

IMPROVED! **Better Taste!**  
**25% MORE NUTRIENTS†**

# Centrum® MultiGummies®



100% DV or more of Vitamins  
D, E and B<sub>12</sub>

**Adults**  
Assorted Natural Fruit Flavors

70 Gummies

MULTIVITAMIN/  
MULTIMINERAL SUPPLEMENT

\*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.



• No artificial flavors or sweeteners • Take with or without food or water • Gluten-free  
• Contains no wheat, milk, soy, egg, peanut, tree nuts, fish or crustacean shellfish allergens

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

## Supplement Facts

Serving Size 2 Gummies (Servings Per Container 35)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 10		Vitamin B <sub>12</sub> 10 mcg	417%
Total Carbohydrate 3 g	1%†	Biotin 30 mcg	100%
Total Sugars 2 g	*	Pantothenic Acid 3 mg	60%
Includes 2 g Added Sugars	4%†	Iodine 80 mcg	53%
Vitamin A 600 mcg	67%	Zinc 5 mg	45%
Vitamin C 30 mg	33%	Manganese 0.46 mg	20%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%	Sodium 10 mg	<1%
Vitamin E 18 mg	120%		
Riboflavin 0.26 mg	20%		
Niacin 3.2 mg	20%		
Vitamin B <sub>6</sub> 1.6 mg	94%		
Folate 40 mcg DFE	10%		
(24 mcg Folic Acid)			

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

\* Daily Value not established.

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](http://www.centrum.com)

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**Ingredients:** Sugar, Glucose Syrup, Water, Gelatin, Ascorbic Acid (Vit. C). **Contains <2% of:** Annatto Seed Extract (color), Biotin, Calcium Pantothenate, Carnauba Wax, Cholecalciferol (Vit. D<sub>3</sub>), Citric Acid, Citrus Pectin, Cyanocobalamin (Vit. B<sub>12</sub>), DL-alpha Tocopheryl Acetate (Vit. E), Folic Acid, Fruit and/or Vegetable Juice Concentrates (purple carrot, maqui berry) (color and/or flavor), Invert Sugar, Lactic Acid, Manganese Sulfate, Medium-Chain Triglycerides, Natural Flavors, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin (Vit. B<sub>2</sub>), Sodium Citrate, Sodium Lactate, Vitamin A Acetate, Zinc Sulfate.

**Keep out of reach of children.**

Do not take this product with other products containing folic acid or vitamin A.

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

Store at room temperature. Keep bottle tightly closed.

Protect from moisture. Due to use of plant-based colors, gummy appearance may change over time.

This does not alter the product potency.

^B-vitamins support daily energy needs\*

°Antioxidant vitamins C, E and zinc support normal immune function\*

¶B-vitamins aid in the metabolism of fats, carbohydrates and proteins\*

†Based on number of nutrients as compared to prior formulation



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