

OPTIMUM[®]

Compare to Centrum[®] Adults*

CENTRAVITES ADULTS

Multivitamin/Multimineral

GLUTEN FREE

Dietary Supplement

✓ QUALITY ✓ PURITY ✓ POTENCY ✓ VALUE

130 TABLETS



Supplement Facts

Serving Size: 1 Tablet

Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value
Vitamin A 3500 IU (from retinyl acetate and 29% as beta-carotene)	70%	Biotin 30 mcg	10%	Manganese (from manganese sulfate) 2.3 mg	115%
Vitamin C (as ascorbic acid) 60 mg	100%	Pantothenic acid 10 mg (from calcium pantothenate)	100%	Chromium (from chromium picolinate) 35 mcg	30%
Vitamin D (as cholecalciferol) 1000 IU	250%	Calcium 200 mg (from calcium carbonate, dicalcium phosphate, calcium pantothenate)	20%	Molybdenum (from sodium molybdate) 45 mcg	60%
Vitamin E (as dl-alpha tocopheryl acetate) 30 IU	100%	Iron (from ferrous fumarate) 18 mg	100%	Chloride (from potassium chloride) 72 mg	2%
Vitamin K-1 (as phytonadione) 25 mcg	30%	Phosphorus (from dicalcium phosphate) 20 mg	2%	Potassium (from potassium chloride) 80 mg	2%
Thiamin (from thiamine mononitrate) 1.5 mg	100%	Iodine (from potassium iodide) 150 mcg	100%	Nickel (from nickel sulfate) 5 mcg	**
Riboflavin 1.7 mg	100%	Magnesium (from magnesium oxide) 50 mg	15%	Silicon (from silicon dioxide) 2 mg	**
Niacin (from niacinamide) 20 mg	100%	Zinc (from zinc oxide) 11 mg	70%	Tin (from stannous chloride) 10 mcg	**
Vitamin B-6 (from pyridoxine hydrochloride) 2 mg	100%	Selenium (from sodium selenite) 55 mcg	80%	Vanadium (from sodium vanadate) 10 mcg	**
Folate (as folic acid) 400 mcg	100%	Copper (from copper sulfate) 0.5 mg	25%		
Vitamin B-12 (as cyanocobalamin) 6 mcg	100%				

OTHER INGREDIENTS: Microcrystalline cellulose, maltodextrin, croscarmellose sodium, starch. Contains less than 2% of: magnesium stearate, sucrose, gum acacia, alginate, gelatin, medium chain triglycerides, hypromellose, FD&C yellow #6 al. lake, titanium dioxide, triethyl citrate, carnauba wax, DL-alpha tocopherol, BHT, and may contain monoglyceride.

DIRECTIONS: As a dietary supplement, take one tablet daily with a meal or as directed by your healthcare practitioner.

STORAGE: Store at room temperature.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of the reach of children.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

*Centrum[®] Adults is a registered trademark of Pfizer Consumer Healthcare.

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L1945-130-01-1