

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 (43% as Beta-Carotene)	117%
Vitamin C 100 mg	111%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 15.8 mg	105%
Vitamin K 50 mcg	42%
Thiamin 1.1 mg	92%
Riboflavin 1.1 mg	85%
Niacin 14 mg	88%
Vitamin B ₆ 5 mg	294%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 50 mcg	2,083%
Biotin 30 mcg	100%
Pantothenic Acid 5 mg	100%
Calcium 300 mg	23%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	24%
Zinc 15 mg	136%
Selenium 22 mcg	40%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 52 mcg	149%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 300 mcg	*

*Daily Value not established.

Centrum Minis Women 50 plus 160 tablets