

**Nourish
your Cells!**



ENERGY*



IMMUNITY*



METABOLISM*



HEALTHY APPEARANCE*

*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.

Energy

B-vitamins and iron support daily energy needs*

Immunity

Antioxidants** support normal immune function*

Metabolism

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

Healthy Appearance

Biotin, beta-carotene, vitamins A, C and E help maintain healthy appearance*



Centrum Micronutrients **Nourish** Your Cells!

*Refers to Vitamins C, E, Beta-Carotene and Zinc

**Non-GMO applies to Centrum & Centrum Silver Tablets only. Learn more at centrum.com

*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.

**VERIFIED
Non-GMO &
Gluten Free**



120 Tablets
Multivitamin/Multimineral Supplement

WOMEN

SUGGESTED USE: Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts		Amount Per Serving	% DV
Serving Size 1 Tablet			
Amount Per Serving	% DV		
Vitamin A 1,050 mcg (29% as Beta-Carotene)	117%	Iron 18 mg	100%
Vitamin C 75 mg	83%	Phosphorus 20 mg	3%
Vitamin D ₃ 25 mcg (1,000 IU)	125%	Iodine 150 mcg	100%
Vitamin E 15.8 mg	105%	Magnesium 100 mg	24%
Vitamin K 50 mcg	42%	Zinc 8 mg	73%
Thiamin 1.1 mg	92%	Selenium 18 mcg	33%
Riboflavin 1.1 mg	85%	Copper 0.5 mg	56%
Niacin 14 mg	88%	Manganese 1.8 mg	78%
Vitamin B ₆ 2 mg	118%	Chromium 32 mcg	91%
Folate 667 mcg DFE (400 mcg Folic Acid)	147%	Molybdenum 50 mcg	111%
Vitamin B ₁₂ 6 mcg	250%	Chloride 72 mg	3%
Biotin 40 mcg	130%	Potassium 80 mg	2%
Pantothenic Acid 15 mg	300%		
Calcium 200 mg	15%		

Store at room temperature. Keep bottle tightly closed. Bottle sealed with printed foil under cap. Do Not Use if foil is torn. Marketed by: Pfizer, Madison, NJ 07743 USA © 2019 Pfizer Inc. For most recent product information, visit www.centrum.com

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

Ingredients:

Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Potassium Fumarate, DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Croscollidone, **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Corn Starch, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Lecithin (soy), Magnesium Stearate, Manganese Sulfate, Modified Corn Starch, Nicotinamide, Pyridoxine (Vit. B₆), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

As with any supplement, if you are pregnant, nursing, or 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.

*Non-GMO applies to Centrum & Centrum Silver Tablets only. Learn more at centrum.com.

Non-GMO & Gluten Free!

Easy to Swallow Tablets!



For complete information, visit Centrum.com

PAA117921

