

Verified
**NON-GMO &
GLUTEN FREE**

**New Look,
Same Size!**

**425
Tablets**

Verified
**NON-GMO &
GLUTEN FREE**

Centrum

Scientifically formulated for Adults



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*



**For Home
& Travel**



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& Travel**



*Refers to Vitamins C, E, Beta Carotene and Zinc

*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.

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ENERGY** IMMUNITY** METABOLISM** WHOLE BODY HEALTH**

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	Amount Per Serving	% DV
Vitamin B ₁₂	2 mcg	118%	Zinc	11 mg	100%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%	Selenium	55 mcg	100%
Vitamin B ₂	6 mcg	250%	Copper	0.5 mg	56%
Biotin	30 mcg	100%	Manganese	2.3 mg	100%
Pantothenic Acid	10 mg	200%	Chromium	35 mcg	100%
Calcium	200 mg	15%	Molybdenum	45 mcg	100%
Iron	18 mg	100%	Chloride	72 mg	3%
Phosphorus	20 mg	2%	Potassium	80 mg	2%
Iodine	150 mcg	100%	% DV= % Daily Value		
Magnesium	50 mg	12%			

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

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.

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Store at room temperature. Keep bottle tightly closed.

Bottle sealed with printed foil under cap.

Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA © 2019 Pfizer Inc.

Questions? Comments? Call 1-877-CENTRUM (236-6786)

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

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

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