

**IMPROVED! Better Taste!**  
**25% MORE NUTRIENTS†**

# Centrum® MultiGummies®



**100% DV** or more of Vitamins  
 D, B<sub>6</sub>, B<sub>12</sub> and Selenium

**Men**  
 Assorted Natural Fruit Flavors



**70 Gummies**

**MULTIVITAMIN/  
 MULTIMINERAL SUPPLEMENT**



\*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.



- No artificial flavors or sweeteners
- Take with or without food or water
- Gluten-free
- Contains no wheat, milk, soy, egg, peanut, tree nuts, fish or crustacean shellfish allergens

**SUGGESTED USE:** Adults: Take two (2) gummies daily. Do not exceed suggested use. Not formulated for use in children.

## Supplement Facts

Serving Size 2 Gummies (Servings Per Container 35)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 10		Vitamin B <sub>12</sub> 15 mcg	625%
Total Carbohydrate 3 g	1%†	Biotin 30 mcg	100%
Total Sugars 2 g	*	Pantothenic Acid 3 mg	60%
Includes 2 g Added Sugars	4%†	Iodine 40 mcg	27%
Vitamin A 750 mcg	83%	Zinc 5 mg	45%
Vitamin C 45 mg	50%	Selenium 55 mcg	100%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%	Manganese 0.46 mg	20%
Vitamin E 13.5 mg	90%	Sodium 10 mg	<1%
Riboflavin 0.26 mg	20%		
Niacin 3.2 mg	20%		
Vitamin B <sub>6</sub> 5 mg	294%		
Folate 267 mcg DFE (160 mcg Folic Acid)	67%		

† Percent Daily Values (DV) are based on a 2,000 calorie diet.  
 \* Daily Value not established.

**Ingredients:** Sugar, Glucose Syrup, Water, Gelatin, Ascorbic Acid (Vit. C). **Contains <2% of:** Biotin, Calcium Pantothenate, Carnauba Wax, Cholecalciferol (Vit. D<sub>3</sub>), Citric Acid, Citrus Pectin, Cyanocobalamin (Vit. B<sub>12</sub>), DL-alpha Tocopheryl Acetate (Vit. E), Folic Acid, Fruit and/or Vegetable Juice Concentrates (purple carrot, maqui berry) (color and/or flavor), Invert Sugar, Lactic Acid, Manganese Sulfate, Medium-Chain Triglycerides, Natural Flavors, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin (Vit. B<sub>2</sub>), Sodium Citrate, Sodium Lactate, Sodium Selenate, Spirulina Extract (color), Vitamin A Acetate, Zinc Sulfate.

**Keep out of reach of children.**

Do not take this product with other products containing folic acid or vitamin A.

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

Store at room temperature. Keep bottle tightly closed. Protect from moisture. Due to use of plant-based colors, gummy appearance may change over time. This does not alter the product potency.

^B-vitamins support daily energy needs\*

° Antioxidant vitamins C, E and zinc support normal immune function\*

‡ B-vitamins aid in the metabolism of fats, carbohydrates and proteins\*

§ Vitamins D and B<sub>6</sub> help support muscle function\*

† Based on number of nutrients as compared to prior formulation

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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