

100% of 13
Key Nutrients†



Chewables

ADULTS



ORANGE BURST
NATURAL & ARTIFICIAL FLAVOR

100 Chewable 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.

Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving	% Daily Value
Calories 5	
Total Carbohydrate <1 g	<1%†
Sugar <1 g	*
Vitamin A 1,500 IU (53% as Beta-Carotene)	30%
Vitamin C 60 mg	100%
Vitamin D 400 IU	100%
Vitamin E 30 IU	100%
Vitamin K 10 mcg	13%

Ingredients: Sucrose, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Mannitol, Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vit. C), Mono- and Di-glycerides, Pregelatinized Corn Starch, Maltodextrin, Stearic Acid, dl-Alpha Tocopheryl Acetate (Vit. E). **Contains <2% of:** Aspartame, ** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Carbonyl Iron, Carrageenan, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Cupric Oxide, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Guar Gum, Magnesium Stearate, Malic Acid, Manganese Sulfate, Natural and Artificial Flavors, Niacinamide, Phytonadione (Vit. K), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Molybdate, Thiamine Mononitrate (Vit. B₁), Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

SUGGESTED USE: Adults – Chew one (1) tablet daily with food. 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.

****PHENYLKETONURICS: CONTAINS PHENYLALANINE**

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. Protect from moisture. Bottle sealed with printed foil under cap. Do Not Use if foil is torn. Marketed by: Pfizer, Madison, NJ 07940 USA © 2015 Pfizer Inc. Made in Canada

†B-vitamins and iron support daily energy needs*

Antioxidants†† support normal immune function

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

††Refers to vitamins C and E, beta-carotene and zinc

Questions? Comments?
Call 1-877-CENTRUM (236-8786)
For most recent product information,
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†Based on Daily Value

Amount Per Serving	% Daily Value
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 45 mcg	15%
Pantothenic Acid 10 mg	100%
Calcium 108 mg	11%
Iron 8 mg	44%

Amount Per Serving	% Daily Value
Phosphorus 50 mg	5%
Iodine 150 mcg	100%
Magnesium 40 mg	10%
Zinc 15 mg	100%
Copper 2 mg	100%
Manganese 1 mg	50%
Chromium 20 mcg	17%
Molybdenum 20 mcg	27%

† Percent Daily Values based on a 2,000 calorie diet.

* Daily Values not established.

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CONTROL NO.



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