

Centrum



<sup>^</sup>B-Vitamins and iron support daily energy needs\*



<sup>^</sup>Antioxidants<sup>++</sup> support normal immune function\*



<sup>^</sup>B-Vitamins aid in the metabolism of fats, carbohydrates and proteins\*



<sup>^</sup>Biotin, Beta-Carotene, Vitamins A, C and E help maintain healthy appearance\*

If you are pregnant, nursing, 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.

<sup>++</sup>Refers to Vitamins C, E, and Beta-Carotene, and Zinc.

Verified Non-GMO<sup>™</sup> & Gluten Free!

<sup>~</sup> Read more about our Non-GMO standard on [centrum.com](http://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<sup>™</sup>



gluten free



no artificial sweeteners



no artificial flavors

HALEON

#1  
DOCTOR  
RECOMMENDED  
MULTIVITAMIN  
BRAND

Centrum

WOMEN  
COMPLETE MULTIVITAMIN

Supports energy, immunity,  
metabolism + healthy appearance<sup>^^</sup>



100 Tablets  
Multivitamin/Multimineral Supplement

\*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.

\*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.

#1  
DOCTOR  
RECOMMENDED  
MULTIVITAMIN  
BRAND

Centrum  
WOMEN  
COMPLETE MULTIVITAMIN  
Supports energy, immunity,  
metabolism + healthy appearance<sup>^^</sup>

100  
Tablets

HALEON

Code128: 217207



**SUGGESTED USE:** Adults: Take one (1) tablet daily with food.  
Not formulated for use in children. Do not exceed suggested use.

Supplement Facts		Amount Per Serving	% DV
Serving Size 1 Tablet			
Amount Per Serving			% DV
Vitamin A 1,050 mcg			117%
(29% as beta-carotene)			
Vitamin C 75 mg			83%
Vitamin D <sub>3</sub> 25 mcg			125%
(1,000 IU)			
Vitamin E 15.8 mg			105%
Vitamin K 50 mcg			42%
Thiamin 1.1 mg			92%
Riboflavin 1.1 mg			85%
Niacin 14 mg			88%
Vitamin B <sub>6</sub> 2 mg			118%
Folate 667 mcg DFE			167%
(400 mcg Folic Acid)			
Vitamin B <sub>12</sub> 6 mcg			250%
Biotin 40 mcg			133%
Pantothenic Acid 15 mg			300%
Calcium 200 mg			15%
Iron 18 mg			100%
Phosphorus 20 mg			2%
Iodine 150 mcg			100%
Magnesium 100 mg			24%
Zinc 8 mg			73%
Selenium 18 mcg			33%
Copper 0.5 mg			56%
Manganese 1.8 mg			78%
Chromium 32 mcg			91%
Molybdenum 50 mcg			111%
Daily Value = DV			

**Ingredients:** Calcium Carbonate, Magnesium Oxide, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, dl-alpha Tocopheryl Acetate (Vit. E), Crospovidone. Contains <2%: Beta-Carotene, Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Copper Sulfate, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Lecithin (soy), Magnesium Stearate, Manganese Sulfate, Niacinamide, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

Distributed by: Haleon, Warren, NJ 07059

Trademarks are owned by or licensed to the Haleon group of companies.

©2025 Haleon group of companies or its licensor.

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

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



3 05736 55476 7

217207



217207

Code128: 217207