



Compare to the ingredients
in Centrum® Women!

spectravite

MULTIVITAMIN/MULTIMINERAL SUPPLEMENT

Non-GMO • Gluten Free



Energy
Production**



Metabolism
Support**



Skin, Hair &
Nail Health**



Immune
Support**

Actual Product Size on Side Panel

200 TABLETS

WOMEN

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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as Acetate and 29% Beta Carotene)	3500 IU 70%
Vitamin C (as Ascorbic Acid)	75 mg 125%
Vitamin D-3 (as Cholecalciferol)	1000 IU 250%
Vitamin E (as d-Alpha Tocopheryl Acetate)	35 IU 117%
Vitamin K (as Phytonadione)	50 mcg 63%
Vitamin B-1 (as Thiamine Mononitrate)	1.1 mg 73%
Vitamin B-2 (Riboflavin)	1.1 mg 65%
Niacinamide (Vitamin B-3)	14 mg 70%
Vitamin B-6 (as Pyridoxine HCl)	2 mg 100%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%
Biotin	40 mcg 13%
Pantothenic Acid (as Calcium Pantothenate)	15 mg 150%
Lactogen (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%
Vitamin B-12 (as Cyanocobalamin)	18 mg 100%
Phosphorus (as Dicalcium Phosphate)	20 mg 2%

Other Ingredients: Microcrystalline Cellulose, Gelatin, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Polydextrose, Citric Acid, Titanium Dioxide, Sodium Lauryl Sulfate, Polysiloxane, Sodium Benzoate, Sorbic Acid and BHT.

Facts

Amount Per Serving	% Daily Value
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	8 mg 53%
Selenium (as Sodium Selenate)	18 mcg 26%
Copper (as Cupric Sulfate)	0.5 mg 25%
Manganese (as Manganese Sulfate)	1.8 mg 90%
Chromium (as Chromium Picolinate)	32 mcg 27%
Molybdenum (as Sodium Molybdate)	50 mcg 67%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%
Nickel (as Nickelous Sulfate)	5 mcg
Vanadium (as Sodium Metavanadate)	10 mcg
Tin (as Stannous Chloride)	10 mcg
Silicon (as Silicon Dioxide)	2 mg

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Gelatin, Stearic Acid, Croscarmellose Sodium, Crospovidone, Maltodextrin, Magnesium Stearate, Polydextrose, Citric Acid, Titanium Dioxide, Sodium Lauryl Sulfate, Polysiloxane, Sodium Benzoate, Sorbic Acid and BHT.

Suggested Use: Adults: Take one (1) tablet daily with food as a dietary supplement.

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

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.

Store at 15° - 30°C (59° - 86°F).

*This product is not manufactured by Pfizer, owner of the registered trademark Centrum®.

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