

# Whole Food Blend Multivitamin Women 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 (2) tablets daily with food. Not formulated for use in children. Do not exceed suggested use.

<b>Supplement Facts</b>	
Serving Size 2 Tablets	
Amount Per Serving	% Daily Value
Calories 5	
Vitamin A (100% as beta-carotene) (from <i>Blakeslea trispora</i> & fermented vitamin blend) 1,500 mcg	167%
Vitamin C (as calcium ascorbate & from fermented vitamin blend) 80 mg	89%
Vitamin D <sub>2</sub> (as ergocalciferol) (1,000 IU) 25 mcg	125%
Vitamin E (as natural d-alpha tocopherol) 11.7 mg	78%
Vitamin K <sub>1</sub> (as phytonadione & from fermented vitamin blend) 68 mcg	57%
Thiamin (Vit. B <sub>1</sub> ) (as thiamine hydrochloride & from fermented vitamin blend) 5 mg	417%
Riboflavin (Vit. B <sub>2</sub> ) (as riboflavin & from fermented vitamin blend) 4 mg	308%
Niacin (as niacinamide & from fermented vitamin blend) 25 mg	156%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride & from fermented vitamin blend) 22 mg	1,294%
Folate (as folic acid & from fermented vitamin blend) 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> (as cyanocobalamin & from fermented vitamin blend) 6 mcg	250%
Biotin (as biotin & from fermented vitamin blend) 225 mcg	750%
Pantothenic Acid (as calcium d-pantothenate & from fermented vitamin blend) 25 mg	500%
Calcium (as calcium carbonate, monobasic calcium phosphate, calcium pantothenate, calcium ascorbate) 44 mg	3%
Iron (as ferrous sulfate chelate) 18 mg	100%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium oxide & magnesium oxide chelate) 25 mg	6%
Zinc (as zinc ascorbate, zinc oxide & from fermented mineral blend) 20 mg	182%
Selenium (as sodium selenite, selenium yeast, selenomethionine & from fermented mineral blend) 200 mcg	364%
Copper (as copper sulfate & from fermented mineral blend) 2 mg	222%
Manganese (as manganese sulfate & from fermented mineral blend) 2 mg	87%
Molybdenum (as molybdenum glycinate chelate & from fermented mineral blend) 75 mcg	167%
Sodium 35 mg	2%
Lutein (from marigold flower) 2 mg	*
Lycopene (from tomato fruit) 0.75 mg	*
Zeaxanthin (from marigold flower) 0.4 mg	*
Fruit and Vegetable Blend ( <i>Coffea arabica</i> whole fruit, green tea leaf, broccoli, onion, apple, quercetin (from <i>Sophora japonica</i> ), acerola cherry, tomato, broccoli, acai berry, turmeric rhizome, garlic, basil, oregano, cinnamon, carrot, elderberry, mangosteen, camu camu, black current, blueberry, raspberry, blackberry, spinach, chokeberry, kale, sweet cherry, bilberry, brussels sprout) 45 mg	*

\*Daily Value not established.

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**Other Ingredients:** Plant Sourced Microcrystalline Cellulose, Croscarmellose Sodium, Plant Sourced Hypromellose, Plant Sourced Hydroxypropylcellulose, Silica. **Contains <2% of:** Vegetable Sourced Acetylated Monoglycerides, Vegetable Sourced Ethylcellulose, Vegetable Sourced Magnesium Stearate, Vegetable Sourced Medium Chain Triglycerides, Fruit Sourced Oleic Acid, Polyethylene Glycol, Polysorbate 80, Riboflavin (Color), Spirulina Extract (Color), Vegetable Sourced Stearic Acid, Vegetable Sourced Triacetin.

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. Keep bottle tightly closed. Protect from moisture.

Bottled sealed with printed 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)