

\*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.

# Centrum MultiGummies

## MULTI+ OMEGA-3

Supports a Healthy Body+  
Heart, Brain &  
Eye Health\*<sup>∞</sup>

Natural Strawberry, Lemon & Orange  
flavors with other natural flavors

100 Gummies

MULTIVITAMIN/  
MULTIMINERAL/ OMEGA-3 SUPPLEMENT



40 mg EPA & DHA Omega-3s • No artificial flavors or sweeteners  
• Take with or without food or water • Gluten-free • Contains no wheat, milk,  
soy, egg, peanut, tree nuts, or crustacean shellfish allergens

### Supplement Facts

Serving Size 2 Gummies (Servings Per Container 50)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 20		Pantothenic Acid 6 mg	60%
Total Carbohydrate 4 g	1%†	Iodine 80 mcg	53%
Sugars 3 g	*	Zinc 5 mg	33%
Vitamin A 2,000 IU	40%	Sodium 5 mg	<1%
Vitamin C 30 mg	50%	Total Omega-3 Fatty Acids 47 mg	*
Vitamin D <sub>3</sub> 1,000 IU	250%	DHA (Docosahexaenoic Acid) 33 mg	*
Vitamin E 40 IU	133%	EPA (Eicosapentaenoic Acid) 7 mg	*
Vitamin B <sub>6</sub> 1.6 mg	80%		
Folic Acid 190 mcg	40%		
Vitamin B <sub>12</sub> 10 mcg	167%		
Biotin 75 mcg	25%		

Ingredients: Glucose Syrup, Sugar, Gelatin, Water, Fish Oil Concentrate (highly refined), Centains <2% of: Annatto Seed Extract (color), Ascorbic Acid (Vit. C), Biotin, Calcium Pantothenate, Carnauba Wax, Cholecalciferol (Vit. D<sub>3</sub>), Citric Acid, Cyanocobalamin (Vit. B<sub>12</sub>), dl-Alpha Tocopheryl Acetate (Vit. E), Folic Acid, Lactic Acid, Lemon Oil, Mannitol, Medium-Chain Triglycerides, Natural Flavors, Orange Oil, Potassium Iodide, Purple Carrot Juice Concentrate (color), Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Sodium Lactate, Strawberry Essence, Turmeric (color), Vitamin A Acetate, Zinc Sulfate.

**SUGGESTED USE:** Adults: Take two (2) gummies daily. Do not exceed suggested use.

Not formulated for use in children. Keep out of reach of children.

Do not take this product with other products containing folic acid or vitamin A.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

Store at room temperature.

Keep bottle tightly closed. Due to use of plant-based colors, gummy appearance may darken over time. This does not alter the product potency.

Bottle sealed with printed foil under cap.

Do Not Use if foil is torn.

<sup>∞</sup>Includes 11 Nutrients to support whole body health including support for Heart, Brain and Eye health\*\*

<sup>†</sup>B-vitamins help support heart health\*

<sup>‡</sup>Not a replacement for cholesterol-lowering drugs

<sup>§</sup>Zinc and B-vitamins help support normal brain function\*

<sup>¶</sup>Vitamins A, C and E support healthy eyes\*

<sup>§§</sup>B-Vitamins support daily energy needs\*

<sup>¶¶</sup>Antioxidant vitamins C, E and zinc help support normal immune function\*

Marketed by: Pfizer, Madison, NJ 07940 USA

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Questions? Comments?

Call 1-877-CENTRUM (236-6786)

For most recent product information, visit

[www.centrum.com](http://www.centrum.com)

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