

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 (43% as Beta-Carotene)	117%
Vitamin C 120 mg	133%
Vitamin D ₃ 10 mcg (400 IU)	50%
Vitamin E 27 mg	180%
Vitamin K 25 mcg	21%
Thiamin 4.5 mg	375%
Riboflavin 5.1 mg	392%
Niacin 40 mg	250%
Vitamin B ₆ 6 mg	353%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 18 mcg	750%
Biotin 50 mcg	167%
Pantothenic Acid 12 mg	240%
Calcium 100 mg	8%
Iron 18 mg	100%
Phosphorus 48 mg	4%
Iodine 150 mcg	100%
Magnesium 40 mg	10%
Zinc 11 mg	100%
Selenium 70 mcg	127%
Copper 0.9 mg	100%
Manganese 4 mg	174%
Chromium 120 mcg	343%
Molybdenum 75 mcg	167%
Chloride 72 mg	3%
Potassium 80 mg	2%

Ginseng Root (*Panax ginseng*) 20 mg *

*Daily Value (DV) not established.

Ingredients: Dibasic Calcium Phosphate, Potassium Chloride, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Calcium Carbonate, Magnesium Oxide, DL-alpha Tocopheryl Acetate (Vit. E), Ferrous Fumarate, Ginseng Root (*Panax ginseng*) Standardized Extract, Niacinamide, Maltodextrin, Corn Starch, Croscopovidone, Modified Corn Starch.

Contains <2% of: Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Piccolinate, Copper Sulfate, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Magnesium Stearate, Manganese Sulfate, Phytanadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, 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.

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.

Marketed by: Pfizer, Madison, NJ 07940 USA

Made in Canada

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Questions? Comments? Call 1-877-CENTRUM (236-8786)

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GINSENG SUPPLEMENT**

*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.

Centrum

**Targeted support for
your energy with the benefits
of a complete multivitamin***

Caffeine Free



B-Vitamins support daily energy needs

Ginseng and B-Vitamins to help support vitality and wellbeing

B-Vitamins aid in the metabolism of fats, carbohydrates and proteins

Vitamins A, C, D, E and zinc support immune health

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