

For the Most Important Parts of You™



*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.

Energy	B-vitamins and iron support daily energy needs*
Immunity	Antioxidants* support normal immune function*
Metabolism	B-vitamins aid in the metabolism of fats, carbohydrates and proteins*

Specially formulated to provide a complete multivitamin for Adults

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

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60 Tablets

Multivitamin/Multimineral Supplement

ADULTS

For complete information, visit Centrum.com



PAA044377

COMPLETE from **A to Zinc**

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 1,333 IU (25% as Beta-Carotene)	75%
Vitamin C 60 mg	100%
Vitamin D 400 IU	100%
Vitamin E 30 IU	100%
Vitamin K 35 mcg	31%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 35 mg	100%
Vitamin B ₆ 3 mg	100%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ 5 mcg	100%
Biotin 30 mcg	1%
Pantothenic Acid 15 mg	100%
Calcium 200 mg	20%
Iron 18 mg	100%
Phosphorus 35 mg	7%
Sodium 150 mg	100%
Magnesium 50 mg	12%
Zinc 11 mg	75%
Selenium 55 mcg	79%
Copper 0.5 mg	79%
Manganese 2.3 mg	115%
Chromium 35 mcg	29%
Molybdenum 45 mcg	80%
Chloride 72 mg	2%
Potassium 90 mg	2%
Boron 25 mcg	-
Silica 5 mg	-
Tin 2 mg	-
Titanium 10 mcg	-
Vanadium 10 mcg	-

Ingredients: Calcium Carbonate, Potassium Chloride, Glucose, Calcium Phosphate, Microcrystalline Cellulose, Magnesium Oxide, Ascorbic Acid (Vit. C), Ferrous Fumarate, DL-Alpha Tocopheryl Acetate (Vit. E), Pregnenolone, Corn Starch, Cellulose (2% of Beta-Carotene, BHT (to retard oxidation), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D), Chromium Picolinate, Corn Starch, Croscaps, Cupric Sulfate, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hydrogenated Palm Oil, Magnesium Borate, Magnesium Stearate, Malic Acid, Manganese Sulfate, Maltodextrin, Nickelous Sulfate, Polyethylene Glycol, Polysorbate 80, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Metasilicate, Sodium Molybdate, Sodium Selenate, Stearic Acid, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to retard oxidation), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

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 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.

Manufactured 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

*Daily Value (DV) not established.