

**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 80

Amount Per Serving	% Daily Value
Vitamin A 1,050 mcg (29% as Beta-Carotene)	117%
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> 100 mcg	4,167%
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%
Calcium 210 mg	16%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 75 mg	18%
Zinc 15 mg	136%
Selenium 21 mcg	38%
Copper 0.5 mg	56%
Manganese 4 mg	174%
Chromium 60 mcg	171%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 300 mcg	*
Lycopene 600 mcg	*

\*Daily Value not established.

# Centrum Minis Men 50 plus 160 tablets