

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

# **Supplement Facts**

Serving Size 1 Softgel

| Amount Per Serving                       | % DV |
|------------------------------------------|------|
| Calories 5                               |      |
| Vitamin A 750 mcg (40% as Beta-Carotene) | 83%  |
| Vitamin C 120 mg                         | 133% |
| Vitamin D <sub>3</sub> 25 mcg (1,000 IU) | 125% |
| Vitamin E 27 mg                          | 180% |
| Vitamin K 60 mcg                         | 50%  |
| Thiamin 1.5 mg                           | 125% |
| Riboflavin 1.7 mg                        | 131% |
| Niacin 20 mg                             | 125% |
| Vitamin B <sub>6</sub> 6 mg              | 353% |
| Folate 500 mcg DFE (300 mcg Folic Acid)  | 125% |
| Vitamin B <sub>12</sub> 12 mcg           | 500% |
| Biotin 30 mcg                            | 100% |
| Pantothenic Acid 10 mg                   | 200% |
| Calcium 20 mg                            | 2%   |
| Iodine 150 mcg                           | 100% |
| Magnesium 50 mg                          | 12%  |
| Zinc 15 mg                               | 136% |
| Selenium 21 mcg                          | 38%  |
| Copper 0.5 mg                            | 56%  |
| Manganese 4 mg                           | 174% |
| Chromium 60 mcg                          | 171% |
| Molybdenum 50 mcg                        | 111% |

Omega-3 Fatty Acids 200 mg (180 mg EPA + DHA)

\*Daily Value (DV) not established.

**Ingredients:** Fish Oil Concentrate (wild-caught Alaska Pollock), Gelatin, Ascorbic Acid (Vit. C), Magnesium Oxide, Glycerin, DL-alpha Tocopheryl Acetate (Vit. E), Calcium Carbonate, Purified Water, Sorbitol Sorbitan Solution, Niacinamide, **Contains <2% of:** Beta-Carotene, Biotin, Blue 1, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Cupric Oxide, Cyanocobalamin (Vit. B<sub>12</sub>), Dibasic Calcium Phosphate, Folic Acid, Fractionated Lecithin (soy), Manganese Sulfate, Phytionadione (Vit. K), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40, Riboflavin (Vit. B<sub>2</sub>), Rosemary Leaf Extract (to preserve freshness), Silicon Dioxide, Sodium Molybdate, Sodium Selenite, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Palmitate, Yellow 6, Zinc Oxide.

**Contains:** Soy.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

If taking other supplements, read label, since supplements may contain the same ingredient.

## **Keep out of reach of children.**

Store at room temperature. Avoid excessive heat above 40°C (104°F). 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) PAA113284

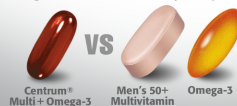
\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# 22 Nutrients + OMEGA-3 All-in-One

## The Centrum® Advantage

*This superior formula combines the most clinically studied Multivitamin brand, and a concentrated Omega-3, in one easy to swallow softgel.*

- ✓ 22 essential vitamins and minerals
- ✓ 200 mg of Omega-3
- ✓ 90% EPA + DHA concentration
- ✓ Designed to control fishy burps



# Centrum®

## MULTI + OMEGA-3

Advanced Support for  
Whole Body Benefits +  
Heart, Brain  
& Eyes\*†

60

Not Actual Size

Liquid Filled  
Softgels

# MEN 50+

MULTIVITAMIN/MULTIMINERAL/OMEGA-3 SUPPLEMENT

## Centrum® MULTI+OMEGA-3



### Omega-3 Fish Oil

Omega-3 may reduce the risk of coronary heart disease.†† Plus Vitamins B<sub>6</sub>, B<sub>12</sub> and Folate for Heart Health\*§



### Heart Health

Omega-3 and 3 B-Vitamins plus magnesium for heart health. Vitamin C and E to support healthy circulation\*§



### Energy

B-vitamins to help turn your food to energy for your day\*§



### Eye Health and Vision

Vitamins A, C, E and Omega-3 (DHA) to support your vision\*§



### Brain Function

Omega-3 (DHA), Zinc, and B-vitamins—key nutrients to support your brain health\*§



### Muscle Function

Magnesium, Vitamins B<sub>6</sub> and D—used by your body to support healthy muscles\*§

\* Includes 22 nutrients to support whole body health including B-vitamins to support heart health, zinc and B-vitamins to support normal brain function, and Vitamins A, C, and E to support eye health.\*

§ Not a replacement for cholesterol-lowering drugs.

†† Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.

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