

SUGGESTED USE: Adults: Take one (1) tablet daily with food.
Not formulated for use in children. Do not exceed suggested use.

Supplement Facts

Amount Per Serving	% DV
Serving Size 1 Tablet	
Amount Per Serving	% DV
Vitamin A 1,050 mcg (29% as Beta-Carotene)	117%
Vitamin C 90 mg	100%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 20.3 mg	135%
Vitamin K 60 mcg	50%
Thiamin 1.2 mg	100%
Riboflavin 1.3 mg	100%
Niacin 16 mg	100%
Vitamin B ₆ 2 mg	118%
Folate 333 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B ₁₂ 6 mcg	250%
Biotin 40 mcg	133%
Pantothenic Acid 15 mg	300%
Calcium 210 mg	16%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	24%
Zinc 11 mg	100%
Selenium 100 mcg	182%
Copper 0.9 mg	100%
Manganese 2.3 mg	100%
Chromium 35 mcg	100%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lycopene 600 mcg	*

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Modified Corn Starch, Corn Starch. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Lecithin (soy), Lycopene, Magnesium Stearate, Manganese Sulfate, Niacinamide, Phytanadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, 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.

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.



Energy	B-vitamins and iron support daily energy needs*
Immunity	Antioxidants** support normal immune function**
Metabolism	B-vitamins aid in the metabolism of fats, carbohydrates and proteins*
Muscle Function	Magnesium, Vitamin D and B ₆ support muscle function*



Centrum Micronutrients
Nourish Your Cells!

Non-GMO & Gluten Free!™

Store at room temperature. Keep bottle tightly closed.
Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

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Questions? Comments? Call 1-877-CENTRUM (236-8786)

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

†† Refers to Vitamins C, E, Beta-Carotene and Zinc

* Non-GMO applies to Centrum & Centrum Silver Tablets only.
learn more at centrum.com.

*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.

20 TABLETS FREE



120+20 Tablets
Multivitamin/Multimineral
Supplement



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Multivitamin/Multimineral Supplement

120+20
Tablets



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