



MENOPAUSE SUPPORT

HALEON



MENOPAUSE SUPPORT

for all stages of menopause

complete multivitamin + hot flash support

Hormone-free, helps reduce hot flashes†
Promotes healthy bones & metabolism!*



DIETARY SUPPLEMENT

30 TABLETS

*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.

Made for You

Part of a line of products, specifically designed to support your needs through perimenopause and menopause.

Trusted Science

Backed by 40+ years of nutritional science. Centrum is the most clinically studied multivitamin brand in the world.

Expert Recommended Brand

The #1 Doctor and #1 Pharmacist recommended Multivitamin Brand.



Scan to Learn More in English or Spanish

If taking this product along with Centrum Menopause Support Restful Sleep, take Centrum Menopause Support Multivitamin + Hot Flash Support in the morning with breakfast and Centrum Menopause Support Restful Sleep in the evening before bedtime. Do not take products together.

Store at room temperature. Keep bottle tightly closed.

Do Not Use if carton top or bottom flaps glue seal is broken. Questions? Comments?

Call 1-800-452-0051

For most recent product information, visit www.centrum.com

Pat. Info www.productpats.com

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geniVida® is a trademark of DSM.

Proudly manufactured in a GMP facility.

†A clinical study showed a significant reduction of hot flashes after 12 weeks of daily use of geniVida®*
Vitamin D and calcium help maintain strong bones. B-vitamins aid in the metabolism of fats, carbohydrates, and proteins.

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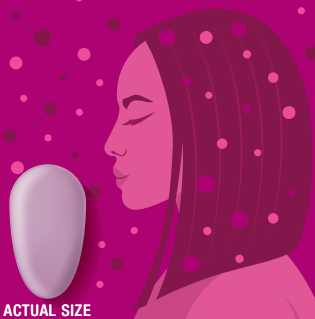
complete multivitamin + hot flash support*

1 Hormone-free formula that helps relieve hot flashes, a disruptive symptom of menopause*

A complete multivitamin with key essential nutrients for whole body support **2**

3 Includes geniVida®, clinically studied to help minimize the frequency and duration of hot flashes* after 12 weeks of daily use

Pair With Centrum **Clear Mind & Calm Mood** or Centrum **Restful Sleep** for a daily routine **4**



ACTUAL SIZE

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DIRECTIONS: Adults: Take one (1) tablet daily in the morning with breakfast. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as vitamin A acetate and as 40% beta-carotene)	900 mcg	100%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg	100%
Vitamin K (as phytonadione)	30 mcg	25%
Thiamin (as thiamin mononitrate)	2.4 mg	200%
Riboflavin	2.6 mg	200%
Niacin (as niacinamide)	16 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	3.4 mg	200%
Folate (as folic acid)	667 mcg DFE	167%
(400 mcg Folic Acid)		
Vitamin B ₁₂ (as cyanocobalamin)	24.4 mcg	1,017%
Biotin	30 mcg	100%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%
Calcium (as calcium carbonate)	300 mg	23%
Iodide (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	84 mg	20%
Zinc (as zinc oxide)	11 mg	100%
Copper (as copper sulfate)	0.9 mg	100%
Manganese (as manganese sulfate)	1.2 mg	52%
geniVida® (genistein)	30 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium. Contains <2%: Blue Lake 2, Hydroxypropyl Cellulose, Magnesium Stearate, Mica-Based Pearlescent/Titanium Dioxide (color), Polyethylene Glycol, Polyvinyl Alcohol, Red Lake 40, Silicon Dioxide, Stearic Acid, Talc.

Distributed by: Haleon, Warren, NJ 07059

As with any supplement, if you are pregnant or nursing, consult your healthcare provider prior to use.

If taking other supplements, read label, since supplements may contain the same ingredient.

Keep out of reach of children.

Consult your healthcare provider prior to use if you are taking medication, have any medical condition, or a history of breast cancer.

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