

Centrum Women's Multi Whole Food Blend Multivitamin 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 (<i>net quantity divided by 2</i>)		
	Amount Per Serving	% Daily Value
Vitamin A (100% as beta-carotene)	900 mcg	100%
Vitamin C (as ascorbic acid, and from organic acerola fruit extract)	90 mg	100%
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha-tocopheryl succinate)	15 mg	100%
Vitamin K (as phytonadione)	50 mcg	42%
Thiamin (as thiamin mononitrate)	1.2 mg	100%
Riboflavin	1.3 mg	100%
Niacin (as niacinamide)	16 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	1.7 mg	100%
Folate (as calcium L-5-methylfolate)	360 mcg DFE	90%
Vitamin B ₁₂ (as methylcobalamin)	2.4 mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Calcium (from <i>Lithothamnion</i> red algae)	130 mg	10%
Iron (as carbonyl iron)	7 mg	39%
Iodine (from Atlantic kelp)	150 mcg	100%
Magnesium (as magnesium hydroxide from sea water)	42 mg	10%
Zinc (as zinc bisglycinate chelate)	8 mg	73%
Selenium (as selenium glycinate complex)	18 mcg	33%
Copper (as copper bisglycinate chelate)	0.5 mg	56%
Manganese (as manganese bisglycinate chelate)	1.8 mg	78%
Chromium (as chromium picolinate)	32 mcg	91%
Molybdenum (as molybdenum bisglycinate chelate)	45 mcg	100%
Lutein (from marigold flower)	300 mcg	*
Organic Whole Fruit and Vegetable Blend Apple, Beet, Broccoli, Carrot, Green Cabbage, Kale, Parsley, Spinach, Blueberry, Raspberry, Strawberry, Tomato	100 mg	*

*Daily Value not established.

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

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 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)