

More D₃[†]

Centrum[®] MultiGummies[®]



100% or more of Vitamins
B₆, B₁₂, D₃ and E

Men

Natural Cherry, Berry & Apple
flavors with other natural flavors

70 Gummies

MULTIVITAMIN/
MULTIMINERAL SUPPLEMENT



*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.



• No artificial flavors or sweeteners • Take with or without food or water • Gluten-free
• Contains no wheat, milk, soy, egg, peanut, tree nuts, fish or crustacean shellfish allergens

Supplement Facts

Serving Size 2 Gummies (Servings Per Container 35)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 10		Vitamin B ₁₂ 15 mcg	250%
Total Carbohydrate 3 g	1% [†]	Biotin 75 mcg	25%
Sugars 2 g	*	Pantothenic Acid 6 mg	60%
Vitamin A 2,500 IU	50%	Iodine 150 mcg	100%
Vitamin C 45 mg	75%	Zinc 5 mg	33%
Vitamin D ₃ 1,000 IU	250%	Selenium 110 mcg	157%
Vitamin E 30 IU	100%		
Vitamin B ₆ 5 mg	250%		
Folic Acid 160 mcg	40%		

[†] Percent Daily Values (DV) are based on a 2,000 calorie diet.

* Daily Value not established.

Ingredients: Glucose Syrup, Sugar, Gelatin, Water, Ascorbic Acid (Vit. C). **Contains <2% of:** Biotin, Calcium Pantothenate, Carnauba Wax, Cherry Essence, Cholecalciferol (Vit. D₃), Citric Acid, Cyanocobalamin (Vit. B₁₂), dl-Alpha Tocopheryl Acetate (Vit. E), Folic Acid, Fruit and/or Vegetable Juice Concentrates (purple and/or black carrot, maqui berry, plum, blackberry, raspberry) (color and/or flavor), Invert Sugar, Lactic Acid, Mannitol, Medium-Chain Triglycerides, Natural Flavors, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Sodium Lactate, Sodium Selenate, Vitamin A Acetate, Zinc Sulfate.

SUGGESTED USE: Adults: Take two (2) gummies daily. Do not exceed suggested use. Not formulated for use in children.

Keep out of reach of children.

Do not take this product with other products containing folic acid or vitamin A.

As with any supplement, if you are taking medication consult your doctor before use.

Store at room temperature. Keep bottle tightly closed. Due to use of plant-based colors, gummy appearance may change over time. This does not alter the product potency.

[†] As compared to other leading men's and women's gummy multivitamins

[^] B-vitamins support daily energy needs*

[°] Antioxidant vitamins C, E and zinc support normal immune function*

[¥] B-vitamins aid in the metabolism of fats, carbohydrates and proteins*

[§] Vitamins D and B₆ support muscle function*

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)

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



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