

Ingredients: Sucrose, Corn Syrup, Water, Hydrogenated Coconut Oil, Choline Bitartrate, Maltodextrin, Acacia. Contains < 2% of: Ascorbic Acid (Vit. C), Beeswax, Biotin, Blue 1 Lake, Blue 2 Lake, Calcium Pantothenate, Carmine (color), Carnauba Wax, Cholecalciferol (Vit. D<sub>3</sub>), Citric Acid, Cyanocobalamin (Vit. B<sub>12</sub>), dl-Alpha Tocopheryl Acetate (Vit. E), Folic Acid, Glycerin, Inositol, Lac-Resin, Lecithin, Modified Corn Starch, Natural & Artificial Flavor, Potassium Iodide, Pregelatinized Corn Starch, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Titanium Dioxide, Vitamin A Palmitate, Zinc Sulfate. As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

Do not exceed suggested use.  
**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.

Keep out of reach of children. Store at room temperature. Keep bottle tightly closed. Protect from moisture. Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer,  
Madison, NJ 07940 USA  
Questions? Comments?  
Call 1-877-CENTRUM  
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LOT 21574XA  
EXP 04/14



**SUGGESTED USE:** Adults – Take 4 chews daily with or without food. Not formulated for use in children.

## Supplement Facts

Serving Size 4 Chews (Servings Per Container 15)

| Amount Per Serving             | % DV | Amount Per Serving     | % DV |
|--------------------------------|------|------------------------|------|
| Calories 25                    |      | Biotin 150 mcg         | 50%  |
| Total Carbohydrate 6 g         | 2%†  | Pantothenic Acid 10 mg | 100% |
| Sugar 4 g                      | *    | Iodine 80 mcg          | 53%  |
| Vitamin A 2,000 IU             | 40%  | Zinc 5 mg              | 33%  |
| Vitamin C 60 mg                | 100% |                        | *    |
| Vitamin D 800 IU               | 200% | Choline 76 mg          | *    |
| Vitamin E 40 IU                | 133% | Inositol 40 mcg        |      |
| Vitamin B <sub>6</sub> 2 mg    | 100% |                        |      |
| Folic Acid 400 mcg             | 100% |                        |      |
| Vitamin B <sub>12</sub> 10 mcg | 167% |                        |      |

† Percent Daily Value (DV) based on a 2,000 calorie diet.

\* Daily Value not established.

 Includes B-vitamins to help support daily energy needs\*  
 Contains antioxidants to help support the immune system\*

**ENERGY\***  
\*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.

**IMMUNITY\***  
Patent Pending  
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**Contains: Soy**  
PAA032087