

**Nourish
your Cells!**



ENERGY*



IMMUNITY*



METABOLISM*



MUSCLE
FUNCTION*

*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.

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*
Muscle Function	Magnesium, Vitamin D and B ₆ support muscle function*



Centrum Micronutrients **Nourish** Your Cells!

^{††}Refers to Vitamins C, E, Beta-Carotene and Zinc *Non-GMO applies to Centrum & Centrum Silver Tablets only, learn more at centrum.com.

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**VERIFIED
Non-GMO &
Gluten Free™**

Centrum®

120 Tablets
Multivitamin/Multimineral Supplement

MEN

SUGGESTED USE: Adults: Take one (1) tablet daily with food.
Not formulated for use in children. Do not exceed suggested use.

Supplement Facts	Amount Per Serving	% DV
Serving Size 1 Tablet		
Amount Per Serving	% DV	
Vitamin A 1,050 mcg (29% as Beta-Carotene)	117%	
Vitamin E 90 mcg (1,000 IU)	100%	
Vitamin D ₃ 25 mcg	125%	
Vitamin K 60 mcg	135%	
Vitamin B ₆ 90 mcg	50%	
Thiamin 1.2 mg	100%	
Riboflavin 1.3 mg	100%	
Niacin 16 mg	100%	
Vitamin B ₉ 2 mg (200 mcg Folic Acid)	118%	
Folate 333 mcg DFE (200 mcg Folic Acid)	83%	
Vitamin B ₁₂ 6 mcg	250%	
Biotin 40 mcg	133%	
Pantothenic Acid 15 mg	300%	
Calcium 210 mg	16%	
Iron 8 mg	44%	
Phosphorus 20 mg	2%	
Iodine 150 mcg	100%	
Magnesium 100 mg	24%	
Zinc 11 mg	100%	
Selenium 100 mcg	182%	
Copper 0.9 mg	100%	
Manganese 2.3 mg	100%	
Chromium 35 mcg	100%	
Molybdenum 50 mcg	111%	
Chloride 72 mg	3%	
Potassium 80 mg	2%	
Lycopene 600 mcg		

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

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

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Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Modified Corn Starch, Corn Starch, **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholesterol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Croscopolone, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Lecithin (soy), Lycopene, Magnesium Stearate, Manganese Sulfate, Nicotinamide, Phytanadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.
As with any supplement, if you are 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.
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