

**Ingredients:** Sucrose, Corn Syrup, Water, Hydrogenated Coconut Oil, Choline Bitartrate, Maltodextrin, Acacia. **Contains < 2% of:** Ascorbic Acid (Vit. C), Beeswax, Biotin, Blue 1 Lake, Blue 2 Lake, Calcium Pantothenate, Carmine (color), Carnauba Wax, Cholecalciferol (Vit. D<sub>3</sub>), Cyanocobalamin (Vit. B<sub>12</sub>), dl-Alpha Tocopheryl Acetate (Vit. E), Folic Acid, Inositol, Lac-Resin, Lecithin (Soy), Modified Corn Starch, Natural & Artificial Flavors, Potassium Iodide, Pregelatinized Corn Starch, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Titanium Dioxide, Vitamin A Palmitate, Zinc Sulfate. **Contains:** Soy.

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

Do not exceed suggested use.

**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.

This product must not be taken with products containing high levels of vitamins A, D, folic acid, or zinc.

**Keep out of reach of children.** Store at room temperature.

Keep bottle tightly closed. Protect from moisture.

Bottle sealed with printed foil under cap.

Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

Questions? Comments? Call 1-877-CENTRUM

For most recent product information, visit [www.centrum.com](http://www.centrum.com)

Patent Pending

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NO VARNISH  
AREA



**SUGGESTED USE:** Adults – Take 4 chews daily with or without food. Not formulated for use in children.

## Supplement Facts

Serving Size 4 Chews (Servings Per Container 30)

### Amount Per Serving % DV

Calories 25

Total Carbohydrate 6 g 2%†

Sugar 4 g \*

Vitamin A 2,000 IU 40%

Vitamin C 60 mg 100%

Vitamin D 800 IU 200%

Vitamin E 40 IU 133%

Vitamin B<sub>6</sub> 2 mg 100%

Folic Acid 400 mcg 100%

Vitamin B<sub>12</sub> 10 mcg 167%

### Amount Per Serving % DV

Biotin 150 mcg 50%

Pantothenic Acid 10 mg 100%

Iodine 80 mcg 53%

Zinc 5 mg 33%

Choline 76 mg \*

Inositol 40 mcg \*

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

\* Daily Value not established.



Includes B-vitamins  
to help support daily  
energy needs\*

**ENERGY\***



Contains antioxidants^  
to help support the  
immune system\*

**IMMUNITY\***

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

^Refers to Vitamins C, E and Zinc

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