

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	Amount Per Serving	% DV
Vitamin A 1,050 mcg (29% as beta-carotene)	117%	Calcium 210 mg	16%
Vitamin C 90 mg	100%	Iron 8 mg	44%
Vitamin D ₃ 25 mcg (1,000 IU)	125%	Phosphorus 20 mg	2%
Vitamin E 20.3 mg	135%	Iodine 150 mcg	100%
Vitamin K 60 mcg	50%	Magnesium 100 mg	24%
Thiamin 1.2 mg	100%	Zinc 11 mg	100%
Riboflavin 1.3 mg	100%	Selenium 100 mcg	182%
Niacin 16 mg	100%	Copper 0.9 mg	100%
Vitamin B ₆ 2 mg	118%	Manganese 2.3 mg	100%
Folate 333 mcg DFE (200 mcg Folic Acid)	83%	Chromium 35 mcg	100%
Vitamin B ₁₂ 6 mcg	250%	Molybdenum 50 mcg	111%
Biotin 40 mcg	133%		
Pantothenic Acid 15 mg	300%		

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, dl-alpha Tocopheryl Acetate (Vit. E), Ferrous Fumarate. Contains <2%: Beta-Carotene, Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B₁₂), Folic Acid, Lecithin (soy), Magnesium Stearate, Manganese Sulfate, Niacinamide, Phytanadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

Contains: Soy

Distributed by: Haleon, Warren, NJ 07059

Made in Canada.

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Questions? Comments? Call 1-800-452-0051

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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



Magnesium, Vitamin D and B₆ support muscle function

Centrum Micronutrients Nourish Your Cells!*

If you are 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.

Store at room temperature. Keep bottle tightly closed.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

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.**



non-GMO~



gluten free



no artificial sweeteners



no artificial flavors

HALEON

#1 DOCTOR RECOMMENDED MULTIVITAMIN BRAND

Centrum

MEN

COMPLETE MULTIVITAMIN

Supports energy, immunity, metabolism + muscle function**



100 Tablets
Multivitamin/Multimineral Supplement

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