

SUGGESTED USE: Adults: Take two (2) tablets daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 80

Amount Per Serving	% Daily Value
Vitamin A 1,050 mcg (43% as Beta-Carotene)	117%
Vitamin C 100 mg	111%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 15.8 mg	106%
Vitamin K 50 mcg	42%
Thiamin 1.1 mg	92%
Riboflavin 1.1 mg	85%
Niacin 14 mg	88%
Vitamin B ₆ 5 mg	294%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 50 mcg	2,083%
Biotin 30 mcg	100%
Pantothenic Acid 5 mg	100%
Calcium 300 mg	23%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	24%
Zinc 15 mg	136%
Selenium 22 mcg	40%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 52 mcg	146%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 300 mcg	*

*Daily Value 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). Contains <2% of: Beta-Carotene, Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Croscopolone, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Hypromellose, Lutein, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Macinamide, Phytantriol (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, 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.

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

Made in Canada

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Questions? Comments? Call 1-877-CENTRUM (236-8766)

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

* Non GMO applies to Centrum and Centrum Silver tablets only. Learn more at centrum.com

* B-vitamins help promote heart health*

* Not a replacement for cholesterol-lowering drugs

* Zinc and B-vitamins help support normal brain function*

* Vitamins A, C, and E and Lutein* support healthy eyes*

* Vitamin D and Calcium help maintain strong bones*

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

PAA139603

Easy to Swallow!
-50% Smaller

New!

Centrum
minis



Women 50+



Multivitamin/Multimineral
Supplement

TAKE TWO

160 Tablets

Centrum
minis

An **Easier Way** to
Nourish Your Good Health!



TWO mini tablets = same nutritional goodness
as ONE Centrum Silver tablet.

2 mini tablets have as much

Calcium



Vitamin C



** Based on USDA FoodData Central values for whole milk and raw medium strawberries. Applies to this product only.

† Not intended to replace a healthy and balanced diet.

* 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.

gf
Gluten Free

✓
Non GMO**

No Artificial
Sweeteners

No Artificial
Flavors



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