

*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.

Centrum

HALEON
BY THE #1 DOCTOR
RECOMMENDED
MULTIVITAMIN
BRAND

PostNatal

Multivitamin Gummy

with **Essential Nutrients,**
Biotin & 50 mg DHA per serving

Supports mom's hair, skin & nails,
energy, and immunity**



WITH
**BIOTIN &
DHA**

MIXED BERRY & LEMON
Natural Flavors With
Other Natural Flavors

DIETARY SUPPLEMENT **60 GUMMIES**

**Made for
Mom & Baby**
Part of a full line of
products specifically
designed to support
women's needs
before, during, and
after pregnancy.

**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.



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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 30

	Amount Per Serving	% Daily Value for Lactating Women†
Calories	20	
Cholesterol	<5 mg	1%
Total Carbohydrate	5 g	2%
Total Sugars	3 g	*
Includes 3 g Added Sugars		6%
Vitamin A (as retinyl palmitate)	650 mcg	50%
Vitamin C (as ascorbic acid)	35 mg	29%
Vitamin D ₃ (as cholecalciferol)	15 mcg (600 IU)	100%
Vitamin E (as dl-alpha tocopheryl acetate)	19 mg	100%
Niacin (as inositol hexanicotinate)	18 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	100%
Folate (as folic acid)	383 mcg DFE (230 mcg Folic Acid)	64%
Vitamin B ₁₂ (as cyanocobalamin)	20 mcg	714%
Biotin	500 mcg	1,429%
Iodine (as potassium iodide)	290 mcg	100%
Zinc (as zinc citrate)	3.8 mg	29%
Sodium	5 g	<1%
Omega-3 Fatty Acids (from fish oil)	70 mg	*
DHA (as docosahexaenoic acid)	50 mg	*
EPA (as eicosapentaenoic acid)	10 mg	*

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

*Daily Value not established.

Other Ingredients: Glucose Syrup, Sugar, Water, Gelatin. Contains
<2% of: Citric Acid, Color (Turmeric Extract, Purple Carrot Juice
Concentrate), Lactic Acid, Natural Flavors, Sodium Lactate.

Our Omega-3 DHA & EPA is sourced from highly refined fish oil.

• No high fructose corn syrup, artificial flavors or
sweeteners, or synthetic dyes • Contains no wheat,
milk, soy, egg, peanut, tree nuts, fish or crustacean
shellfish allergens • Gluten-free • Non-GMO*

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As with any supplement, if you are pregnant, nursing, or
taking medication, consult your healthcare provider
before use.
Intended to be taken with a well-balanced diet to support
postnatal nutrition needs.

If taking other supplements, read the label, as other
supplements may contain the same ingredients.

Keep out of sight and reach of children.

Do not take this product with other products containing folic
acid unless otherwise directed by your healthcare provider.

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.

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

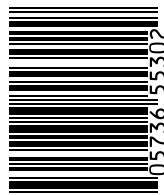
Questions? Comments? Call 1-877-CENTRUM (236-8786)

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

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Pat. Info www.productpats.com

-Read more about our
Non-GMO standard on
centrum.com
Proudly manufactured in
a GMP facility.



^ Biotin, Vitamins A, C and E help
maintain a healthy appearance*
B-Vitamins help support daily
energy needs*
Vitamins C and E support
normal immune function*