

Prod. No. 29562

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



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Compare to Centrum®*

CVS/pharmacy[®] spectravite[®] Multivitamin/Multimineral Supplement

130 GLUTEN-FREE TABLETS

ADULT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin A (as Vitamin A Acetate and 29% as Beta-Carotene)	3,500 IU	70%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopherol Acetate)	30 IU	100%
Vitamin K (as Phylloquinone)	25 mcg	31%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Nicotinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg	20%
Iron (as Ferrous Fumarate)	18 mg	100%

Other ingredients: Cellulose (Plant Origin), Gelatin (Porcine). **Contains <2% of:** Cellulose Coating, Croscarmellose, Croscopolone, FD&C Yellow #6 Lake, Methylcellulose, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, artificial flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Amount Per Serving		% Daily Value
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	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	93%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Boric Acid)	75 mcg	**
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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six, **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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