

Centrum



B-Vitamins and iron support daily energy needs



*Antioxidants** support normal immune function*



B-Vitamins aid in the metabolism of fats, carbohydrates and proteins



Centrum Micronutrients Nourish Your Cells!*

Store at room temperature. Keep bottle tightly closed. Bottle sealed with printed foil under cap. Do Not Use if foil is torn. Questions? Comments? Call 1-800-452-0051

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Verified Non-GMO™ & Gluten Free!

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

~ Read more about our Non-GMO standard on centrum.com.

* 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.



SUGGESTED USE: Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 1,050 mcg (29% as beta-carotene)	117%
Vitamin C 60 mg	67%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 13.5 mg	90%
Vitamin K 25 mcg	21%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B ₆ 2 mg	118%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 6 mcg	250%

Amount Per Serving	% DV
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%
Calcium 200 mg	15%
Iron 18 mg	100%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	12%
Zinc 11 mg	100%
Selenium 55 mcg	100%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 35 mcg	100%
Molybdenum 45 mcg	100%
Daily Value = DV	

Ingredients: Calcium Carbonate, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Magnesium Oxide, Ascorbic Acid (Vit. C), Ferrous Fumarate, dl-alpha Tocopheryl Acetate (Vit. E), Niacinamide. Contains <2%: Beta-Carotene, Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Piccolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B₁₂), Folic Acid, Magnesium Stearate, Manganese Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

Distributed by: Haleon, Warren, NJ 07059

If you are pregnant, nursing, taking medications or supplements, and/or have medical conditions, talk to your healthcare provider 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.