

Energy Metabolism\*\*

Immune Health\*\*

Metabolism Support\*\*

Overall Well-being

# equate™

Compare to Centrum® Adults Ingredients†

## Complete Multivitamin

ADULTS

Multivitamin/Multimineral Supplement

Complete with 30 nutrients

130 TABLETS

B-vitamins help support carbohydrate, fat and protein metabolism.\*\*

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

# Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%	Vitamin B12 6 mcg	100%	Manganese 2.3 mg	115%
Vitamin C 60 mg	100%	Biotin 30 mcg	10%	Chromium 35 mcg	29%
Vitamin D 1000 IU	250%	Pantothenic Acid 10 mg	100%	Molybdenum 45 mcg	60%
Vitamin E 30 IU	100%	Calcium 200 mg	20%	Chloride 72 mg	2%
Vitamin K 25 mcg	31%	Iron 18 mg	100%	Potassium 80 mg	2%
Thiamin 1.5 mg	100%	Phosphorus 20 mg	2%		
Riboflavin 1.7 mg	100%	Iodine 150 mcg	100%	Nickel 5 mcg	*
Niacin 20 mg	100%	Magnesium 50 mg	13%	Silicon 2 mg	*
Vitamin B6 2 mg	100%	Zinc 11 mg	73%	Tin 10 mcg	*
Folic Acid 400 mcg	100%	Selenium 55 mcg	79%	Vanadium 10 mcg	*
		Copper 0.5 mg	25%		

**Ingredients:** Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Ferrous Fumarate, dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Croscarmellose Sodium, Niacinamide, Stearic Acid, Polyvinyl Alcohol, Titanium Dioxide Color, Calcium Silicate, Zinc Oxide, Calcium Pantothenate, Polyethylene Glycol, Manganese Sulfate, Magnesium Stearate, Silicon Dioxide, Talc, Pyridoxine Hydrochloride (Vit. B6), Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Cupric Sulfate, Vitamin A Acetate, Beta-Carotene, Folic Acid, FD&C Yellow #6 Aluminum Lake, Chromium Picolinate, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Cholecalciferol (Vit. D3), Biotin, Phytonadione (Vit. K), Sodium Metavanadate, Stannous Chloride, Nickel Sulfate, Cyanocobalamin (Vit. B12).

DISTRIBUTED BY: Wal-Mart Stores, Inc., Bentonville, AR 72716

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

SUGGESTED USE: Adults – Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

**Caution:** If you are pregnant or nursing a baby, taking any medication, or have a medical condition, consult a doctor before taking this product.

**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. (1-800-222-1222)

Store at room temperature. Keep bottle tightly closed.

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



Satisfaction guaranteed - Or we'll replace it or give you your money back. For questions or comments or to report an undesired reaction or side effect, please call 1-888-287-1915.

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• no varnish • no color

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