

# Centrum Chewables

## Multivitamin/Multimineral Supplement Orange Burst

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 – Chew one (1) tablet daily with food. Do not exceed suggested use.

### Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving	% Daily Value
Calories 5	
Total Carbohydrate <1 g	<1% <sup>†</sup>
Sugar <1 g	*
Vitamin A 1,500 IU (53% as Beta-Carotene)	30%
Vitamin C 60 mg	100%
Vitamin D 400 IU	100%
Vitamin E 30 IU	100%
Vitamin K 10 mcg	13%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B <sub>6</sub> 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B <sub>12</sub> 6 mcg	100%
Biotin 45 mcg	15%
Pantothenic Acid 10 mg	100%
Calcium 108 mg	11%
Iron 8 mg	44%

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Phosphorus 50 mg	5%
Iodine 150 mcg	100%
Magnesium 40 mg	10%
Zinc 15 mg	100%
Copper 2 mg	100%
Manganese 1 mg	50%
Chromium 20 mcg	17%
Molybdenum 20 mcg	27%

† Percent Daily Values based on a 2,000 calorie diet.  
\*Daily Value not established.

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**Ingredients:** Sucrose, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Mannitol, Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vit. C), Mono- and Di-glycerides, Pregelatinized Corn Starch, Maltodextrin, Stearic Acid, dl-Alpha Tocopheryl Acetate (Vit. E). **Contains <2% of:** Aspartame,\*\* Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Carbonyl Iron, Carrageenan, Cholecalciferol (Vit. D<sub>3</sub>), Chromic Chloride, Citric Acid, Cupric Oxide, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Gelatin, Guar Gum, Magnesium Stearate, Malic Acid, Manganese Sulfate, Natural and Artificial Flavors, Niacinamide, Phytonadione (Vit. K), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Molybdate, Thiamine Mononitrate (Vit. B<sub>1</sub>), Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor 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.

**\*\*PHENYLKETONURICS: CONTAINS PHENYLALANINE**

**IMPORTANT INFORMATION:** Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

Store at room temperature. Keep bottle tightly closed. Protect from moisture.

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

Marketed by: Pfizer, Madison, NJ 07940 USA

Made in Canada

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