

*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.



Multivitamin/Multimineral Supplement with Phytosterols



COMPLETE
MULTIVITAMIN

HEART

Supports Heart Health[§]
with Vitamins B₆, B₁₂
& Folic Acid*

60 TABLETS
Take Twice Daily

COMPLETE
from A to
Zinc[®]†

Suggested Use: Adults: Take one (1) tablet twice daily with meals or snacks. Not formulated for use in children.

Supplement Facts

Serving Size 1 Tablet (Take 2 Daily)

Amount Per Serving	% DV
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Vitamin A 1,750 IU (17% as Beta-Carotene)	35%
Vitamin C 30 mg	50%
Vitamin D 200 IU	50%
Vitamin E 15 IU	50%
Vitamin K 12.5 mcg	16%
Thiamin 0.75 mg	50%
Riboflavin 0.85 mg	50%

Amount Per Serving	% DV
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Niacin 10 mg	50%
Vitamin B ₆ 2.5 mg	125%
Folic Acid 200 mcg	50%
Vitamin B ₁₂ 100 mcg	1667%
Biotin 15 mcg	5%
Pantothenic Acid 5 mg	50%
Calcium 54 mg	5%
Iron 3 mg	17%
Phosphorus 40 mg	4%
Iodine 75 mcg	50%

Amount Per Serving	% DV
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Magnesium 20 mg	5%
Zinc 3.75 mg	25%
Selenium 10 mcg	14%
Copper 0.35 mg	18%
Manganese 1 mg	50%
Chromium 60 mcg	50%
Molybdenum 37.5 mcg	50%
Chloride 29 mg	<1%
Potassium 32 mg	<1%

Amount Per Serving	% DV
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Nickel 2.5 mcg	*
Tin 5 mcg	*
Vanadium 5 mcg	*
Phytosterols 400 mg	*

*Daily Value (DV) not established.

Ingredients: Phytosterols, Microcrystalline Cellulose, Dibasic Calcium Phosphate, Croscarmellose Sodium, Potassium Chloride, Ascorbic Acid (Vit. C), Magnesium Oxide.

Contains <2% of: Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromic Chloride, Cupric Sulfate, Cyanocobalamin (Vit. B₁₂), dl-Alpha Tocopheryl Acetate (Vit. E), Ferrous Fumarate, Folic Acid, Gelatin, Lecithin (soy), Magnesium Stearate, Manganese Sulfate, Niacinamide, 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. **Contains:** Soy.

As with any supplement, if you are taking medication consult your doctor before use. Do not exceed suggested use.

Dietary supplementation with phytosterols is not suitable for pregnant or lactating women.

Sitosterolemics: Contains Phytosterols (Sitosterols).

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.

If taking other supplements, read label, since supplements may contain the same ingredient.

Store at room temperature. Keep bottle tightly closed. Made in Canada

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)

§Not a replacement for
cholesterol-lowering drugs

†Refers to all nutrients with an RDI

Patent Pending

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

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CONTROL NO.

EXP. DATE