



WOMEN

Supplement Facts

| Amount Per Serving | % DV |
|---|------|
| Serving Size 1 Tablet | |
| Vitamin A 3,500 IU (29% as Beta-Carotene) | 70% |
| Vitamin C 75 mg | 125% |
| Vitamin D 1,000 IU | 250% |
| Vitamin E 35 IU | 117% |
| Vitamin K 50 mcg | 63% |
| Thiamin 1.1 mg | 73% |

| Amount Per Serving | % DV |
|-------------------------------|------|
| Riboflavin 1.1 mg | 65% |
| Niacin 14 mg | 70% |
| Vitamin B ₆ 2 mg | 100% |
| Folic Acid 400 mcg | 100% |
| Vitamin B ₁₂ 6 mcg | 100% |
| Biotin 40 mcg | 13% |
| Pantothenic Acid 15 mg | 150% |
| Calcium 200 mg | 20% |
| Iron 18 mg | 100% |

| Amount Per Serving | % DV |
|--------------------|------|
| Phosphorus 20 mg | 2% |
| Iodine 150 mcg | 100% |
| Magnesium 100 mg | 25% |
| Zinc 8 mg | 53% |
| Selenium 18 mcg | 26% |
| Copper 0.5 mg | 25% |
| Manganese 1.8 mg | 90% |
| Chromium 32 mcg | 27% |
| Molybdenum 50 mcg | 67% |

| Amount Per Serving | % DV |
|--------------------|------|
| Chloride 72 mg | 2% |
| Potassium 80 mg | 2% |
| Nickel 5 mcg | * |
| Silicon 2 mg | * |
| Vanadium 10 mcg | * |
| Tin 10 mcg | * |

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, di-Alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Croscovidone. **Contains < 2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Corn Starch, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hydrogenated Palm Oil, Lecithin (soy), Magnesium Stearate, Manganese Sulfate, Modified Corn Starch, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, 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, Talk, 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 pregnant, nursing, or 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.

***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.**

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Questions? Comments?
Call 1-877-CENTRUM (236-8786)

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B-vitamins and iron support daily energy needs

Antioxidants†† support normal immune function

B-vitamins aid in the metabolism of fats, carbohydrates and proteins

Biotin, beta-carotene, vitamins A, C and E help maintain healthy appearance

††Refers to Vitamins C, E, Beta-Carotene and Zinc

PAA053902



CONTROL NO.

EXP. DATE

120 Tablets

Multivitamin/Multimineral Supplement

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