

Control No.
Exp. Date

PAA055533

Supplement Facts

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

Amount per Serving % Daily Value

Calories 30	
Total Carbohydrate 5 g	2%†
Sugars 5 g	*
Vitamin A 1,300 IU	26%
Vitamin C 60 mg	100%

Amount per Serving % Daily Value

Vitamin D 400 IU	100%
Vitamin E 30 IU	100%
Thiamin 1.1 mg	73%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B ₆ 2 mg	100%
Vitamin B ₁₂ 6 mcg	100%
Biotin 300 mcg	100%
Pantothenic Acid 10 mg	100%

Amount per Serving % Daily Value

Iron 9 mg	50%
Iodine 150 mcg	100%
Zinc 3 mg	20%
Manganese 2 mg	100%
Chromium 25 mcg	21%
Molybdenum 25 mcg	33%

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

Ingredients: Purified Water, Sucrose, Ethyl Alcohol. **Contains < 2% of:** Ascorbic Acid (Vit. C), BHA (to preserve freshness), Biotin, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Cyanocobalamin (Vit. B₁₂), Dexpantenol, Disodium EDTA (to preserve freshness), dl-Alpha Tocopheryl Acetate (Vit. E), Ferrous Gluconate, Glycerin, Manganese Chloride, Natural Flavors, Niacinamide, Polysorbate 80, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin-5'-Phosphate (Vit. B₂), Sodium Benzoate (to preserve freshness), Sodium Molybdate, Thiamine Hydrochloride (Vit. B₁), Tocopherols (to preserve freshness), Vitamin A Palmitate, Zinc Gluconate.
SUGGESTED USE: Adults: Take one (1) 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.

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 controlled room temperature (15-30°C or 59-86°F).
Keep bottle tightly closed. Protect from freezing. © 2014 Pfizer Inc.
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Questions? Comments? Call 1-877-CENTRUM (236-8786)
For most recent product information, visit www.centrum.com

Energy	B-vitamins and iron support daily energy needs*
Immunity	Antioxidants†† support normal immune function*
Metabolism	B-vitamins aid in the metabolism of fats, carbohydrates and proteins*

†Based on Daily Value ††Refers to Vitamins C, E, Beta-Carotene and Zinc

* 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.

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

100% of 11
Key Nutrients†

Contains:
Alcohol 6%



Centrum
Liquid ADULTS

**ORANGE
TANGERINE**

Natural Flavor with
other Natural Flavors

8 FL OZ (236 mL) Multivitamin/Multimineral Supplement