



Pomegranate-Blueberry & Raspberry-Cranberry

flavors with other natural flavors



INFUSED WITH APPLE, AÇAÍ, BLUEBERRY & POMEGRANATE FRUIT POWDERS • No artificial flavors or sweeteners • Gluten-free · Contains no wheat, milk, soy, egg, peanut, tree nuts, fish or crustacean shellfish allergens

SUGGESTED USE: Adults: Take two (2) gummies daily. Do not exceed suggested use. Not formulated for use in children

Supplement Facts

Serving Size 2 Gummies (Servings Per Container 45)

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Amount Per Serving	% DV	Amount Per Serving	%
Calories 15		Vitamin B ₁₂ 15 mcg	62
Total Carbohydrate 4 g	1%†	Biotin 30 mcg	10
Total Sugars 3 g	*	Pantothenic Acid 2 mg	4
Includes 3 g Added Sugars	6%†	lodine 80 mcg	5
Vitamin A 600 mcg		Zinc 2.5 mg	2
(100% as Beta-Carotene)	67%	Selenium 11 mcg	2
Vitamin C 75 mg	83%	Manganese 0.46 mg	2
Vitamin D ₃ 25 mcg (1,000 IU)	125%	Fruit Powder Blend (Apple, Acai,	
Vitamin E 18 mg	120%	Blueberry & Pomegranate) 30 mg	
Vitamin B ₆ 1 mg	59%		
Folate 167 mcg DFE (100 mcg Folic Acid)	42%	† Percent Daily Values are based of 2,000 calorie diet.	
		* Daily Value (DV) not established.	

- ^ At least 10% or more of the daily value of Beta-Carotene, Vitamin C, Selenium and Manganese than original Centrum MultiGummies formula
- ⁴A combination of 13 nutrients including antioxidants§ support whole body health including support for immunity and vitality*
- §Antioxidants including Beta-Carotene, Vitamins C & E, Selenium, Zinc and Manganese
- † Vitamin D and Antioxidants§ to support immune health*
- * Zinc and B-vitamins help support normal brain function*
- Antioxidants§ including Beta-Carotene, Vitamins C & E. Selenium, Zinc and Manganese help fight free radicals*
- OB Vitamins to support energy and overall well being*

Ingredients: Glucose Syrup, Sugar, Gelatin, Water, Ascorbic Acid (Vit. C). Contains <2% of; Beta-Carotene, Biotin, Calcium Pantothenate. Carnauba Wax. Cholecalciferol (Vit. D₃), Citric Acid, Cyanocobalamin (Vit. B₁₂), DL-alpha Tocopheryl Acetate (Vit. E), Folic Acid, Fruit and Vegetable Juice Concentrates (Purple Carrot, Cranberry, Black Raspberry) (color and/or flavor), Fruit Powder Blend (Apple, Acai, Blueberry & Pomegranate), Invert Sugar, Lactic Acid, Malic Acid, Manganese Sulfate, Mannitol, Medium-Chain Triglycerides, Natural Flavors, Potassium Iodide. Pyridoxine Hydrochloride (Vit. B₆), Sodium Lactate, Sodium Selenate, Zinc Sulfate. Keep out of reach of children.

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

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

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

Marketed by: Pfizer, Madison, NJ 07940 USA @ 2018 Pfizer Inc.

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

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

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