

**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 90 mg	100%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 20.3 mg	135%
Vitamin K 60 mcg	50%
Thiamin 1.2 mg	100%
Riboflavin 1.3 mg	100%
Niacin 16 mg	100%
Vitamin B <sub>6</sub> 2 mg	118%
Folate 333 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B <sub>12</sub> 6 mcg	250%
Biotin 40 mcg	133%

Amount Per Serving	% DV
Pantothenic Acid 15 mg	300%
Calcium 210 mg	16%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	24%
Zinc 11 mg	100%
Selenium 100 mcg	182%
Copper 0.9 mg	100%
Manganese 2.3 mg	100%
Chromium 35 mcg	100%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lycopene 600 mcg	*

\*Daily Value (DV) not established.

**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, Corn Starch. **Contains < 2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B<sub>12</sub>), Ferrous Fumarate, Folic Acid, Gelatin, Lecithin (soy), Lycopene, Magnesium Stearate, Manganese Sulfate, Niacinamide, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), 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.


**Centrum**  
has as much

**Vitamin A**



AS 5 BUNCHES BROCCOLI\*\*†

**Vitamin B<sub>6</sub>**



AS 4 BANANAS\*\*†

<b>Energy</b>	*B-vitamins and iron support daily energy needs*
<b>Immunity</b>	*Antioxidants†† support normal immune function*
<b>Metabolism</b>	*B-vitamins aid in the metabolism of fats, carbohydrates and proteins*
<b>Muscle Function</b>	*Magnesium, Vitamin D and B <sub>6</sub> support muscle function*

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](http://www.centrum.com)  
~ Non-GMO applies to Centrum & Centrum Silver Tablets only, learn more at [centrum.com](http://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!**

Centrum



Multivitamin/Multimineral Supplement

120 Tablets



**Men**

Multivitamin/Multimineral Supplement

120 Tablets



Centrum

**New Look!**



Gluten Free



Non-GMO-



No Artificial Sweeteners



No Artificial Flavors

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