

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.

Supplement Facts	
Serving Size 1 tbsp (15 mL)	
Amount Per Serving	% Daily Value
Calories 30	
Total Carbohydrate 5 g	2% [†]
Sugars 5 g	*
Vitamin A 1,300 IU	26%
Vitamin C 60 mg	100%
Vitamin D ₃ 400 IU	100%
Vitamin E 30 IU	100%
Thiamin 1.1 mg	73%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B ₆ 2 mg	100%
Vitamin B ₁₂ 6 mcg	100%
Biotin 300 mcg	100%
Pantothenic Acid 10 mg	100%
Iron 9 mg	50%
Iodine 150 mcg	100%
Zinc 3 mg	20%
Manganese 2 mg	100%
Chromium 25 mcg	21%

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Molybdenum 25 mcg	33%
	
† Percent Daily Values are based on a 2,000 calorie diet.	
* Daily Value not established.	

Ingredients: Purified Water, Sucrose, Ethyl Alcohol. **Contains < 2% of:** Ascorbic Acid (Vit. C), BHA (to preserve freshness), Biotin, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Cyanocobalamin (Vit. B₁₂), Dexpantenol, 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. B₆), Riboflavin-5'-Phosphate (Vit. B₂), Sodium Benzoate (to preserve freshness), Sodium Molybdate, Thiamine Hydrochloride (Vit. B₁), Tocopherols (to preserve freshness), Vitamin A Palmitate, Zinc Gluconate.

SUGGESTED USE: Adults: Take one tablespoon (15 mL) daily with food. Not formulated for use in children. Do not exceed suggested use.

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.

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 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