



NATURAL BEAUTY

Whole Food Benefit Blend



Biotin,
Antioxidants &
Lutein[^]



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

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	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 E (as d-alpha-tocopheryl succinate)	15 mg	100%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Zinc (as zinc bisglycinate chelate)	11 mg	100%
Copper (as copper bisglycinate chelate)	0.9 mg	100%
Manganese (as manganese bisglycinate chelate)	2.3 mg	100%
Lutein (from marigold flower)	2 mg	*
Lycopene	2 mg	*
Organic Whole Fruit and Vegetable Blend	25 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), Silica.

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

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.

Marketed by: Pfizer, Madison, NJ 07940 USA
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Questions? Comments?
Call 1-877-CENTRUM (236-8786)

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

[^] Biotin, Vitamins A, C, E and the lutein from marigold flowers help maintain a healthy appearance.*

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