

Do Not Use if neck seal imprint "SEALED FOR YOUR PROTECTION" is broken or missing.

### Supplement Facts

Serving Size 1 TBSP (15 mL)  
Servings per Container 15

Amount per Serving	% DV
Calories 20	
Total Carbohydrate 5 g	2%†
Sugars 5 g	*
Vitamin C 60 mg	100%
Vitamin E 30 IU	100%

Amount per Serving
Thiamin 1.5 mg
Riboflavin 1.7 mg
Niacin 20 mg
Vitamin B6 2 mg
Vitamin B12 6 mcg
Biotin 300 mcg
Pantothenic Acid 10 mg
Iron 9 mg

% DV	Amount per Serving	% DV
100%	Iodine 150 mcg	100%
100%	Zinc 3 mg	20%
100%	Manganese 2 mg	100%
100%	Chromium 25 mcg	21%
100%	Molybdenum 25 mcg	33%

†Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value (DV) not established.

**Ingredients:** Purified Water, Sucrose, Ethyl Alcohol. **Contains < 2% of:** Ascorbic Acid (Vit. C), BHA (Preservative), BHT (Preservative), Biotin, Chromic Chloride, Citric Acid, Cyanocobalamin (Vit. B12), Dexpantenol, Disodium EDTA (Preservative), dl-Alpha Tocopheryl Acetate (Vit. E), Ferrous Gluconate, Glycerin, Manganese Chloride, Modified Corn Starch, Natural and Artificial Flavor, Niacinamide, Polysorbate 80, Potassium Iodide, Propylene Glycol, Pyridoxine Hydrochloride (Vit. B6), Riboflavin 5-Phosphate (Vit. B2), Silicon Dioxide, Sodium Benzoate (Preservative), Sodium Citrate, Sodium Molybdate, Sorbic Acid, Thiamine Hydrochloride (Vit. B1), Zinc Gluconate.

**SUGGESTED USE:** Adults – Take one tablespoonful (15 mL) 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.

Store at controlled room temperature (15-30°C or 59-86°F).  
Keep bottle tightly closed. Protect from freezing.  
Marketed by: Pfizer, Madison, NJ 07940 USA  
Made In Canada  
Questions? Comments? Call 1-877-CENTRUM  
For most recent product information, visit [www.centrum.com](http://www.centrum.com).  
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Control No.  
Exp. Date



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# Centrum<sup>®</sup>

## Multivitamin/Multimineral Supplement

# Liquid

†Revised Formula  
See back panel

8 FL OZ (236 mL)

Contains:  
Alcohol 6%