

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**Multivitamin/Multimineral Supplement
with Phytosterols**



**COMPLETE
MULTIVITAMIN**

HEART

**Supports Heart Health[§]
with Vitamins B₆, B₁₂
& Folic Acid[†]**

60 TABLETS
Take Twice Daily

COMPLETE
from **A** to
Zinc [†]

Suggested Use: Adults – Take one tablet twice daily with meals or snacks. Not formulated for use in children.

Supplement Facts

Serving Size 1 Tablet (Take 2 Daily)

Each Tablet Contains	% DV
Vitamin A 1,750 IU (29% as Beta-Carotene)	35%
Vitamin C 30 mg	50%
Vitamin D 200 IU	50%
Vitamin E 15 IU	50%
Vitamin K 12.5 mcg	16%
Thiamin 0.75 mg	50%
Riboflavin 0.85 mg	50%

Each Tablet Contains	% DV
Niacin 10 mg	50%
Vitamin B ₆ 2.5 mg	125%
Folic Acid 200 mcg	50%
Vitamin B ₁₂ 100 mcg	1667%
Biotin 15 mcg	5%
Pantothenic Acid 5 mg	50%
Calcium 54 mg	5%
Iron 3 mg	17%
Phosphorus 40 mg	4%
Iodine 75 mcg	50%

Each Tablet Contains	% DV
Magnesium 20 mg	5%
Zinc 3.75 mg	25%
Selenium 10 mcg	14%
Copper 0.35 mg	18%
Manganese 1 mg	50%
Chromium 60 mcg	50%
Molybdenum 37.5 mcg	50%
Chloride 29 mg	<1%
Potassium 32 mg	<1%

Each Tablet Contains	% DV
Boron 16 mcg	*
Nickel 2.5 mcg	*
Tin 5 mcg	*
Vanadium 5 mcg	*
Phytosterols 400 mg	*

*Daily Value (DV) not established.

Ingredients: Phytosterols, Microcrystalline Cellulose, Dibasic Calcium Phosphate, Croscarmellose Sodium, Potassium Chloride, Ascorbic Acid (Vit. C), Magnesium Oxide, **Contains < 2% of:** Acacia, Ascorbyl Palmitate (to retard oxidation), Beta-Carotene, BHT, Biotin, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Corn Starch, Cupric Sulfate, Cyanocobalamin (Vit. B₁₂), dl-Alpha Tocopheryl Acetate (Vit. E), Ferrous Fumarate, Folic Acid, Gelatin, Hypromellose, Lecithin, Magnesium Borate, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Modified Corn Starch, Nicotinamide, Nickelous Sulfate, Phytanadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to retard oxidation), Sodium Benzoate (preservative), Sodium Citrate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Sorbic Acid (preservative), Stannous Chloride, Sucrose, Talc, Triamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to retard oxidation), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

As with any supplement, if you are taking medication consult your doctor before use. Do not exceed suggested use. [§]Not a replacement for cholesterol-lowering drugs. Dietary supplementation with phytosterols is not suitable for pregnant or lactating women.

Sitosterolemics: Contains Phytosterols (Sitosterols).

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. Made in Canada

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA © 2012 Pfizer Inc.

Questions? Comments? [†]Refers to all nutrients with an RDI
Call 1-877-CENTRUM Patent Pending

For most recent product information, visit www.centrum.com

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EXP. DATE