



MEN'S MULTI

Whole Food Blend Multivitamin



heart
health^{††}



muscle
function^{††}



metabolism^{††}



60 Vegetarian Tablets

Dietary Supplement

*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.

Directions: Adults – Take two (2) tablets daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% DV
Calories 5	
Vitamin A (100% as beta-carotene) (from <i>Blakeslea trispora</i> & fermented vitamin blend) 1,500 mcg	167%
Vitamin C (as calcium ascorbate & from fermented vitamin blend) 48 mg	53%
Vitamin D ₂ (as ergocalciferol) (1,000 IU) 25 mcg	125%
Vitamin E (as natural d-alpha tocopherol) 11.7 mg	78%
Vitamin K ₁ (as phytonadione & from fermented vitamin blend) 68 mcg	57%
Thiamin (Vit. B ₁) (as thiamine hydrochloride & from fermented vitamin blend) 5 mg	417%
Riboflavin (Vit. B ₂) (as riboflavin & from fermented vitamin blend) 4 mg	308%
Niacin (as niacinamide & from fermented vitamin blend) 25 mg	156%
Vitamin B ₆ (as pyridoxine hydrochloride & from fermented vitamin blend) 22 mg	1,294%
Folate (as folic acid & from fermented vitamin blend) 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ (as cyanocobalamin & from fermented vitamin blend) 6 mcg	250%
Biotin (as biotin & from fermented vitamin blend) 225 mcg	750%
Pantothenic Acid (as calcium d-pantothenate & from fermented vitamin blend) 25 mg	500%
Calcium (as calcium carbonate, monobasic calcium phosphate, calcium pantothenate, calcium ascorbate) 44 mg	3%

Amount Per Serving	% DV
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium oxide & magnesium oxide chelate) 25 mg	6%
Zinc (as zinc ascorbate, zinc oxide & from fermented mineral blend) 20 mg	182%
Selenium (as sodium selenite, selenium yeast, selenomethionine & from fermented mineral blend) 200 mcg	364%
Copper (as copper sulfate & from fermented mineral blend) 2 mg	222%
Manganese (as manganese sulfate & from fermented mineral blend) 2 mg	87%
Molybdenum (as molybdenum glycinate chelate & from fermented mineral blend) 75 mcg	167%
Sodium 35 mg	2%
Lutein (from marigold flower) 2 mg	*
Lycopene (from tomato fruit) 0.75 mg	*
Zeaxanthin (from marigold flower) 0.4 mg	*
Fruit and Vegetable Blend (<i>Coffea arabica</i> whole fruit, green tea leaf, broccoli, onion, apple, quercetin (from <i>Sophora japonica</i>), acerola cherry, tomato, broccoli, acai berry, turmeric rhizome, garlic, basil, oregano, cinnamon, carrot, elderberry, mangosteen, camu camu, black current, blueberry, raspberry, blackberry, spinach, chokeberry, kale, sweet cherry, bilberry, brussels sprout) 45 mg	

*Daily Value (DV) not established.

^{††}B-Vitamins help support daily energy needs and aid in the metabolism of carbohydrates, fats and proteins.*

Other Ingredients: Microcrystalline Cellulose^{††}, Croscarmellose Sodium, Hypromellose^{††}, Hydroxypropylcellulose^{††}, Silica.
Contains <2% of: Acetylated Monoglycerides^{††}, Ethylcellulose^{††}, Magnesium Stearate^{††}, Medium Chain Triglycerides^{††}, Oleic Acid^{††}, Polyethylene Glycol, Polysorbate 80, Riboflavin (Color), Spirulina Extract (Color), Stearic Acid^{††}, Triacetin^{††}.

^{††}Plant/Vegetable/Fruit Sourced

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

Keep out of reach of children.

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

Store at room temperature.

Keep bottle tightly closed.

Protect from moisture.

Bottle sealed with printed foil under cap.

Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

Call 1-877-CENTRUM (236-8786)

www.centrum.com

Patents: productpats.com

[†] B-Vitamins, Vitamins C, E, and lycopene support heart health. This product is not intended to provide daily intake of lycopene. Take with a diet rich in fruits and vegetables.*

[^] Vitamins D and B6 help support muscle function.*



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