

**SUGGESTED USE:** Adults: Take two (2) tablets daily with food.  
Not formulated for use in children. Do not exceed suggested use.

## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 90

| <b>Amount Per Serving</b>                | <b>% Daily Value</b> |
|--|----------------------|
| Vitamin A 750 mcg (40% as Beta-Carotene) | 83%                  |
| Vitamin C 60 mg                          | 67%                  |
| Vitamin D <sub>3</sub> 25 mcg (1,000 IU) | 125%                 |
| Vitamin E 22.5 mg                        | 150%                 |
| Vitamin K 30 mcg                         | 25%                  |
| Thiamin 1.5 mg                           | 125%                 |
| Riboflavin 1.7 mg                        | 131%                 |
| Niacin 20 mg                             | 125%                 |
| Vitamin B <sub>6</sub> 3 mg              | 176%                 |
| Folate 667 mcg DFE (400 mcg Folic Acid)  | 167%                 |
| Vitamin B <sub>12</sub> 25 mcg           | 1,042%               |
| Biotin 30 mcg                            | 100%                 |
| Pantothenic Acid 10 mg                   | 200%                 |
| Calcium 220 mg                           | 17%                  |
| Phosphorus 20 mg                         | 2%                   |
| Iodine 150 mcg                           | 100%                 |
| Magnesium 50 mg                          | 12%                  |
| Zinc 11 mg                               | 100%                 |
| Selenium 19 mcg                          | 35%                  |
| Copper 0.5 mg                            | 56%                  |
| Manganese 2.3 mg                         | 100%                 |
| Chromium 50 mcg                          | 143%                 |
| Molybdenum 45 mcg                        | 100%                 |
| Chloride 72 mg                           | 3%                   |
| Potassium 80 mg                          | 2%                   |
| Lutein 250 mcg                           | *                    |
| Lycopene 300 mcg                         | *                    |

\*Daily Value not established.

# Centrum Minis Adults 180 tablets