

For the Most
Important Parts
of You™



ENERGY™

IMMUNITY™

METABOLISM™

MUSCLE FUNCTION™

*No statement has been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Centrum®



MEN

120 Tablets

Multivitamin/Multimineral Supplement

COMPLETE from **A to Zinc**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%
Vitamin C 90 mg	150%
Vitamin D 600 IU	150%
Vitamin E 45 IU	150%
Vitamin K 60 mcg	75%
Thiamin 1.2 mg	80%
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%
Chloride 72 mg	2%
Potassium 80 mg	2%
Boron 150 mcg	*
Nickel 5 mcg	*
Silicon 2 mg	*
Tin 10 mcg	*
Vanadium 10 mcg	*
Lycopene 600 mcg	*

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, dl-Alpha Tocopheryl Acetate (Vit. E), Corn Starch. **Contains < 2% of:** Beta-Carotene, BHT (to retard oxidation), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Hydrogenated Palm Oil, Lecithin (Soy), Lycopene, Magnesium Borate, Magnesium Stearate, *Axitodextrin, Manganese Sulfate, Modified Corn Starch, Niacinamide, Nickelous Sulfate, Phytanadione (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 retard oxidation), Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Stannous Chloride, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to retard oxidation), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

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 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.

Marketed by Pfizer, Madison, NJ 07940 USA

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Questions? Comments?
Call 1-877-CENTRUM

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

*Refers to all nutrients with an RDI