

**NEW
LOOK**

NEW Formula
Delicious NEW Flavor!

Centrum
Fresh & Fruity
CHEWABLES

Adults 50+

Mixed Berry
NATURAL FLAVOR

60 Chewable Tablets

Multivitamin/Multimineral Supplement

SUGGESTED USE: Adults - Chew one (1) tablet daily with food. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving	% DV
Calories 5	
Total Carbohydrate 1 g	<1%
Total Sugars 0 g	*
Includes 0 g Added Sugars	0%
Isomalt 1 g	*
Vitamin A 600 mcg	60%
(100% as Beta-Carotene)	

Amount Per Serving

% DV

Vitamin C 82 mg	91%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 10 mg	67%
Thiamin 1.1 mg	82%
Riboflavin 1.3 mg	92%
Niacin 5 mg	31%
Vitamin B ₆ 3.2 mg	188%
Folate 200 mcg DFE	50%
(120 mcg Folic Acid)	

Amount Per Serving

% DV

Vitamin B ₁₂ 50 mcg	2,083%
Biotin 15 mcg	50%
Pantothenic Acid 2.5 mg	50%
Calcium 150 mg	12%
Iodine 150 mcg	100%
Magnesium 65 mg	16%
Zinc 9 mg	82%
Selenium 25 mcg	45%
Copper 0.4 mg	44%

Amount Per Serving

% DV

Manganese 1 mg	43%
Chromium 12 mcg	34%
Sodium 10 mg	<1%

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

* Daily Value not established.

Ingredients: Isomalt (sugar alcohol), Calcium Carbonate, Magnesium Stearate, Ascorbic Acid (Vit. C). Contains <2% of: Beta-Carotene, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Cupric Oxide, Chromium Chloride, Cyanocobalamin (Vit. B₁₂), DL- α -Tocopheryl Acetate (Vit. E), Dibasic Calcium Phosphate, Magnesium Oxide, Manganese Sulfate, Microcrystalline Cellulose, Natural Flavors, Nicotinamide, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Sodium Ascorbate, Sodium Selenate, Sodium Thiamine Mononitrate (Vit. B₁), Vegetable Juice Concentrate (red beet) (color), Zinc Oxide.

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

Keep out of reach of children.

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

Store at room temperature. Keep bottle tightly closed. Protect from moisture. Due to use of plant-based colors, tablet appearance may change over time. This does not alter the product potency.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

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Questions? Comments? Call 1-877-CENTRUM (238-6786)

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

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