

FAMILY
wellness™

COMPARE TO CENTRUM®
ADULTS†



Complete Multi

Multivitamin/Multimineral
Supplement

100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A 3500 IU (as 71% retinyl acetate & 29% beta-carotene)	70%
Vitamin C (as ascorbic acid) 60 mg	100%
Vitamin D3 (as cholecalciferol) 1000 IU	250%
Vitamin E (as dl-alpha tocopheryl acetate) 30 IU	100%
Vitamin K (as phytonadione) 25 mcg	31%
Thiamin (as thiamine mononitrate) 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin (as nicotinamide) 20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride) 2 mg	100%
Folate (as folic acid) 400 mcg	100%
Vitamin B12 (as cyanocobalamin) 6 mcg	100%
Biotin 30 mcg	10%
Pantothenic Acid (as D-calcium pantothenate) 10 mg	100%
Calcium 200 mg (as calcium carbonate & dicalcium phosphate)	20%
Iron (as ferrous fumarate) 18 mg	100%
Phosphorus (as dicalcium phosphate) 20 mg	2%

Other Ingredients: Microcrystalline Cellulose, Maltodextrin, sodium di-alpha tocopherol, DL-tartaric acid, FD&C blue no. 1, gelatin, glucose, gum arabic, hydroxypropyl methylcellulose, polydextrose, polyethylene glycol, polyvinyl alcohol, sodium phosphate, sunflower oil, talc, titanium dioxide, tocopherol, tricalcium phosphate. May contain carnauba wax, povidone, sodium selenate, triacetin.

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Amount Per Serving	% Daily Value
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium oxide) 50 mg	13%
Zinc (as zinc oxide) 11 mg	73%
Selenium (as sodium selenite) 55 mcg	79%
Copper (as cupric sulfate) 0.5 mg	25%
Manganese (as manganese sulfate) 2.3 mg	115%
Chromium (as chromium picolinate) 35 mcg	29%
Molybdenum (as sodium molybdate) 45 mcg	60%
Chloride (as potassium chloride) 72 mg	2%
Potassium (as potassium chloride) 80 mg	2%
Nickel (as nickel sulfate) 5 mcg	**
Silicon (as silicon dioxide) 2 mg	**
Tin (as stannous chloride) 10 mcg	**
Vanadium (as sodium metavanadate) 10 mcg	**

*Daily Value not established.

Contains 2% or less of BHT, carboxymethylcellulose, sodium di-alpha tocopherol, DL-tartaric acid, FD&C blue no. 1, gelatin, glucose, gum arabic, hydroxypropyl methylcellulose, polydextrose, polyethylene glycol, polyvinyl alcohol, sodium phosphate, sunflower oil, talc, titanium dioxide, tocopherol, tricalcium phosphate.

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Directions: For adults, take one (1) tablet daily with food as a dietary supplement.

KEEP OUT OF REACH OF CHILDREN. STORE AT 15°- 30° (59°- 86°F). TAMPER RESISTANT. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

WARNING: If you are pregnant, nursing, taking any medications, or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

No gluten, artificial flavors.

*Centrum® is a registered trademark of Wyeth Holdings Corporation.

NOT 100% SATISFIED? Return package and unused product within 30 days to any Family Dollar store for a refund (with receipt) or exchange.

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