

# Centrum Specialist Prenatal

## Multivitamin/Multimineral Supplement DHA 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 and one (1) DHA softgel daily with food. Not formulated for use in children. Do not exceed suggested use.

### Supplement Facts

Serving Size 1 Tablet and 1 DHA Softgel

Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Calories 10	
Calories from Fat 10	
Total Fat 1 g	*
Cholesterol <5 mg	*
Vitamin A 2,500 IU (60% as Beta-Carotene)	31%
Vitamin C 90 mg	150%
Vitamin D 400 IU	100%
Vitamin E 35 IU	117%
Vitamin K 30 mcg	*
Thiamin 1.4 mg	82%
Riboflavin 1.4 mg	70%
Niacin 18 mg	90%
Vitamin B <sub>6</sub> 1.9 mg	76%
Folic Acid 800 mcg	100%
Vitamin B <sub>12</sub> 2.6 mcg	33%
Biotin 30 mcg	10%
Pantothenic Acid 6 mg	60%
Calcium 250 mg	19%
Iron 27 mg	150%
Phosphorus 20 mg	2%
Iodine 220 mcg	147%
Magnesium 50 mg	11%
Zinc 11 mg	73%
Selenium 30 mcg	*
Copper 0.9 mg	45%
Manganese 2 mg	*
Chromium 30 mcg	*
Molybdenum 50 mcg	*

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Chloride 72 mg	*
Potassium 80 mg	*
DHA (Docosahexaenoic acid) 200 mg	*
EPA (Eicosapentaenoic acid) 15 mg	*
*Daily Value not established.	

**Ingredients (Tablet):** Calcium Carbonate, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, Ferrous Fumarate, Magnesium Oxide, Microcrystalline Cellulose, Pregelatinized Corn Starch, dl-Alpha Tocopheryl Acetate (Vit. E). **Contains <2% of:** Acacia, Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Calcium Stearate, Carmine (Color), Cholecalciferol (Vit. D<sub>3</sub>), Chromic Chloride, Citric Acid, Corn Starch, Corn Syrup Solids, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Gelatin, Hypromellose, Lecithin (soy), Magnesium Stearate, Maltodextrin, Manganese Sulfate, Medium-Chain Triglycerides, Modified Corn Starch, Niacinamide, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Aluminosilicate, Sodium Ascorbate (to preserve freshness), Sodium Benzoate (to preserve freshness), Sodium Citrate, Sodium Molybdate, Sodium Selenate, Sorbic Acid (to preserve freshness), Sucrose, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Zinc Oxide. **Contains:** Soy.

**Ingredients (Softgel):** Fish Oil Concentrate, Gelatin, Glycerin. **Contains <2% of:** Medium-Chain Triglycerides, Purified Water, Sunflower Oil, Tocopherols (to preserve freshness).

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

The safe upper limit for daily intake of folic acid is 1000 mcg (1 mg).

Do not take Centrum Specialist Prenatal with other multivitamin formulas unless recommended by your doctor.

**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 room temperature. Avoid excessive heat above 40°C (104°F).

Product inside sealed in plastic blister with foil backing. Do Not Use if plastic blister or foil barrier is broken.

Marketed by: Pfizer, Madison, NJ 07940 USA

Made in Canada

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