

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 (60% as Beta-Carotene)	83%
Vitamin C 100 mg	111%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 15.8 mg	105%
Vitamin K 50 mcg	42%
Thiamin 1.1 mg	92%
Riboflavin 1.1 mg	85%
Niacin 14 mg	88%
Vitamin B ₆ 5 mg	294%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 12 mcg	500%
Biotin 30 mcg	100%
Pantothenic Acid 5 mg	100%
Calcium 100 mg	8%
Iodine 150 mcg	100%
Magnesium 10 mg	2%
Zinc 15 mg	136%
Selenium 23 mcg	42%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 50 mcg	143%
Molybdenum 50 mcg	111%

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

*Daily Value (DV) not established.

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. Marketed by: Pfizer, Madison, NJ 07940 USA © 2018 Pfizer Inc. Questions? Comments? Call 1-877-CENTRUM (236-6786)

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

PAA113228

Ingredients: Fish Oil Concentrate (wild-caught Alaska Pollock), Calcium Carbonate, Gelatin, Ascorbic Acid (Vit. C), Glycerin, DL-alpha Tocopheryl Acetate (Vit. E), Sorbitol Sorbitan Solution, Purified Water. **Contains <2% of:** Beta-Carotene, Biotin, Blue 1, Calcium Pantothenate, Carmine (color), Cholecalciferol (Vit. D₃), Chromium Picolinate, Cupric Oxide, Cyanocobalamin (Vit. B₁₂), Dibasic Calcium Phosphate, Folic Acid, Fractionated Lecithin (soy), Magnesium Oxide, Manganese Sulfate, Nicotinamide, Phytonadione (Vit. K), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40, Riboflavin (Vit. B₂), Rosemary Leaf Extract (to preserve freshness), Silicon Dioxide, Sodium Molybdate, Sodium Selenite, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Palmitate, Zinc Oxide. **Contains:** Soy.

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



*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

Centrum®

MULTI+ OMEGA-3

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



60

Liquid Filled
Softgels

Not Actual Size

WOMEN 50+

MULTIVITAMIN/MULTIMINERAL/OMEGA-3 SUPPLEMENT

**Centrum®
MULTI+OMEGA-3**



Omega-3 Fish Oil

Omega-3 may reduce the risk of coronary heart disease. It Plus Vitamins B₆, B₁₂ and Folate for Heart Health*5



Antioxidants

Fight cell damage as you age with antioxidants Vitamins C, E and Zinc*



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*



Support Flexible Bones

Vitamin D, Calcium and collagen-supporting minerals* to help your bones stay strong and healthy*

* 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*5

§ 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.

* Refers to Copper, Manganese and Zinc.

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