

# Centrum MultiGummies Men

## Multivitamin/Multimineral Supplement

This is the most current labeling information and may differ from labels on product packaging. If there are any differences between this website labeling and product packaging labeling, this website labeling should be regarded as the most current.

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

<b>Supplement Facts</b>	
Serving Size 2 Gummies	
Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrate 3 g	1% <sup>†</sup>
Total Sugars 2 g	*
Includes 2 g Added Sugars	4% <sup>†</sup>
Vitamin A 750 mcg	83%
Vitamin C 45 mg	50%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 13.5 mg	90%
Riboflavin 0.26 mg	20%
Niacin 3.2 mg	20%
Vitamin B <sub>6</sub> 5 mg	294%
Folate 40 mcg DFE (24 mcg Folic Acid)	10%
Vitamin B <sub>12</sub> 15 mcg	625%
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%
Sodium 10 mg	<1%
<sup>†</sup> Percent Daily Values are based on a 2,000 calorie diet. *Daily Value not established.	

**Ingredients:** Sugar, Glucose Syrup, Water, Gelatin, Ascorbic Acid (Vit. C). **Contains <2% of:** Biotin, Calcium Pantothenate, Carnuba 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, Manganese Sulfate, Medium-Chain Triglycerides, Natural Flavors, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin (Vit. B<sub>2</sub>), Sodium Citrate, Sodium Lactate, Sodium Selenate, Spirulina Extract (color), Vitamin A Acetate, Zinc Sulfate.

**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.

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

Marketed by: Pfizer, Madison, NJ 07940 USA

Questions? Comments?

Call 1-877-CENTRUM (236-8786)