

**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™**

Centrum

65 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

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 1,050 mcg (29% as Beta-Carotene)	117%
Vitamin C 75 mg	83%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 15.8 mg	105%
Vitamin K 50 mcg	42%
Thiamin 1.1 mg	92%
Riboflavin 1.1 mg	85%
Niacin 14 mg	88%
Vitamin B ₆ 2 mg	118%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 6 mcg	250%

Amount Per Serving	% DV
Biotin 40 mcg	133%
Pantothenic Acid 15 mg	300%
Calcium 200 mg	15%
Iron 16 mg	100%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	24%
Zinc 8 mg	73%
Selenium 18 mcg	33%
Copper 0.5 mg	56%
Manganese 1.8 mg	78%
Chromium 32 mcg	91%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%

% DV = % Daily Value

Ingredients:

Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Croscovidone. **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, Niacinamide, Phytonadione (Vit. K), 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.

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 07940 USA © 2019 Pfizer Inc.

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

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

Non-GMO & Gluten Free!™

Centrum

For complete information, visit Centrum.com

PAA123410



3 0005-4755-65 0