



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*
Healthy Appearance	Biotin, beta-carotene, vitamins A, C and E help maintain healthy appearance*



Centrum Micronutrients  
**Nourish Your Cells!**

**Non-GMO & Gluten Free!**<sup>†</sup>

Store at room temperature. Keep bottle tightly closed.  
Bottle sealed with printed foil under cap. Do Not Use if foil is torn.  
Dist. by: GSK CH, Warren, NJ 07059  
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Questions? Comments? Call 1-877-CENTRUM (236-8786)  
For most recent product information, visit [www.centrum.com](http://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](http://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



**WOMEN**

Multivitamin/Multimineral Supplement

**120+20**  
Tablets



**Centrum**

**WOMEN**

**20 TABLETS FREE**

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

**Supplement Facts**

Serving Size 1 Tablet		Amount Per Serving	% DV*
Vitamin A	1,050 mcg (29% as Beta-Carotene)	117%	
Vitamin C	75 mg	83%	
Vitamin D <sub>3</sub>	25 mcg (1,000 IU)	125%	
Vitamin E	15.8 mg	105%	
Vitamin K	50 mcg	42%	
Thiamin	1.1 mg	92%	
Riboflavin	1.1 mg	85%	
Niacin	14 mg	88%	
Vitamin B <sub>6</sub>	2 mg	118%	
Folate	667 mcg DFE (400 mcg Folic Acid)	167%	
Vitamin B <sub>12</sub>	6 mcg	250%	
Biotin	40 mcg	133%	
Pantothenic Acid	15 mg	300%	
Calcium	200 mg	15%	
Iron	18 mg	100%	
Phosphorus	20 mg	2%	
Iodine	150 mcg	100%	
Magnesium	100 mg	24%	
Zinc	8 mg	73%	
Selenium	18 mcg	33%	
Copper	0.5 mg	56%	
Manganese	1.8 mg	78%	
Chromium	32 mcg	91%	
Molybdenum	50 mcg	111%	
Chloride	72 mg	3%	
Potassium	80 mg	2%	

\* Daily Value

**Ingredients:** Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Crospovidone. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Copper Sulfate, Corn Starch, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Gelatin, Lecithin (soy), Magnesium Stearate, Manganese Sulfate, Modified Corn Starch, Niacinamide, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

As with any supplement, if you are pregnant, nursing, or 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.

**VERIFIED**  
**Non-GMO & Gluten Free**<sup>™</sup>



For complete information,  
visit [Centrum.com](http://Centrum.com)

**Easy to Swallow Tablets!**

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