



Centrum[®] MultiGummies[®]



Crafted for 50+
Supports Heart[†], Brain[‡], Eye[§]
& Bone Health[¶]



Women 50+
Assorted Natural Fruit Flavors

90 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 45)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 15		Vitamin B ₁₂ 25 mcg	1,042%
Total Carbohydrate 3 g	1% [†]	Biotin 150 mcg	500%
Total Sugars 2 g	*	Pantothenic Acid 3 mg	60%
Includes 2 g Added Sugars	5% [†]	Calcium 100 mg	8%
Vitamin A 600 mcg	60%	Iodine 80 mcg	53%
Vitamin C 36 mg	40%	Zinc 3.3 mg	32%
Vitamin D ₃ 25 mcg (1,000 IU)	125%	Sodium 15 mg	<2%
Vitamin E 15 mg	100%		
Vitamin B ₆ 3 mg	176%		
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 © 2020 Pfizer Inc.

Questions? Comments? Call 1-877-CENTRUM (236-8786)

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

Ingredients: Glucose Syrup, Sugar, Water, Tribasic Calcium Phosphate, Gelatin, Ascorbic Acid (Vit. C). **Contains <2% of:** Annatto Seed Extract (color), Biotin, Calcium Pantothenate, 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, rasqui 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 help support heart health[†]
- [‡] Not a replacement for cholesterol-lowering drugs
- [§] Zinc and B-vitamins help support normal brain function[‡]
- [§] Vitamins A, C, and E support healthy eyes[§]
- [¶] Vitamin D and Calcium help maintain strong bones[¶]

