



# Centrum

## MEN 50+ MULTIGUMMIES

Supports heart, brain,  
eye health + muscle strength\*\*



Assorted Natural Fruit Flavors  
**80 Gummies**  
Multivitamin/Multimineral Supplement

## Centrum

- No artificial flavors or sweeteners • Take with or without food or water • Gluten-free
- Contains no wheat, milk, soy, egg, peanut, tree nuts, fish or crustacean shellfish allergens

**SUGGESTED USE:** Adults: Take two (2) gummies daily. Do not exceed suggested use. Not formulated for use in children.

### Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 40

Amount Per Serving	% DV
Calories 15	
Total Carbohydrate 3 g	1%†
Total Sugars 2 g	*
Includes 2 g Added Sugars	4%†
Vitamin A 750 mcg	83%
Vitamin C 45 mg	50%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 18 mg	120%
Vitamin B <sub>6</sub> 3.5 mg	206%
Folate 267 mcg DFE (160 mcg Folic Acid)	67%

Amount Per Serving	% DV
Vitamin B <sub>12</sub> 25 mcg	1,042%
Biotin 30 mcg	100%
Pantothenic Acid 3 mg	60%
Calcium 80 mg	6%
Iodine 80 mcg	53%
Zinc 5 mg	45%
Sodium 5 mg	<1%

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

\* Daily Value not established.

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

Questions? Comments? Call 1-877-CENTRUM (236-8786)

For most recent product information, visit [www.centrum.com](http://www.centrum.com)

**INGREDIENTS:** Glucose Syrup, Sugar, Water, Gelatin, Tribasic Calcium Phosphate, Ascorbic Acid (Vit. C). **Contains <2%:** Annatto Seed Extract (color), Biotin, Calcium Pantothenate, Carnauba Wax, Cholecalciferol (Vit. D<sub>3</sub>), Citric Acid, Citrus Pectin, Cyanocobalamin (Vit. B<sub>12</sub>), DL-alpha Tocopheryl Acetate (Vit. E), Folic Acid, Fruit and/or Vegetable Juice Concentrates (purple carrot, maqui berry) (color and/or flavor), Invert Sugar, Lactic Acid, Medium-Chain Triglycerides, Natural Flavors, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Sodium Citrate, Sodium Lactate, Turmeric (color), Vitamin A Acetate, Zinc Sulfate.

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**Keep out of reach of children.**

Do not take this product with other products containing folic acid or vitamin A.

As with any supplement, if you are taking medication consult your doctor before use.

Store at room temperature. Keep bottle tightly closed. Protect from moisture. Due to use of plant-based colors, gummy appearance may change over time.

This does not alter the product potency.

Proudly manufactured in a GMP facility.

^ B-Vitamins help support heart health.\*§

§ Not a replacement for cholesterol-lowering drugs.

Zinc and B-Vitamins help support normal brain function.\*

Vitamins A, C, and E support healthy eyes.\*

Vitamins D and B<sub>6</sub> help support muscle function.\*

**\*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.**



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