

Centrum Energy Whole Food Benefit Blend

Dietary 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.

Directions: Adults: Take two capsules daily with food. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container (net quantity divided by 2)

	Amount Per Serving	% Daily Value
Thiamin (as thiamin mononitrate)	1.2 mg	100%
Riboflavin (as riboflavin-5-phosphate)	1.3 mg	100%
Niacin (as niacinamide)	4 mg	25%
Vitamin B ₆ (as pyridoxal-5-phosphate)	1.7 mg	100%
Folate (as calcium L-5-methylfolate)	40 mcg DFE	10%
Vitamin B ₁₂ (as methylcobalamin)	2.4 mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Magnesium (as magnesium hydroxide from sea water)	105 mg	25%
Coenzyme Q-10	50 mg	*
Organic Herbal Blend Asian Ginseng Root Standardized Extract, Maca Root Powder, Pomegranate Fruit Powder	300 mg	*
Organic Fruit and Vegetable Blend Apple, Beet, Broccoli, Carrot, Green Cabbage, Kale, Parsley, Spinach, Blueberry, Raspberry, Strawberry, Tomato	50 mg	*
*Daily Value not established.		

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Other Ingredients: Organic Rice Flour, Hypromellose (vegetarian capsule shell), L-Leucine (vegetarian), Organic Rice Hull Concentrate.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use. If you are taking medications, including blood thinners or antidepressants, consult your doctor before use. Ginseng can enhance the action of psychostimulant drugs.

Do not consume if pregnant or nursing.

Keep out of reach of children.

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

Store at room temperature. Protect from heat, light, and moisture. Keep bottle tightly closed.

Bottle sealed with 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)