



Centrum

MEN MULTIGUMMIES

Supports energy, immunity,
metabolism + muscle strength**



Assorted Natural Fruit Flavors
100 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 50

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 ₃ 25 mcg (1,000 IU)	125%
Vitamin E 13.5 mg	90%
Riboflavin 0.26 mg	20%
Niacin 3.2 mg	20%
Vitamin B ₆ 5 mg	294%
Folate 40 mcg DFE (24 mcg Folic Acid)	10%

Amount Per Serving	% DV
Vitamin B ₁₂ 2.4 mcg	100%
Biotin 30 mcg	100%
Pantothenic Acid 3 mg	60%
Iodine 40 mcg	27%
Zinc 5 mg	45%
Selenium 55 mcg	100%
Manganese 0.46 mg	20%

† 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

INGREDIENTS: Glucose Syrup, Sugar, Water, Gelatin, Ascorbic Acid (Vit. C).
Contains <2%: Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Citric Acid, Citrus Pectin, Cyanocobalamin (Vit. B₁₂), 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, Manganese Sulfate, Medium-Chain Triglycerides, Natural Flavors, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Sodium Citrate, Sodium Lactate, Sodium Selenate, Spirulina Extract (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 support daily energy needs.*
Antioxidant vitamins C, E and zinc support normal immune function.*
B-Vitamins aid in the metabolism of fats, carbohydrates and proteins.*
Vitamins D and B₆ 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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