



ENERGY

Whole Food Benefit Blend



CoQ10 &
B-Vitamins†



60 Vegetarian Capsules

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 capsules daily with food. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Thiamin (as thiamin mononitrate)	1.2 mg	100%
Riboflavin (as riboflavin-5-phosphate)	1.3 mg	100%
Niacin (as niacinamide)	4 mg	25%
Vitamin B ₆ (as pyridoxal-5-phosphate)	1.7 mg	100%
Folate (as calcium L-5-methylfolate)	40 mcg DFE	10%
Vitamin B ₁₂ (as methylcobalamin)	2.4 mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Magnesium (as magnesium hydroxide from sea water)	105 mg	25%
Coenzyme Q-10	50 mg	*
Organic Herbal Blend	300 mg	*
Asian Ginseng Root Standardized Extract, Maca Root Powder, Pomegranate Fruit Powder		
Organic Fruit and Vegetable Blend	50 mg	*
Apple, Beet, Broccoli, Carrot, Green Cabbage, Kale, Parsley, Spinach, Blueberry, Raspberry, Strawberry, Tomato		

* Daily Value not established.

Other Ingredients: Organic Rice Flour, Hypromellose (vegetarian capsule shell), L-Leucine (vegetarian), Organic Rice Hull Concentrate.

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

If you are taking medications, including blood thinners or antidepressants, consult your doctor before use. Ginseng can enhance the action of psychostimulant drugs.

Do not consume if pregnant or nursing

Keep out of reach of children.

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

Store at room temperature. Protect from heat, light, and moisture. Keep bottle tightly closed.

Bottle sealed with foil under cap. Do Not Use if foil is torn.

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

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† CoQ10 and B-vitamins help support
daily energy needs*

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