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**Centrum**

minis

**ADULTS 50+**Supports heart, brain, eye  
+ whole body health\*\*

Multivitamin/Multimineral Supplement

180  
Tablets**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

Amount Per Serving	% DV
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%

Amount Per Serving	% DV
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%

Amount Per Serving	% DV
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%

Amount Per Serving	% DV
Molybdenum 45 mcg	100%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 250 mcg	*
Lycopene 300 mcg	*

\*Daily Value (DV) not established.

**Ingredients:** Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin. **Contains <2% of:** Beta-Carotene, Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Hypromellose, Lutein, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Phytonadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

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As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

If taking other supplements, read label, since supplements may contain the same ingredient.

**Keep out of reach of children.**

Store at room temperature. Keep bottle tightly closed.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Questions? Comments? Call 1-877-CENTRUM (236-8786)

For most recent product information, visit [www.centrum.com](http://www.centrum.com)

**\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.**

**Verified Non-GMO & Gluten Free!™**

PAA159558



~ Non GMO applies to Centrum and Centrum Silver tablets only, learn more at [centrum.com](http://centrum.com).

\* B-Vitamins and lycopene help promote heart health.\*  
 ‡ Not a replacement for cholesterol-lowering drugs.  
 Zinc and B-Vitamins help support normal brain function.\*  
 Vitamins A, C, and E, and Lutein+ support healthy eyes.\*  
 + This product is not intended to provide daily intake of Lutein. Take with a diet rich in fruits and vegetables.