



WOMEN

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%
Vitamin C 75 mg	125%
Vitamin D 800 IU	200%
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, dl-Alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Croscollidone. **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, Nicotinamide, 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, Talc, 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.**

Marketed by:
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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

PAA044345



CONTROL NO.



EXP. DATE

120 Tablets

Multivitamin/Multimineral Supplement

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