

SUGGESTED USE: Adults: Take one (1) tablespoon (15 mL) daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts

Serving Size 1 tbsp (15 mL)

Servings Per Container 15

Amount Per Serving	% Daily Value
Calories 30	
Total Carbohydrate 5 g	2% [†]
Total Sugars 5 g	*
Includes 5 g Added Sugars	10% [†]
Vitamin A 390 mcg	43%

Amount Per Serving	% Daily Value
Vitamin C 60 mg	67%
Vitamin D ₃ 10 mcg (400 IU)	50%
Vitamin E 13.5 mg	90%
Thiamin 1.1 mg	92%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B ₆ 2 mg	118%
Vitamin B ₁₂ 6 mcg	250% [†]
Biotin 300 mcg	1,000%

Amount Per Serving	% Daily Value
Pantothenic Acid 10 mg	200%
Iron 9 mg	50%
Iodine 150 mcg	100%
Zinc 3 mg	27%
Manganese 2 mg	87%
Chromium 25 mcg	71%
Molybdenum 25 mcg	56%

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

* Daily Value not established.

Ingredients: Purified Water, Sugar, Ethyl Alcohol. Contains < 2%: Ascorbic Acid (Vit. C), BHA (to preserve freshness), Biotin, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Cyanocobalamin (Vit. B₁₂), Dexpantenol, Disodium EDTA (to preserve freshness), dl-alpha Tocopheryl Acetate (Vit. E), Ferrous Gluconate, Glycerin, Manganese Chloride, Natural Flavors, Niacinamide, Polysorbate 80, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin-5'-phosphate (Vit. B₂), Sodium Benzoate (to preserve freshness), Sodium Molybdate, Thiamine Hydrochloride (Vit. B₁), Tocopherols (to preserve freshness), Vitamin A Palmitate, Zinc Gluconate.

Distributed by: Haleon, Warren, NJ 07059. Made in Canada

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.

If taking other supplements, read label, since supplements may contain the same ingredient. Store at 15-30°C (59-86°F). Keep bottle tightly closed. Protect from freezing. Bottle has a seal under cap. Do Not Use if seal is torn or missing.

Trademarks are owned by or licensed to the Haleon group of companies. ©2024 Haleon group of companies or its licensor.

Questions? Comments? Call 1-877-CENTRUM (236-8786). For most recent product information, visit www.centrum.com

Pat. Info www.productpats.com

*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.



3 05730 51330 2

^{††}Refers to Vitamins C and E, and Zinc.



B-Vitamins and iron support daily energy needs*



Antioxidants^{††} support normal immune function*



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

HALEON

Contains
17 Nutrients

Centrum

ADULT LIQUID

Citrus Flavor
Natural Flavors

Contains
6% Alcohol

8 fl oz (236 mL)
Multivitamin/Multimineral Supplement