

0 70030 62495 8

multivitamin/ multimineral adults under 50

value
size

Compare to ingredients in Centrum[®]†

supports immune system, bone health, energy metabolism,
muscle and nerve function**



400
TABLETS

400 TABLETS DIETARY SUPPLEMENT



ACTUAL
SIZE

**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.

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 B6 2 mg	100%
Folic Acid 400 mcg	100%

Each Tablet Contains	% DV
Vitamin B12 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%
Magnesium 50 mg	13%
Zinc 11 mg	73%
Selenium 55 mcg	79%
Copper 0.5 mg	25%

Each Tablet Contains	% DV
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.

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Ferrous Fumarate, dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Croscarmellose Sodium, Niacinamide, Stearic Acid, Polyvinyl Alcohol, Titanium Dioxide Color, Calcium Silicate, Zinc Oxide, Calcium Pantothenate, Polyethylene Glycol, Manganese Sulfate, Magnesium Stearate, Silicon Dioxide, Talc, Pyridoxine Hydrochloride (Vit. B6), Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Cupric Sulfate, Vitamin A Acetate (Vit. A), Beta-Carotene, Folic Acid, FD&C Yellow #6 Aluminum Lake, Sodium Borate, Chromium Picolinate, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Sodium Metasilicate, Biotin, Phytonadione (Vit. K), Sodium Metavanadate, Stannous Chloride, Nickel Sulfate, Cholecalciferol (Vit. D3), Cyanocobalamin (Vit. B12).

GLUTEN FREE

Questions? Call 1-800-910-6874

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†This product is not manufactured or distributed by Pfizer, manufacturer of Centrum[®].

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MULTI HEALTH

B-vitamins support energy metabolism, help maintain a healthy nervous system, & help convert food to fuel.** Antioxidants help support immune function.** Vitamins C and E help protect cells from the damaging effects of free radicals.**

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 or nursing a baby, or are taking medication or have a medical condition, 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.

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