New Look!

EVERYDAY VALUE

2nd Bottle

130 Tablets — **Adults** Multivitamin/Multimineral Supplement

Centrum® has as much

Vitamin A	Vitamin C
AS 5 BUNCHES BROCCOLI**,†	AS 4 CUPS of BLUEBERRIES**,†

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*

~ Non-GMO applies to Centrum & Centrum Silver Tablets only, learn more at centrum.com.
** Based on USDA FoodData Central values for raw blueberries, and raw broccoli, bunch. Applies to this product only.
† Not intended to replace a healthy and balanced diet.
†† Refers to Vitamins C, E, Beta-Carotene and Zinc.

*These statements have 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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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 60 mg	67%
Vitamin D_3 25 mcg (1,000 IU)	125%
Vitamin E 13.5 mg	90%
Vitamin K 25 mcg	21%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B_6 2 mg	118%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B_{12} 6 mcg	250%

Amount Per Serving	% DV
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%
Calcium 200 mg	15%
Iron 18 mg	100%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	12%
Zinc 11 mg	100%
Selenium 55 mcg	100%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 35 mcg	100%
Molybdenum 45 mcg	100%
Chloride 72 mg	3%
Potassium 80 mg	2%

%DV=%Daily Value

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. D_3), Chromium Picolinate, Copper Sulfate, Corn Starch, Crospovidone, Cyanocobalamin (Vit. B_{12}), Folic Acid, Gelatin, Magnesium Stearate, Manganese Sulfate, Modified Corn Starch, Niacinamide, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B_6), Riboflavin (Vit. B_2), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B_1), 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.

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

Gluten Free

Non GMO~

No Artificial Sweeteners

No Artificial Flavors

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