



MEN'S MULTI

Whole Food Blend Multivitamin



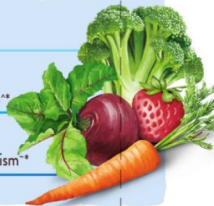
heart
health^{†*}



muscle
function^{**}



metabolism^{***}



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
Vitamin A (100% as beta-carotene)	900 mcg	100%
Vitamin C (as ascorbic acid, and from organic acerola fruit extract)	90 mg	100%
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha-tocopheryl succinate)	17 mg	110%
Vitamin K (as phytonadione)	60 mcg	50%
Thiamin (as thiamin mononitrate)	1.3 mg	110%
Riboflavin	1.4 mg	110%
Niacin (as niacinamide)	18 mg	110%
Vitamin B6 (as pyridoxine hydrochloride)	1.9 mg	110%
Folate (as calcium L-5-methylfolate)	333 mcg DFE	83%
Vitamin B12 (as methylcobalamin)	2.6 mcg	110%
Biotin	33 mcg	110%
Pantothenic Acid (as d-calcium pantothenate)	6 mg	110%
Calcium (as calcium carbonate)	100 mg	8%
Iron (as carbonyl iron)	4 mg	22%
Iodine (from Atlantic kelp)	150 mcg	100%
Magnesium (as magnesium hydroxide from sea water)	50 mg	12%
Zinc (as zinc bisglycinate chelate)	11 mg	100%
Selenium (as selenium glycinate complex)	55 mcg	100%
Copper (as copper bisglycinate chelate)	0.9 mg	100%
Manganese (as manganese bisglycinate chelate)	2.3 mg	100%
Chromium (as chromium picolinate)	35 mcg	100%
Molybdenum (as molybdenum bisglycinate chelate)	45 mcg	100%

	Amount Per Serving	% Daily Value
Lutein (from marigold flower)	1 mg	*
Lycopene	1 mg	*
Organic Whole Fruit and Vegetable Blend	100 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 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. 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)

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

[†] B-Vitamins and Vitamins C & E support heart health.*

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

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

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