

Ingredients: Sucrose, Corn Syrup, Water, Hydrogenated Coconut Oil, Choline Bitartrate, Maltodextrin, Acacia. **Contains < 2% of:** Ascorbic Acid (Vit. C), Beeswax, Biotin, Blue 2 Lake, Calcium Pantothenate, Carmine (color), Carnauba Wax, Cholecalciferol (Vit. D₃), Cyanocobalamin (Vit. B₁₂), dl-Alpha Tocopheryl Acetate (Vit. E), Folic Acid, Inositol, Lac-Resin, Lecithin (Soy), Modified Corn Starch, Natural and Artificial Flavors, Potassium Iodide, Pregelatinized Corn Starch, Pyridoxine Hydrochloride (Vit. B₆), Titanium Dioxide, Vitamin A Palmitate, Zinc Sulfate. **Contains:** Soy.

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

Do not exceed suggested use.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

This product must not be taken with products containing high levels of vitamins A, D, folic acid, or zinc.

Keep out of reach of children. Store at room temperature.

Keep bottle tightly closed. Protect from moisture.

Bottle sealed with printed foil under cap.

Do Not Use if foil is torn.

Marketed by: Pfizer,

Madison, NJ 07940 USA

Questions? Comments?

Call 1-877-CENTRUM

For most recent product information,

visit www.centrum.com

No varnish
area



SUGGESTED USE: Adults — Take 4 chews daily with or without food.
Not formulated for use in children.

Supplement Facts

Serving Size 4 Chews (Servings Per Container 30)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 25		Biotin 150 mcg	50%
Total Carbohydrate 6 g	2%†	Pantothenic Acid 10 mg	100%
Sugar 4 g	*	Iodine 80 mcg	53%
Vitamin A 2,000 IU	40%	Zinc 5 mg	33%
Vitamin C 60 mg	100%	Choline 76 mg	*
Vitamin D 800 IU	200%	Inositol 40 mcg	*
Vitamin E 40 IU	133%		
Vitamin B ₆ 2 mg	100%		
Folic Acid 400 mcg	100%		
Vitamin B ₁₂ 10 mcg	167%		

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

* Daily Value not established.



Includes B-vitamins
to help support daily
energy needs*

ENERGY*



Contains antioxidants
to help support the
immune system*

IMMUNITY*

*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.

Patent Pending

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