

Ingredients: Sucrose, Corn Syrup, Water, Hydrogenated Coconut Oil, Choline Bitartrate, Acacia, Maltodextrin. **Contains <2% of:** Annatto Seed Extract (Color), Ascorbic Acid (Vit. C), Beeswax, Beet Juice Concentrate (Color), Beta-Carotene (Color), Biotin, Calcium Pantothenate, Carnauba Wax, Cholecalciferol (Vit. D₃), Cyanocobalamin (Vit. B₁₂), dl-Alpha Tocopheryl Acetate (Vit. E), Folic Acid, Inositol, Lac-Resin, Lecithin (Soy), Natural and Artificial Flavors, Potassium Iodide, Pregelatinized Corn Starch, Pregelatinized Modified Corn Starch, Pyridoxine Hydrochloride (Vit. B₆), Titanium Dioxide, Turmeric Oleoresin (Color), Vitamin A Palmitate, Zinc Sulfate. **Contains:** Soy. As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use. Do not exceed suggested use.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

This product must not be taken with products containing high levels of vitamins A, D, folic acid, or zinc.

Keep out of reach of children.

Store at room temperature.
Keep bottle tightly closed. Protect from moisture.
Bottle sealed with printed foil under cap.
Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA
Questions? Comments? Call 1-877-CENTRUM (236-8786)
For most recent product information, visit www.centrum.com

Patent Pending
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NO VARNISH
AREA

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Centrum[®]
Multivitamin/Multimineral
Supplement

flavor burst[®]
tropical fruit

120 ADULT CHEWS

Natural and Artificial Flavors

Adult multivitamin you can take without food or water

SUGGESTED USE: Adults: Take 4 chews daily with or without food. Not formulated for use in children.

Supplement Facts

Serving Size 4 Chews (Servings Per Container 30)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 25		Biotin 150 mcg	50%
Total Carbohydrate 6 g	2%†	Pantothenic Acid 10 mg	100%
Sugars 4 g	*	Iodine 80 mcg	53%
Vitamin A 2,000 IU	40%	Zinc 5 mg	33%
Vitamin C 60 mg	100%	Choline 76 mg	*
Vitamin D 800 IU	200%	Inositol 40 mcg	*
Vitamin E 40 IU	133%		
Vitamin B ₆ 2 mg	100%		
Folic Acid 400 mcg	100%		
Vitamin B ₁₂ 10 mcg	167%		

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



Includes B-vitamins to help support daily energy needs*

ENERGY*

*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.



Contains antioxidants[^] to help support the immune system*

IMMUNITY*

[^]Refers to Vitamins C, E and Zinc

