



Compare to Centrum® Adults Under 50™

Advanced Formula Complete

Specially Formulated Multivitamin/
Multimineral Supplement for Adults
with over 20 nutrients

150
Caplets



Dietary
Supplement

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and 29% as Beta-Carotene)	3,500 IU 70%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin D (as D3 Cholecalciferol)	400 IU 100%	Zinc (as Zinc Oxide)	11 mg 72%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%	Selenium (as Sodium Selenate)	55 mcg 79%
Vitamin K (as Phytonadione)	25 mcg 31%	Copper (as Cupric Sulfate)	0.5 mg 25%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Riboflavin (Vitamin B-2)	1.7 mg 100%	Chromium (as Chromium Picolinate)	35 mcg 29%
Niacin (as Niacinamide)	20 mg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 60%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Folic Acid	400 mcg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%	Boron (as Boric Acid)	75 mcg ***
Biotin (as d-Biotin)	30 mcg 10%	Nickel (as Nickelous Sulfate)	5 mcg ***
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Silicon (as Silicon Dioxide)	2 mg ***
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%	Tin (as Stannous Chloride)	10 mcg ***
Iron (as Ferrous Fumarate)	18 mg 100%	Vanadium (as Sodium Metavanadate)	10 mcg ***
Phosphorus (as Dicalcium Phosphate)	20 mg 2%		

Other Ingredients: Cellulose (Plant Origin), Gelatin. Contains <2% of: Cellulose Coating, Croscarmellose, Crospovidone, FD&C Yellow #6 Lake, Maltodextrin, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.

100%
Quality
Guaranteed
(888) 309-9030

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.
DISTRIBUTED BY DOLGENCORP, LLC
100 MISSION RIDGE
GOODLETTSVILLE, TN 37072 USA
Questions or comments? 1-888-309-9030

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1.5 mg 100%	Manganese (as Manganese Sulfate)	2.3 mg 115%
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**This product is not manufactured or distributed by Wyeth Holdings Corporation, owner of the registered trademark Centrum®, or its affiliates.

This formula supplies key nutrients in a multivitamin specially formulated to support daily nutritional needs.

Immune Support
Vitamins C & E help support immune function*

Energy Metabolism
B-Vitamins help convert food to fuel*

Bone Health
Calcium and Vitamin D help maintain strong bones*

Muscle & Nerve Function
Magnesium, Calcium and B-Vitamins support proper muscle and nerve function*

The nutrients in this formula help support:

• **Immune System Health***
Vitamin C, Vitamin E, Vitamin A, Selenium, Zinc

• **Conversion of food to fuel***
B-Vitamins

• **Heart Health***
Vitamin B-6, Vitamin B-12, Folic Acid, Vitamin C, Vitamin E

• **Healthy Gums***
Vitamin C

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Directions: For adults, take one (1) caplet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, artificial flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.

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Prod. No.
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