

# Centrum Multi + Omega-3 Men's Softgels

## 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 one (1) softgel daily with food. Do not exceed suggested use.

Not formulated for use in children.

### Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories 5	
Vitamin A 750 mcg (40% as Beta-Carotene)	83%
Vitamin C 120 mg	133%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 27 mg	180%
Vitamin K 60 mcg	50%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B <sub>6</sub> 6 mg	353%
Folate 500 mcg DFE (300 mcg Folic Acid)	125%
Vitamin B <sub>12</sub> 12 mcg	500%
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%
Calcium 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	12%
Zinc 15 mg	136%
Selenium 21 mcg	38%

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Copper 0.5 mg	56%
Manganese 4 mg	174%
Chromium 60 mcg	171%
Molybdenum 50 mcg	111%
Omega-3 Fatty Acids 200 mg (180 mg EPA + DHA)	*
*Daily Value not established.	

**Ingredients:** Fish Oil Concentrate (wild-caught Alaska Pollock), Gelatin, Ascorbic Acid (Vit. C), Magnesium Oxide, Glycerin, DL-alpha Tocopheryl Acetate (Vit. E), Calcium Carbonate, Purified Water, Sorbitol Sorbitan Solution, Niacinamide. **Contains <2% of:** Beta-Carotene, Biotin, Blue 1, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Cupric Oxide, Cyanocobalamin (Vit. B<sub>12</sub>), Dibasic Calcium Phosphate, Folic Acid, Fractionated Lecithin (soy), Manganese Sulfate, Phytonadione (Vit. K), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40, Riboflavin (Vit. B<sub>2</sub>), Rosemary Leaf Extract (to preserve freshness), Silicon Dioxide, Sodium Molybdate, Sodium Selenite, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Palmitate, Yellow 6, Zinc Oxide. **Contains:** Soy.

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

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

**Keep out of reach of children.**

Store at room temperature. Avoid excessive heat above 40°C (104°F). Keep bottle tightly closed.

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)