

Centrum 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 one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts	
Serving Size 1 Tablet	
Amount Per Serving	% Daily Value
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%
Vitamin C 90 mg	150%
Vitamin D 1,000 IU	250%
Vitamin E 45 IU	150%
Vitamin K 60 mcg	75%
Thiamin 1.2 mg	80%
Riboflavin 1.3 mg	76%
Niacin 16 mg	80%
Vitamin B ₆ 2 mg	100%
Folic Acid 200 mcg	50%
Vitamin B ₁₂ 6 mcg	100%
Biotin 40 mcg	13%
Pantothenic Acid 15 mg	150%
Calcium 210 mg	21%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	25%

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Zinc 11 mg	73%
Selenium 100 mcg	143%
Copper 0.9 mg	45%
Manganese 2.3 mg	115%
Chromium 35 mcg	29%
Molybdenum 50 mcg	67%
Chloride 72 mg	2%
Potassium 80 mg	2%
Nickel 5 mcg	*
Silicon 2 mg	*
Tin 10 mcg	*
Vanadium 10 mcg	*
Lycopene 600 mcg	*
*Daily Value not established.	

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Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, dl-Alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Modified Corn Starch, Corn Starch. **Contains < 2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Hydrogenated Palm Oil, Lecithin (soy), Lycopene, Magnesium Stearate, Manganese Sulfate, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Stannous Chloride, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

As with any supplement, if you are 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.

If taking other supplements, read label, since supplements may contain the same ingredient.

Store at room temperature. Keep bottle tightly closed.

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)