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seal under cap is
broken or missing

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manufactured or
distributed by Pfizer,
marketer of Centrum®.



Complete

Multivitamin/Multimineral
Supplement

31 NUTRIENTS
400 IU Vitamin D₃
300 TABLETS

Easy to Swallow

Gluten
Free

COMPARE TO CENTRUM® ingredients**

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%	Vitamin B12 6 mcg	100%	Manganese 2.3 mg	115%
Vitamin C 60 mg	100%	Biotin 30 mcg	10%	Chromium 35 mcg	29%
Vitamin D 400 IU	100%	Pantothenic Acid 10 mg	100%	Molybdenum 45 mcg	60%
Vitamin E 30 IU	100%	Calcium 200 mg	20%	Chloride 72 mg	2%
Vitamin K 25 mcg	31%	Iron 18 mg	100%	Potassium 80 mg	2%
Thiamin 1.5 mg	100%	Phosphorus 20 mg	2%	Boron 75 mcg	*
Riboflavin 1.7 mg	100%	Iodine 150 mcg	100%	Nickel 5 mcg	*
Niacin 20 mg	100%	Magnesium 50 mg	13%	Silicon 2 mg	*
Vitamin B6 2 mg	100%	Zinc 11 mg	73%	Tin 10 mcg	*
Folic Acid 400 mcg	100%	Selenium 55 mcg	79%	Vanadium 10 mcg	*
		Copper 0.5 mg	25%		

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Ferrous Fumarate, dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Croscarmellose Sodium, Nicotinamide, Stearic Acid, Polyvinyl Alcohol, Titanium Dioxide Color, Calcium Silicate, Zinc Oxide, Calcium Pantothenate, Polyethylene Glycol, Manganese Sulfate, Magnesium Stearate, Silicon Dioxide, Talc, Pyridoxine Hydrochloride (Vit. B6), Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Cupric Sulfate, Vitamin A Acetate (Vit. A), Beta-Carotene, Folic Acid, FD&C Yellow #6 Aluminum Lake, Sodium Borate, Chromium Picolinate, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Sodium Metasilicate, Biotin, Phytonadione (Vit. K), Sodium Metavanadate, Stannous Chloride, Nickel Sulfate, Cholecalciferol (Vit. D3), Cyanocobalamin (Vit. B12).

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SUGGESTED USE: Adults – Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.
As with any supplement, if you are pregnant or nursing a baby, or are taking medication or have a medical condition, 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.

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.

Store at room temperature. Keep bottle tightly closed.



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