

**New Formula!
More Vitamin D***



*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.



For the Most Important Parts of You™

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

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**New! More Vitamin D[†]
for Strong Bones!***



60 Tablets

Multivitamin/Multimineral Supplement **ADULTS**



PAA053663

For complete information,
visit Centrum.com

COMPLETE from **A to Zinc**®

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 3,500 IU (25% as Beta-Carotene)	70%
Vitamin C 60 mg	100%
Vitamin D 1,000 IU	250%
Vitamin E 30 IU	100%
Vitamin K 25 mcg	31%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B ₆ 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ 6 mcg	100%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 200 mg	20%
Iron 18 mg	100%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	13%
Zinc 11 mg	73%
Selenium 55 mcg	79%
Copper 0.5 mg	25%
Manganese 2.3 mg	115%
Chromium 35 mcg	29%
Molybdenum 45 mcg	60%
Chloride 72 mg	2%
Potassium 80 mg	2%
Nickel 5 mcg	-
Silicon 2 mg	-
Tin 10 mcg	-
Vanadium 10 mcg	-

*Daily Value (DV) not established.

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

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.

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Questions? Comments? Call 1-877-CENTRUM (236-8786)
For most recent product information, visit www.centrum.com

*Refers to all nutrients with an RDI

†As compared to previous formula.