

Directions: Take 1 tablet daily, with food as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

Protect from heat, light and moisture.

Store in a cool, dry place.

Made in the U.S.A. from globally sourced ingredients.

† 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.

‡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.



NO SUGAR, YEAST, WHEAT, MILK, ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

FOODSPLUS

Since 1962

High Potency Multi vitamin & mineral

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

compare to centrum® adults*

promotes overall health†

60
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate & 25% as beta-carotene)	1,067 mcg RAE (3,500 IU)	119%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha-tocopheryl succinate)	20 mg (30 IU)	133%
Vitamin K (as phytonadione)	25 mcg	21%
Thiamin (as thiamin mononitrate)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	2 mg	118%
Folate (as folic acid)	667 mcg (DFE) 400 mcg	167%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%
Biotin	30 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	10 mg	200%
Calcium (as calcium carbonate & dicalcium phosphate)	200 mg	15%
Iron (as ferrous fumarate) ‡	18 mg	100%
Phosphorus (as dicalcium phosphate)	20 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	12%
Zinc (as zinc oxide)	11 mg	100%
Selenium (as sodium selenate)	55 mcg	100%
Copper (as cupric oxide)	0.5 mg	56%
Manganese (as manganese sulfate)	2.3 mg	100%
Chromium (as chromium chloride)	35 mcg	100%
Molybdenum (as sodium molybdate)	45 mcg	100%
Chloride (as potassium chloride)	72 mg	3%
Potassium (as potassium chloride)	80 mg	2%
Vanadium (as sodium metavanadate)	10 mcg	*
Tin (as stannous chloride)	10 mcg	*
Silicon (as sodium metasilicate)	2 mg	*
Nickel (as nickelous sulfate)	5 mcg	*

*Daily value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica and pharmaceutical glaze.

Centrum® Adults is a registered trademark of Pfizer, Madison, NJ.
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