



COMPARE TO
Centrum® Adults
Ingredients*

Quality
Guaranteed

CENTURY Adults



Multivitamin/Multimineral Supplement

Nutritional support
with important
nutrients for adults
Easy to swallow
tablets

ACTUAL SIZE

200 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 3,500 IU (99% as Beta-Carotene)	70%
Vitamin C 60 mg	100%
Vitamin D 400 IU	100%
Vitamin E 30 IU	100%
Vitamin K 25 mcg	31%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B6 2 mg	100%
Folic Acid 400 mcg	100%

Each Tablet Contains	% DV
Vitamin B12 6 mcg	100%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 200 mg	20%
Iron 18 mg	100%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	13%
Zinc 11 mg	73%
Selenium 55 mcg	79%
Copper 0.5 mg	25%

Each Tablet Contains	% DV
Manganese 2.3 mg	115%
Chromium 35 mcg	29%
Molybdenum 45 mcg	60%
Chloride 72 mg	2%
Potassium 80 mg	2%
Boron 75 mcg	*
Nickel 5 mcg	*
Silicon 2 mg	*
Tin 10 mcg	*
Vanadium 10 mcg	*

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (L-Ascorbic Acid), Alpha Tocopheryl Acetate (Vit. E), Gelatin, Croscarmellose Sodium, Niacinamide, Stearic Acid, Polyvinyl Alcohol, Calcium Pantothenate, Polyethylene Glycol, Manganese Sulfate, Magnesium Stearate, Silicon Dioxide, Molybdenum Trioxide (Vit. B1), Riboflavin (Vit. B2), Cupric Sulfate, Vitamin A Acetate (Vit. A), Beta-Carotene, Folic Acid, Chromium Picolinate, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Sodium Metasilicate, Biotin, Phosphorus, Nickel Sulfate, Cholecalciferol (Vit. D3), Cyanocobalamin (Vit. B12).

DISTRIBUTED BY: BETTER LIVING BRANDS LLC, P.O. BOX 99, PLEASANTON, CA 94566-0099
1-888-723-3929/www.betterlivingbrandsLLC.com

SUGGESTED USE: Adults - Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use. If you are pregnant or nursing a baby, or are taking medication or have a medical condition, 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.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of retinopathy in adults. Do not take this product if taking other vitamin A supplements. Store at room temperature. Keep bottle tightly closed. Questions or comments? 1-888-723-3929

*This product is not manufactured or distributed by Pfizer, marketer of Centrum® Adults.
GLUTEN FREE

OUR PROMISE
QUALITY & SATISFACTION
100% GUARANTEED
OR YOUR MONEY BACK.

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Do not use if printed
seal under cap is
broken or missing