

**Nourish  
your Cells!**



\*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.

|                        |   |
|------------------------|---|
| <b>Energy</b>          | B-vitamins and iron support daily energy needs*                       |
| <b>Immunity</b>        | Antioxidants <sup>††</sup> support normal immune function*            |
| <b>Metabolism</b>      | B-vitamins aid in the metabolism of fats, carbohydrates and proteins* |
| <b>Muscle Function</b> | Magnesium, Vitamin D and B <sub>6</sub> support muscle function*      |



Centrum Micronutrients **Nourish Your Cells!**

<sup>††</sup>Refers to Vitamins C, E, Beta-Carotene and Zinc.

\*Non-GMO applies to Centrum & Centrum Silver Tablets only, learn more at [centrum.com](http://centrum.com).

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**VERIFIED  
Non-GMO &  
Gluten Free<sup>™</sup>**



**65 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<br>(29% as Beta-Carotene) | 117% | Pantothenic Acid 15 mg | 300% |      |
| Vitamin C 90 mg                               | 100% | Calcium 210 mg         | 16%  |      |
| Vitamin D <sub>3</sub> 25 mcg<br>(1,000 IU)   | 125% | Iron 8 mg              | 44%  |      |
| Vitamin E 20.3 mg                             | 135% | Phosphorus 20 mg       | 2%   |      |
| Vitamin K 60 mcg                              | 50%  | Iodine 150 mcg         | 100% |      |
| Thiamin 1.2 mg                                | 100% | Magnesium 100 mg       | 24%  |      |
| Riboflavin 1.3 mg                             | 100% | Zinc 11 mg             | 100% |      |
| Niacin 16 mg                                  | 100% | Selenium 100 mcg       | 182% |      |
| Vitamin B <sub>6</sub> 2 mg                   | 118% | Copper 0.9 mg          | 100% |      |
| Folate 333 mcg DFE<br>(200 mcg Folic Acid)    | 83%  | Manganese 2.3 mg       | 100% |      |
| Vitamin B <sub>12</sub> 6 mcg                 | 250% | Chromium 35 mcg        | 100% |      |
| Biotin 40 mcg                                 | 133% | Molybdenum 50 mcg      | 111% |      |
|   |      | Chloride 72 mg         | 3%   |      |
|   |      | Potassium 80 mg        | 2%   |      |
|   |      | Lycopene 600 mcg       | *    |      |

\*Daily Value (DV) not established.

**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, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Piccolinate, Copper Sulfate, Croscopolvidone, Cyanocobalamin (Vit. B<sub>12</sub>), Ferrous Fumarate, Folic Acid, Gelatin, Lecithin (soy), Lycopene, Magnesium Stearate, Manganese Sulfate, Niacinamide, Phytantriol (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), 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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Store at room temperature. Keep bottle tightly closed.

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

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

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

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For complete information,  
visit [Centrum.com](http://Centrum.com)