



120 Tablets

Multivitamin/Multimineral Supplement

*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.

MEN

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 3,500 IU (28% as Beta-Carotene)	70%
Vitamin C 90 mg	150%
Vitamin D 1,000 IU	250%
Vitamin E 45 IU	150%
Vitamin K 60 mcg	75%
Thiamin 1.2 mg	80%

Amount Per Serving % DV

Riboflavin 1.3 mg	76%
Niacin 16 mg	80%
Vitamin B ₆ 2 mg	100%
Folic Acid 200 mcg	50%
Vitamin B ₁₂ 6 mcg	100%
Biotin 40 mcg	13%
Pantothenic Acid 15 mg	150%
Calcium 210 mg	21%
Iron 8 mg	44%

Amount Per Serving % DV

Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	25%
Zinc 11 mg	73%
Selenium 100 mcg	143%
Copper 0.9 mg	45%
Manganese 2.3 mg	115%
Chromium 35 mcg	29%
Molybdenum 50 mcg	67%

Amount Per Serving % DV

Chloride 72 mg	2%
Potassium 80 mg	2%
Nickel 5 mcg	-
Silicon 2 mg	-
Tin 10 mcg	-
Vanadium 10 mcg	-
Lycopene 600 mcg	-

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Magnesium Oxide, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, dl-Alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch, Corn Starch. **Contains < 2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Croscollidone, Copper Sulfate, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Hydrogenated Palm Oil, Lecithin (soy), Lycopene, Magnesium Stearate, Maltodextrin, Manganese Sulfate, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pregelatinized Corn Starch, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Stannous Chloride, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

SUGGESTED USE: Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use. As with any supplement, if you are 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.

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.

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

^{**}B-vitamins and iron support daily energy needs*

^{***}Antioxidants^{††} support normal immune function*

^{††}B-vitamins aid in the metabolism of fats, carbohydrates and proteins*

^{††}Magnesium, Vitamin D and B₆ support muscle function*

^{†††}Refers to Vitamins C, E, Beta-Carotene and Zinc*

Questions? Comments?

Call 1-877-CENTRUM (236-8786)

Marketed by: Pfizer, Madison, NJ 07940 USA

© 2014 Pfizer Inc. Made in Canada

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

***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.**

PAA053047

CONTROL NO.

EXP. DATE