

Supplement Facts

Serving size: 1 tablet

Servings per container: 200

Amount per Serving	%Daily Value	Amount per Serving	%Daily Value
Vitamin A (as Acetate and Beta Carotene)	5000 I.U. 100	Magnesium (as Magnesium Oxide)	100 mg. 25
Vitamin C (as Ascorbic Acid)	60 mg. 100	Zinc (as Zinc Oxide)	15 mg. 100
Vitamin D	400 I.U. 100	Selenium (as Sodium Selenate)	20 mcg. 29
Vitamin E 30 mg. (as dl-Alpha Tocopheryl Acetate)	30 I.U. 100	Copper (as Cupric Oxide)	2 mg. 100
Vitamin K (as Phytonadione)	25 mcg. 31	Manganese (as Manganese Sulfate)	2.5 mg. 125
Vitamin B1 (as Thiamine Mononitrate)	1.5 mg. 100	Chromium (as Chromium Chloride)	25 mcg. 21
Vitamin B2 (Riboflavin)	1.7 mg. 100	Molybdenum (as Sodium Molybdate)	25 mcg. 33
Niacinamide	20 mg. 100	Chloride (as Potassium Chloride)	36.3 mg. 1
Vitamin B6 (as Pyridoxine HCL)	2 mg. 100	Potassium (as Potassium Chloride)	40 mg. 1
Folate (as Folic Acid)	400 mcg. 100	Boron (as Borates)	5 mcg. *
Vitamin B12 (as Cyanocobalamin)	6 mcg. 100	Nickel (as Nickelous Sulfate)	2 mg. *
Biotin	30 mcg. 10	Silicon (as Sodium Metasilicate Oxide)	10 mcg. *
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg. 100	Tin (as Stannous Chloride)	10 mcg. *
Calcium (Calcium Phosphate Dibasic)	162 mg. 16	Vanadium (as Sodium Metavanadate)	10 mcg. *
Iron (as Ferrous Fumerate)	18 mg. 100		
Phosphorus (as Dibasic Calcium Phosphate)	109 mg. 11		
Iodine (as Potassium Iodide)	150 mcg. 100		

*Daily Value not established.



Complete Vitamin Complex

FAMILY ECONOMY

*Compare to the Active Ingredients in **Centrum**

With **Beta Carotene**

And All the Vitamins and Minerals Necessary to Balance Your Diet, Including the **Antioxidants**

200 TABLETS

DIRECTIONS: Adults, take one (1) tablet daily preferably with meals. THIS PRODUCT CONTAINS IRON, WHICH MAY BE HARMFUL IN LARGE DOSES.

IN CASE OF ACCIDENTAL OVERDOSE, SEEK PROFESSIONAL ASSISTANCE OR CONTACT A POISON CONTROL CENTER IMMEDIATELY.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, gelatin, stearic acid, mannitol, hydroxypropyl methylcellulose, magnesium stearate, titanium dioxide, starch and yellow #6 lake.

*CENTRUM™ is a registered trademark of Lederle Consumer Health Division, American Cyanamid Company NY, U.S.A.

KEEP OUT OF THE REACH OF CHILDREN.

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DIETARY SUPPLEMENT