

**Nourish
your Cells!**



ENERGY*



IMMUNITY*



METABOLISM*



MUSCLE FUNCTION*

*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**

Muscle Function

*Magnesium, Vitamin D and B₆ support muscle function**



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

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**VERIFIED
Non-GMO &
Gluten Free**

Centrum



MEN

120 Tablets
Multivitamin/Multimineral Supplement

Centrum

For complete information,
visit Centrum.com



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%	Pantothenic Acid 15 mg		300%
Vitamin C 90 mg	100%	Calcium 210 mg		96%
Vitamin D ₃ 25 mcg (1,000 IU)	125%	Iron 8 mg		44%
Vitamin E 20.3 mg	135%	Phosphorus 20 mg		2%
Vitamin K 60 mcg	50%	Iodine 150 mcg		100%
Thiamin 1.2 mg	100%	Magnesium 100 mg		24%
Riboflavin 1.3 mg	100%	Zinc 11 mg		100%
Niacin 16 mg	100%	Selenium 100 mcg		182%
Vitamin B ₆ 2 mg	118%	Copper 0.9 mg		100%
Folate 333 mcg DFE (200 mcg Folic Acid)	83%	Manganese 2.3 mg		100%
Vitamin B ₁₂ 6 mcg	250%	Chromium 35 mcg		100%
Biotin 40 mcg	133%	Molybdenum 50 mcg		111%
		Chloride 72 mg		3%
		Potassium 80 mg		2%
		Lycopene 600 mcg		*

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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Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Modified Corn Starch, Gum Starch, **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Croscollon, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Lecithin (soy), Lycopene, Magnesium Stearate, Manganese Sulfate, Nicotinamide, 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 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.

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