



STRESS & MOOD

Whole Food Benefit Blend



Ashwagandha[†]
& L-Theanine[^]



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 C (as ascorbic acid, and from organic acerola fruit extract)	90 mg	100%
Vitamin E (as d-alpha-tocopheryl succinate)	15 mg	100%
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)	50 mg	12%
Organic Ashwagandha Root and Leaf Proprietary Extract	250 mg	*
L-Theanine	200 mg	*
Organic Whole Fruit and Vegetable Blend Apple, Beet, Broccoli, Carrot, Green Cabbage, Kale, Parsley, Spinach, Blueberry, Raspberry, Strawberry, Tomato	50 mg	*

*Daily Value not established.

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

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

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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[†] Ashwagandha traditionally used to support a healthy stress response.*

[^] L-Theanine helps support relaxation.*

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