

**VERIFIED
Non-GMO & Gluten Free™**



*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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20 TABLETS FREE



120 + 20 Tablets
Multivitamin/Multimineral Supplement

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 C 90 mg (1,000 IU)	100%		
Vitamin D ₃ 25 mcg	50%		
Vitamin E 20.3 mg	125%		
Vitamin K 69 mcg	136%		
Thiamin 1.2 mg	50%		
Riboflavin 1.3 mg	100%		
Niacin 16 mg	100%		
Vitamin B ₆ 2 mg	118%		
Folate 533 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	2%		

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Di-basic 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, Cholecalciferol (Vit. D₃), Chromium Piccolinate, Copper Sulfate, Croscopolone, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Lecithin (soy), Lycopene, Magnesium Stearate, Manganese Sulfate, Nicotinamide, Phytonadione (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.

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 any supplements, read label, since supplements may contain the same ingredient.



For complete information, visit **Centrum.com**

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 07740 USA. Made in Canada © 2019 Pfizer Inc.
Questions? Comments?
 Call 1-877-CENTRUM (236-8786)
 For most recent product information, visit www.centrum.com
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