



Heart Health

B-vitamins and lycopene help promote heart health*

Brain Health

Zinc and B-vitamins help support normal brain function*

Eye Health

Vitamins A, C, and E and Lutein* support healthy eyes*

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.

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

For US Patent or Application status see www.productpats.com

*Not a replacement for cholesterol-lowering drugs

*This product is not intended to provide daily intake of lutein.

Take with a diet rich in fruits and vegetables.

*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.

**VERIFIED
Non-GMO &
Gluten Free**



125 Tablets

Multivitamin/Multimineral
Supplement

**ADULTS
50+**

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Multivitamin/Multimineral Supplement

**ADULTS
50+**



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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 750 mcg (40% as Beta-Carotene)	83%
Vitamin C 60 mg	67%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 22.5 mg	150%
Vitamin K 30 mcg	25%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B ₆ 3 mg	176%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 25 mcg	1,042%
Biotin 30 mcg	100%

Amount Per Serving % DV

Pantothenic Acid 10 mg	200%
Calcium 220 mg	17%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	12%
Zinc 11 mg	100%
Selenium 19 mcg	35%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 50 mcg	143%
Molybdenum 45 mcg	100%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 250 mcg	*
Lycopene 300 mcg	*

* Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Modified Corn Starch, Corn Starch. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hypromellose, Lutein, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Phytonadione (Vit. K), Polydextrose, 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.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

If taking other supplements, read label, since supplements may contain the same ingredient.

Keep out of reach of children.



Nourish your Cells!



For complete information,
visit Centrum.com

Easy to Swallow Tablets!

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