

IMPROVED! **Better Taste!**

# Centrum<sup>®</sup> MultiGummies<sup>®</sup>



ENERGY\*\* IMMUNITY\*\* METABOLISM\*\* HEALTHY APPEARANCE\*†

100% DV or more of Vitamins  
D, B6, B12, and Biotin

**Women**  
Assorted Natural Fruit Flavors



150 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 75)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 10		Vitamin B12 9 mcg	375%
Total Carbohydrate 3 g	1%†	Biotin 150 mcg	500%
Total Sugars 2 g	*	Calcium 100 mg	8%
Includes 2 g Added Sugars	4%†	Iodine 40 mcg	27%
Vitamin A 600 mcg	67%	Zinc 2.5 mg	23%
Vitamin C 18 mg	20%	Sodium 10 mg	<1%
Vitamin D3 25 mcg (1,000 IU)	125%		
Vitamin E 13.5 mg	90%		
Vitamin B6 2 mg	118%		
Folate 267 mcg DFE (160 mcg Folic Acid)	67%		

† 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)

**Ingredients:** Sugar, Glucose Syrup, Water, Tribasic Calcium Phosphate, Gelatin. **Contains <2% of:** Annatto Seed Extract (color), Ascorbic Acid (Vit. C), Biotin, Carnauba Wax, Cholecalciferol (Vit. D3), Citric Acid, Citrus Pectin, Cyanocobalamin (Vit. B12), 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, Medium-Chain Triglycerides, Natural Flavors, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B6), Sodium Citrate, Sodium Lactate, Turmeric (color), 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\*

† Biotin, vitamins A, C and E help maintain healthy appearance\*



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