

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*
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%
Biotin 40 mcg	133%

Amount Per Serving	% DV*
Pantothenic Acid 15 mg	300%
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%
Chromium 32 mcg	91%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%

*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 Picolinate, Copper Sulfate, Corn Starch, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Lecithin (soy), Magnesium Stearate, Manganese Sulfate, Modified Corn Starch, Niacinamide, Phytanadione (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.

Centrum
has as much



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*

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 © 2020 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.

** Based on USDA FoodData Central values for medium bananas and raw broccoli, bunch. Applies to this product only.

† Not intended to replace a healthy and balanced diet.

†† Refers to Vitamins C, E, Beta-Carotene and Zinc.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

New Look!



Multivitamin/Multimineral Supplement

Women

120 Tablets

Multivitamin/Multimineral Supplement
Women



120 Tablets

Centrum

New Look!



Gluten Free



No Artificial Sweeteners



Non-GMO-



No Artificial Flavors

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