

*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.

COMPLETE
from **A** to **Zinc**†



Centrum

SPECIALIST

Multivitamin/Multimineral Supplement



COMPLETE
MULTIVITAMIN

ENERGY

Supports Your Energy
with B Vitamins
& Ginseng*

60 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 3,500 IU (43% as Beta-Carotene)	70%
Vitamin C 120 mg	200%
Vitamin D ₃ 400 IU	100%
Vitamin E 60 IU	200%
Vitamin K 25 mcg	31%
Thiamin 4.5 mg	300%

Amount Per Serving	% DV
Riboflavin 5.1 mg	300%
Niacin 40 mg	200%
Vitamin B ₆ 6 mg	300%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ 18 mcg	300%
Biotin 50 mcg	17%
Pantothenic Acid 12 mg	120%
Calcium 100 mg	10%
Iron 18 mg	100%

Amount Per Serving	% DV
Phosphorus 48 mg	5%
Iodine 150 mcg	100%
Magnesium 40 mg	10%
Zinc 11 mg	73%
Selenium 70 mcg	100%
Copper 0.9 mg	45%
Manganese 4 mg	200%
Chromium 120 mcg	100%
Molybdenum 75 mcg	100%

Amount Per Serving	% DV
Chloride 72 mg	2%
Potassium 80 mg	2%
Ginseng Root (<i>Panax ginseng</i>) 20 mg Standardized Extract	*
Nickel 5 mcg	*
Tin 10 mcg	*
Vanadium 10 mcg	*

*Daily Value (DV) not established.

Ingredients: Dibasic Calcium Phosphate, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Calcium Carbonate, Magnesium Oxide, dl-Alpha Tocopheryl Acetate (Vit. E), Ferrous Fumarate, Maltodextrin, Ginseng Root (*Panax ginseng*) Standardized Extract, Niacinamide, Modified Corn Starch, Croscopovidone. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Corn Starch, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hydrogenated Palm Oil, Magnesium Stearate, Manganese Sulfate, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Stannous Chloride, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

SUGGESTED USE: Adults - Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are pregnant, nursing, or taking medication, 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 osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

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

Marketed by: Pfizer, Madison, NJ 07940 USA © 2015 Pfizer Inc. Made in Canada

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

†Refers to all nutrients with an RDI

Questions? Comments?
Call 1-877-CENTRUM (236-8786)

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CONTROL NO.

EXP. DATE