

**VERIFIED
Non-GMO & Gluten Free™**



HEART HEALTH* BRAIN HEALTH* EYE HEALTH* BONE HEALTH*

*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.

Heart Health	B-vitamins help promote heart health*
Brain Health	Zinc and B-vitamins help support normal brain function*
Eye Health	Vitamins A, C, and E and Lutein ⁺ support healthy eyes*
Bone Health	Vitamin D and Calcium help maintain strong bones*



Centrum Micronutrients **Nourish** Your Cells!

*Not a replacement for cholesterol-lowering drugs

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

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**33%
FREE**



100 + 33 Tablets
Multivitamin/Multimineral Supplement

**WOMEN
50+**

Easy to Swallow Tablets!



For complete information,
visit Centrum.com

PAA128970



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 (43% as Beta-Carotene)	117%	Calcium 300 mg	23%
Vitamin C 100 mg	111%	Iron 8 mg	44%
Vitamin D ₃ 25 mcg (1,000 IU)	125%	Phosphorus 20 mg	2%
Vitamin E 15.8 mg	105%	Iodine 150 mcg	100%
Vitamin K 50 mcg	42%	Magnesium 100 mg	24%
Thiamin 1.1 mg	92%	Zinc 15 mg	136%
Riboflavin 1.1 mg	85%	Selenium 22 mcg	40%
Niacin 14 mg	88%	Copper 0.5 mg	56%
Vitamin B ₆ 5 mg	294%	Manganese 2.3 mg	100%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%	Chromium 52 mcg	149%
Vitamin B ₁₂ 50 mcg	2,083%	Molybdenum 50 mcg	111%
Biotin 30 mcg	100%	Chloride 72 mg	3%
Pantothenic Acid 5 mg	100%	Potassium 80 mg	2%
		Lutein 300 mcg	*

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, Microcrystalline Cellulose, Maltodextrin, DL-alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Corn Starch, Crospovidone, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Hypromellose, Lutein, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Phytonadione (Vit. K), Polydextrose, 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, Zinc Oxide.

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.

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

*This product is not intended to provide daily intake of lutein. Take with a diet rich in fruits and vegetables.

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If taking other supplements, read label, since supplements may contain the same ingredient.

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