

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 (20% as Beta-Carotene)	117%
Vitamin C 120 mg	133%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 27 mg	180%
Vitamin K 60 mcg	50%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B ₆ 6 mg	353%
Folate 500 mcg DFE (300 mcg Folic Acid)	125%
Vitamin B ₁₂ 100 mcg	4,167%
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%
Calcium 210 mg	16%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 75 mg	16%
Zinc 15 mg	138%
Selenium 21 mcg	38%
Copper 0.5 mg	56%
Manganese 4 mg	174%
Chromium 60 mcg	171%
Molybdenum 50 mcg	111%
Chloride 72 mg	2%
Potassium 80 mg	2%
Lutein 300 mcg	-
Lycopene 600 mcg	-

*Daily Value not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Dibasic Calcium Phosphate, DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Croscopolone, **Centum** <2% of Beta-Carotene, Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Cyanocobalamin (Vit. B₁₂), Folic Acid, Hydroxypropylmethylcellulose, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Phytanadione (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, Yellow 6 Lake, Zinc Oxide.

As with any supplement, if you are taking medication, consult your doctor before use.

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

Keep out of reach of children.

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 (236-6786)

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 and lycopene 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*

¶ Magnesium, Vitamins D and B6 help support muscle function*

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

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Easy to Swallow!
~50% Smaller

New!

Centrum
minis



Men 50+



TAKE TWO

160 Tablets

Multivitamin/Multimineral
Supplement

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

Vitamin E



Magnesium



** Based on USDA FoodData Central values for almonds and raw medium banana. 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.



Gluten Free



Non GMO**



No Artificial Sweeteners



No Artificial Flavors



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