

Centrum
MultiGummies

**MULTI+
BEAUTY**

Supports a Healthy & Beautiful Body†

**Hair, Skin
& Nails*Δ**

Natural Cherry, Berry & Orange
flavors with other natural flavors

90 Gummies

**MULTIVITAMIN/
MULTIMINERAL SUPPLEMENT**

	HAIR, SKIN & NAILS*‡
	HEALTHY APPEARANCE*‡
	BONE HEALTH*†
	ENERGY*^
	IMMUNITY*•

Centrum

• 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 45)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 20		Vitamin B ₁₂ 15 mcg	625%
Total Carbohydrate 4 g	1%†	Biotin 2,500 mcg	8,333%
Total Sugars 3 g	*	Pantothenic Acid 6 mg	120%
Includes 3 g Added Sugars	6%†	Calcium 130 mg	10%
Vitamin A 750 mcg	83%	Iodine 150 mcg	100%
Vitamin C 45 mg	50%	Zinc 5 mg	45%
Vitamin D ₃ 25 mcg (1,000 IU)	125%	Sodium 5 mg	<1%
Vitamin E 13.5 mg	90%		
Vitamin B ₆ 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.

Δ A combination of 12 nutrients helps support whole body health including Biotin, Vitamins A, C and E to help maintain healthy appearance*

Biotin, Vitamins A, C and E help maintain healthy appearance*

† Vitamin D and Calcium help maintain strong bones*

^ B-Vitamins support daily energy needs*

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

*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.

Ingredients: Glucose Syrup, Sugar, Gelatin, Tribasic Calcium Phosphate, Water, Ascorbic Acid (Vit. C). Contains <2% of: Annatto Seed Extract (color), Biotin, Calcium Pantothenate, Carnauba Wax, Cherry Essence, Cholecalciferol (Vit. D₃), Citric Acid, Cyanocobalamin (Vit. B₁₂), DL-alpha Tocopheryl Acetate (Vit. E), Folic Acid, Fruit and/or Vegetable Juice Concentrates (Purple Carrot, Maqui Berry, Plum, Blackberry, Raspberry) (color and/or flavor), Grapefruit Oil, Invert Sugar, Lactic Acid, Mannitol, Medium-Chain Triglycerides, Natural Flavors, Orange Oil, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Sodium Lactate, 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 pregnant, nursing or taking medication, consult your doctor before use.

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

Bottle sealed with printed foil under cap.

Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA
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Questions? Comments?
Call 1-877-CENTRUM (236-8786)

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

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