

VERIFIED
Non-GMO & Gluten Free™

Centrum®



200 Tablets
MULTIVITAMIN/
MULTIMINERAL SUPPLEMENT

Men

*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.

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

Supplement Facts
Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 1,050 mcg (29% as Beta-Carotene)	117%
Vitamin C 90 mg	100%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 20.3 mg	135%
Vitamin K 60 mcg	50%

Amount Per Serving	% DV
Thiamin 1.2 mg	100%
Riboflavin 1.3 mg	100%
Niacin 16 mg	100%
Vitamin B ₆ 2 mg	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%

Amount Per Serving	% DV
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%

Amount Per Serving	% DV
Chromium 35 mcg	100%
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. D₃), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Lecithin (soy), Lycopene, Magnesium Stearate, Manganese Sulfate, Niacinamide, 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.**

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.

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 © 2019 Pfizer Inc.
Made in Canada For most recent product information, visit

Questions? Comments?
Call 1-877-CENTRUM (236-8786) www.centrum.com

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[†]B-vitamins and iron support daily energy needs*

[°]Antioxidants[†] support normal immune function*

[†]B-vitamins aid in the metabolism of fats, carbohydrates and proteins*

[‡]Magnesium, Vitamins D and B₆ support muscle function*

^{††}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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