

# Centrum Chewables

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

<b>Supplement Facts</b>	
Serving Size 1 Chewable tablet	
Amount Per Serving	% Daily Value
Calories 5	
Total Carbohydrate 1 g	<1% <sup>†</sup>
Total Sugars <1 g	*
Includes <1 g Added Sugars	<2% <sup>†</sup>
Vitamin A 450 mcg (53% as Beta-Carotene)	50%
Vitamin C 60 mg	67%
Vitamin D <sub>3</sub> 10 mcg (400 IU)	50%
Vitamin E 13.5 mg	90%
Vitamin K 10 mcg	8%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B <sub>6</sub> 2 mg	118%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> 6 mcg	250%
Biotin 45 mcg	150%
Pantothenic Acid 10 mg	200%
Calcium 108 mg	8%
Iron 8 mg	44%
Phosphorus 50 mg	4%
Iodine 150 mcg	100%
Magnesium 40 mg	10%
Zinc 15 mg	136%
Copper 2 mg	222%
Manganese 1 mg	43%
Chromium 20 mcg	57%
Molybdenum 20 mcg	44%
<sup>†</sup> Percent Daily Values based on a 2,000 calorie diet. *Daily Value not established.	

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**Ingredients:** Sugar, 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.

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

**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. 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)