



60 Tablets
Multivitamin/Multimineral Supplement

ADULTS

Verified Non-GMO & Gluten Free!

Questions? Comments?
Call 1-877-CENTRUM (236-8786)

For most recent product information, visit
www.centrum.com

*Non-GMO applies to Centrum &
Centrum Silver Tablets only, learn more
at centrum.com.

CONTROL NO.

EXP. DATE PAA083609.

Ingredients: Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, dl-Alpha Tocopheryl Acetate (Vit. E), Maltodextrin. **Contains < 2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Corn Starch, Croscopolone, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hydrogenated Palm Oil, Magnesium Stearate, Manganese Sulfate, Modified Corn Starch, Nicotinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Stannous Chloride, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

SUGGESTED USE: Adults: Take one (1) tablet 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.

If taking other supplements, read label, since supplements may contain the same ingredient.

Store at room temperature. Keep bottle tightly closed.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

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Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 3,500 IU (25% as Beta-Carotene)	70%	Manganese 2.3 mg	115%
Vitamin C 60 mg	100%	Chromium 35 mcg	29%
Vitamin D 1,000 IU	250%	Molybdenum 45 mcg	60%
Vitamin E 30 IU	100%	Chloride 72 mg	2%
Vitamin K 25 mcg	31%	Potassium 80 mg	2%
Thiamin 1.5 mg	100%	Nickel 5 mcg	*
Riboflavin 1.7 mg	100%	Silicon 2 mg	*
Niacin 20 mg	100%	Tin 10 mcg	*
Vitamin B ₆ 2 mg	100%	Vanadium 10 mcg	*
Folic Acid 400 mcg	100%		
Vitamin B ₁₂ 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%		

*Daily Value (DV) not established.