

# Centrum Multi + Probiotics

## Multivitamin/Multimineral/Probiotics 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 daily. Do not exceed suggested use. Not formulated for use in children.

### Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A 450 mcg	50%
Vitamin C 90 mg	100%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 10.8 mg	72%
Thiamin 0.8 mg	67%
Riboflavin 1.3 mg	100%
Niacin 14.4 mg	90%
Vitamin B <sub>6</sub> 1 mg	59%
Folate 260 mcg DFE (156 mcg Folic Acid)	65%
Vitamin B <sub>12</sub> 6 mcg	250%
Biotin 45 mcg	150%
Pantothenic Acid 5.4 mg	108%
Iodine 135 mcg	90%
Zinc 9 mg	82%
Selenium 11 mcg	20%
Copper 0.5 mg	56%
Manganese 1.8 mg	78%
Chromium 36 mcg	103%
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> 1 billion CFUs	*

\*Daily Value not established.

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**Ingredients:** Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Maltodextrin, Dibasic Calcium Phosphate, DL-alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch, Niacinamide, Mono- and Di-Glycerides, Zinc Oxide. **Contains <2% of:** Beta-Carotene (color), BHT (to preserve freshness), *Bifidobacterium animalis* subsp. *lactis*, Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromic Chloride, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Gelatin, Magnesium Stearate, Manganese Sulfate, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Selenate, Thiamine Mononitrate (Vit. B<sub>1</sub>), Tocopherols (to preserve freshness), Turmeric Oleoresin (color), Vitamin A Acetate.

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 (not above 25°C/77°F). Protect from moisture.

**Do not use if break-away tab is broken or missing.**

Marketed by: Pfizer, Madison, NJ 07940 USA

Made in Italy.

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