

**NEW
LOOK**

NEW Formula
Delicious NEW Flavor!

Centrum
Fresh & Fruity
CHEWABLES



Mixed Berry
NATURAL FLAVOR

90 Chewable Tablets

Adults

Multivitamin/Multimineral Supplement

SUGGESTED USE: Adults - Chew one (1) tablet daily with food. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts
Serving Size 1 Chewable Tablet

Amount Per Serving	% DV
Calories 5	
Total Carbohydrate 1 g	<1%†
Total Sugars 0 g	*
Includes 0 g Added Sugars	0%†
Isomalt 1 g	*
Vitamin A 800 mcg (100% as Beta-Carotene)	89%
Vitamin C 82 mg	91%

Amount Per Serving	% DV
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 10 mg	67%
Vitamin K 80 mcg	67%
Thiamin 1.2 mg	100%
Riboflavin 1.2 mg	92%
Niacin 5 mg	31%
Vitamin B ₆ 1.3 mg	76%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 2.4 mcg	100%

Amount Per Serving	% DV
Biotin 15 mcg	50%
Pantothenic Acid 2.5 mg	50%
Calcium 130 mg	10%
Iron 8 mg	44%
Iodine 150 mcg	100%
Magnesium 65 mg	15%
Zinc 9 mg	82%
Selenium 25 mcg	45%
Copper 0.4 mg	44%
Manganese 1 mg	43%

Amount Per Serving	% DV
Chromium 12 mcg	34%
Sodium 10 mg	<1%

† Percent Daily Values (DV) based on a 2,000 calorie diet.
* Daily Value not established.

Ingredients: Isomalt (sugar alcohol), Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vit.C). **Contains <2% of:** Beta-Carotene, Calcium Pantothenate, Carbonyl Iron, Cholecalciferol (Vit. D₃), Cupric Oxide, Chromic Chloride, Cyanocobalamin (Vit. B₁₂), DL-alpha Tocopheryl Acetate (Vit. E), Dibasic Calcium Phosphate, Magnesium Stearate, Manganese Sulfate, Microcrystalline Cellulose, Natural Flavors, Niacinamide, Phytonadione (Vit. K), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Rebudioside M (extracted and purified from natural stevia leaf), Sodium Ascorbate, Sodium Selenate, Thiamine Mononitrate (Vit. B₁), Vegetable Juice Concentrate (red beet) (color), Zinc Oxide.

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

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 ingredients. Store at room temperature. Keep bottle tightly closed. Protect from moisture. Due to use of plant-based colors, tablet appearance may change 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

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

For most recent product information, visit www.centrum.com

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