

# Centrum MultiGummies Multi+Omega-3

## Multivitamin/Multimineral/Omega-3 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 two (2) gummies daily. Do not exceed suggested use.  
Not formulated for use in children.

<b>Supplement Facts</b>	
Serving Size 2 Gummies	
Amount Per Serving	% Daily Value
Calories 25	
Total Carbohydrate 4 g	1% <sup>†</sup>
Total Sugars 4 g	*
Includes 4 g Added Sugars	8% <sup>†</sup>
Vitamin A 600 mcg	67%
Vitamin C 30 mg	33%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 18 mg	120%
Vitamin B <sub>6</sub> 1.6 mg	94%
Folate 267 mcg DFE (160 mcg Folic Acid)	67%
Vitamin B <sub>12</sub> 10 mcg	417%
Biotin 75 mcg	250%
Pantothenic Acid 6 mg	120%
Iodine 80 mcg	53%
Zinc 5 mg	45%
Sodium 5 mg	<1%
Total Omega-3 Fatty Acids 47 mg	*
DHA ( <i>Docosahexaenoic Acid</i> ) 33 mg	*
EPA ( <i>Eicosapentaenoic Acid</i> ) 7 mg	*
<sup>†</sup> Percent Daily Values are based on a 2,000 calorie diet. *Daily Value not established.	

**Ingredients:** Glucose Syrup, Sugar, Gelatin, Water, Fish Oil Concentrate (highly refined).

**Contains <2% of:** Annatto Seed Extract (color), Ascorbic Acid (Vit. C), Biotin, Calcium Pantothenate, Carnauba Wax, Cholecalciferol (Vit. D<sub>3</sub>), Citric Acid, Cyanocobalamin (Vit. B<sub>12</sub>), DL-alpha Tocopheryl Acetate (Vit. E), Folic Acid, Lactic Acid, Lemon Oil, Mannitol, Medium-Chain Triglycerides, Natural Flavors, Orange Oil, Potassium Iodide, Purple Carrot Juice Concentrate (color), Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Sodium Lactate, Strawberry Essence, Turmeric (color), Vitamin A Acetate, Zinc Sulfate.

**Keep out of reach of children.**

Do not take this product with other products containing folic acid or vitamin A.

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

Store at room temperature. Keep bottle tightly closed. Due to use of plant-based colors, gummy appearance may darken over time. This does not alter the product potency.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

Questions? Comments?

Call 1-877-CENTRUM (236-8786)