

# Centrum Liquid

## 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) tablespoon (15 mL) daily with food. Not formulated for use in children. Do not exceed suggested use.

| <b>Supplement Facts</b>  |                  |
|--|------------------|
| Serving Size 1 tbsp (15 mL)  |                  |
| Servings per Container 15  |                  |
| Amount Per Serving   | % Daily Value    |
| Calories 30  |                  |
| Total Carbohydrate 5 g   | 2% <sup>†</sup>  |
| Total Sugars 5 g   | *                |
| Includes 5 g Added Sugars  | 10% <sup>†</sup> |
| Vitamin A 390 mcg  | 43%              |
| Vitamin C 60 mg  | 67%              |
| Vitamin D <sub>3</sub> 10 mcg (400 IU)                               | 50%              |
| Vitamin E 13.5 mg  | 90%              |
| Thiamin 1.1 mg   | 92%              |
| Riboflavin 1.7 mg  | 131%             |
| Niacin 20 mg   | 125%             |
| Vitamin B <sub>6</sub> 2 mg  | 118%             |
| Vitamin B <sub>12</sub> 6 mcg  | 250%             |
| Biotin 300 mcg   | 1,000%           |
| Pantothenic Acid 10 mg   | 200%             |
| Iron 9 mg  | 50%              |
| Iodine 150 mcg   | 100%             |
| Zinc 3 mg  | 27%              |
| Manganese 2 mg   | 87%              |
| Chromium 25 mcg  | 71%              |
| Molybdenum 25 mcg  | 56%              |
| <sup>†</sup> Percent Daily Values are based on a 2,000 calorie diet. |                  |
| *Daily Value not established.  |                  |

**Ingredients:** Purified Water, Sugar, Ethyl Alcohol. **Contains <2% of:** Ascorbic Acid (Vit. C), BHA (to preserve freshness), Biotin, Cholecalciferol (Vit. D<sub>3</sub>), Chromic Chloride, Citric Acid, Cyanocobalamin (Vit. B<sub>12</sub>), Dexpanthenol, Disodium EDTA (to preserve freshness), DL-alpha Tocopheryl Acetate (Vit. E), Ferrous Gluconate, Glycerin, Manganese Chloride, Natural Flavors, Niacinamide, Polysorbate 80, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin-5'-phosphate (Vit. B<sub>2</sub>), Sodium Benzoate (to preserve freshness), Sodium Molybdate, Thiamine Hydrochloride (Vit. B<sub>1</sub>), Tocopherols (to preserve freshness), Vitamin A Palmitate, Zinc Gluconate.

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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.

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

Store at controlled room temperature (15-30°C or 59-86°F). Keep bottle tightly closed. Protect from freezing.

Do Not Use if neck seal imprinted "SEALED FOR YOUR PROTECTION" is broken or missing.

Marketed by: Pfizer, Madison, NJ 07940 USA

Made in Canada

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