

**SUGGESTED USE:** Adults: Take two (2) tablets daily with food. Not formulated for use in children. Do not exceed suggested use.

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 80

Amount Per Serving	% Daily Value
Vitamin A (40% as beta carotene) 1,050 mcg	117%
Vitamin C 100 mg	111%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 15.8 mg	105%
Vitamin K 50 mcg	42%
Thiamin 1.1 mg	92%
Riboflavin 1.1 mg	85%
Niacin 14 mg	88%
Vitamin B <sub>6</sub> 5 mg	264%
Folate 687 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> 50 mcg	2,083%
Biotin 30 mcg	100%
Pantothenic Acid 5 mg	100%
Calcium 300 mg	23%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	24%
Zinc 15 mg	136%
Selenium 22 mcg	40%
Copper 0.5 mg	58%
Manganese 2.3 mg	100%
Chromium 52 mcg	148%
Molybdenum 60 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 300 mcg	-

\*Daily Value not established.

**Ingredients:** Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, Microcrystalline Cellulose, Maltodextrin, DL- $\alpha$ -Tocopheryl Acetate (Vit. E), Centulites™ 2% eth Beta-Carotene, Beta, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Piccolinate, Copper Sulfate, Croscopolvidone, Cyanocobalamin (Vit. B<sub>12</sub>), Ferrus Fumarate, Folic Acid, Hydroxytoluene, Lutein, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Phytonadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Methylate, Sodium Selenate, Taic, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Vitamin A Acetate, Zinc Oxide.

Distributed by: GSK Consumer Healthcare, Warren, NJ 07059  
Made in Canada

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

**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.

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

Store at room temperature. Keep bottle tightly closed. Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Questions? Comments? Call 1-877-CENTRUM (238-8780)

For most recent product information, visit [www.centrum.com](http://www.centrum.com)

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\* Non GMO applies to Centrum and Centrum Silver tablets only, learn more at [centrum.com](http://centrum.com).

\* B-Vitamins help promote heart health.\*  
† Not a replacement for cholesterol-lowering drugs.  
Zinc and B-Vitamins help support normal brain function.\*  
Vitamins A, C, and E, and Lutein\* support healthy eyes.\*  
\* This product is not intended to provide daily intake of Lutein. Take with a diet rich in fruits and vegetables.  
Vitamin D and Calcium help maintain strong bones.\*

\*\* Based on USDA FoodData Central values for whole milk and raw medium strawberries. Applies to this product only.

† Not intended to replace a healthy and balanced diet.

‡ As compared to Centrum Silver Women.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**EASY TO SWALLOW!**

gsk

# Centrum

## minis

### WOMEN 50+

Supports heart, brain,  
eye + bone health\*\*



**160 Tablets** TAKE TWO

Multivitamin/Multimineral Supplement

# Centrum

## minis

An easier way to  
nourish your good health!™

TWO mini tablets =  
the same nutritional goodness as  
ONE Centrum Silver tablet.



2 mini tablets have as much  
**CALCIUM & VITAMIN C** as



**1** cup of milk\*\*\*



**14** whole  
strawberries\*\*\*



FAA150503

