

VERIFIED
Non-GMO & Gluten Free™

Centrum®



200 Tablets
MULTIVITAMIN/
MULTIMINERAL SUPPLEMENT

Women

*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.

Centrum®

Scientifically formulated for **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%
Vitamin C 75 mg	83%
Vitamin D ₃ 25 mcg	125%
Vitamin E 15.8 mg	105%
Vitamin K 50 mcg	42%

Amount Per Serving	% DV
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%
Biotin 40 mcg	133%
Pantothenic Acid 15 mg	300%

Amount Per Serving	% DV
Calcium 200 mg	15%
Iron 18 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%

Amount Per Serving	% DV
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, Crospovidone, **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Piccolinate, 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
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Questions? Comments?
Call 1-877-CENTRUM (236-8786)

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

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¹B-vitamins and iron support daily energy needs*
²Antioxidants^{††} support normal immune function*
³B-vitamins aid in the metabolism of fats, carbohydrates and proteins*
⁴Biotin, beta-carotene, vitamins A, C and E help maintain healthy appearance*
^{††}Refers to Vitamins C, E, Beta-Carotene and Zinc
*Non-GMO applies to Centrum & Centrum Silver Tablets only, learn more at centrum.com.

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