

Contains 20
Nutrients



Centrum[®]

Chewables

ADULTS

ORANGE BURST
NATURAL & ARTIFICIAL FLAVORS

100 Chewable Tablets
Multivitamin/Multimineral 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.

SUGGESTED USE: Adults – Chew one (1) tablet daily with food. Do not exceed suggested use.

Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving	% Daily Value
Calories 5	
Total Carbohydrate 1 g	<1%†
Total Sugars <1 g	*
Includes <1 g Added Sugars	<2%†
Vitamin A 450 mcg (53% as Beta-Carotene)	50%
Vitamin C 60 mg	67%
Vitamin D ₃ 10 mcg (400 IU)	50%
Vitamin E 13.5 mg	90%

Amount Per Serving	% Daily Value
Vitamin K 10 mcg	8%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B ₆ 2 mg	118%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 6 mcg	250%
Biotin 45 mcg	150%
Pantothenic Acid 10 mg	200%
Calcium 108 mg	8%
Iron 8 mg	44%

Amount Per Serving	% Daily Value
Phosphorus 50 mg	4%
Iodine 150 mcg	100%
Magnesium 40 mg	10%
Zinc 15 mg	136%
Copper 2 mg	222%
Manganese 1 mg	43%
Chromium 20 mcg	57%
Molybdenum 20 mcg	44%

† Percent Daily Values (DV) based on a 2,000 calorie diet.

* Daily Values not established.

Ingredients: Sugar, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Mannitol, Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vit. C), Mono- and Di-glycerides, Pregelatinized Corn Starch, Maltodextrin, Stearic Acid, DL-alpha Tocopheryl Acetate (Vit. E). **Contains <2% of:** Aspartame**, Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Carbonyl Iron, Carrageenan, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Cupric Oxide, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Guar Gum, Magnesium Stearate, Malic Acid, Manganese Sulfate, Natural and Artificial Flavors, Niacinamide, Phytonadione (Vit. K), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Molybdate, Thiamine Mononitrate (Vit. B₁), 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.

****PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

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. Protect from moisture.

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

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^ B-vitamins and iron support daily energy needs*

° Antioxidants†† support normal immune function*

¥ B-vitamins aid in the metabolism of fats,
carbohydrates and proteins*

†† Refers to vitamins C and E, beta-carotene and zinc

Questions? Comments?
Call 1-877-CENTRUM (236-8786)
For most recent product information,
visit www.centrum.com

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