200%
Vitamin B_6 6 mg	300%
Folic Acid 400 mcg	100%
Vitamin B_{12} 18 mcg	300%
Biotin 50 mcg	17%
Pantothenic Acid 12 mg	120%
Calcium 100 mg	10%
Iron 18 mg	100%
Phosphorus 48 mg	5%
Iodine 150 mcg	100%
Magnesium 40 mg	10%
Zinc 11 mg	73%
Selenium 70 mcg	100%
Copper 0.9 mg	45%
Manganese 4 mg	200%
Chromium 120 mcg	100%
Molybdenum 75 mcg	100%
Chloride 72 mg	2%
Potassium 80 mg	2%
Ginseng Root *(Panax ginseng)* 50 mg Standardized Extract	*
Boron 60 mcg	*
Nickel 5 mcg	*
Silicon 4 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

Ingredients: Dibasic Calcium Phosphate, Microcrystalline Cellulose, Potassium Chloride, Ascorbic Acid (Vit. C), Calcium Carbonate, dl-Alpha Tocopheryl Acetate (Vit. E), Magnesium Oxide, Ginseng Root (*Panax ginseng*) Standardized Extract, Ferrous Fumarate, Niacinamide, Modified Corn Starch, Crospovidone. **Contains < 2% of:** Acacia, Beta-Carotene, BHT, Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D_3), Chromium Picolinate, Citric Acid, Corn Starch, Cupric Sulfate, Cyanocobalamin (Vit. B_{12}), FD&C Yellow No. 6 Aluminum Lake, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Magnesium Borate, Magnesium Stearate, Maltodextrin, Manganese Sulfate, Medium-Chain Triglycerides, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pregelatinized Corn Starch, 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, Vitamin A Acetate, Zinc Oxide. **May also contain < 2% of:** Ascorbyl Palmitate, Calcium Stearate, Dried Corn Syrup, Sodium Aluminosilicate, Sunflower Oil, Tribasic Calcium Phosphate.

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.

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†Refers to all nutrients with an RDI

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