



Manuals.plus /

› Centrum /

› Centrum Adult Multivitamin/Multimineral Supplement Instruction Manual (Model F00005445174A)

Centrum F00005445174A

Centrum Adult Multivitamin/Multimineral Supplement Instruction Manual

Model: F00005445174A

INTRODUCTION

The Centrum Adult Multivitamin/Multimineral Supplement is formulated to provide essential micronutrients for adults. This daily supplement contains 23 key micronutrients, including Vitamin D3, B Vitamins, iron, and antioxidants like Vitamins C and E, and zinc. It is designed to support daily energy levels, assist with macronutrient metabolism, and bolster immune function. This product is Non-GMO and gluten-free.



Centrum Adults Multivitamin bottle, highlighting its complete multivitamin benefits with increased levels of Vitamin C and Zinc.

Your browser does not support the video tag.

Official Centrum video providing an overview of the Adult Multivitamin benefits, including energy, immunity,

and metabolism support.

IMPORTANT SAFETY INFORMATION

- Keep this product out of reach of children. In case of accidental overdose of iron-containing products, call a doctor or poison control center immediately.
- If you are pregnant, nursing, taking medications, or have medical conditions, consult your healthcare professional before use.
- Do not exceed suggested use. Not formulated for use in children.
- This product is not intended to diagnose, treat, cure, or prevent any disease.

SETUP

Opening the Bottle

To open the Centrum Adult Multivitamin bottle, press down on the cap and turn counter-clockwise. The cap features a child-resistant design requiring downward pressure before turning.





Image illustrating the press-and-turn mechanism for opening the bottle cap.

OPERATING INSTRUCTIONS

Dosage

For adults, take one (1) tablet daily with food. Do not exceed the suggested use.



Centrum
ADULTS
Supports energy, immunity,
metabolism + whole body health**

Multivitamin/Multimineral Supplement

Take 1

tablet daily to
support your health*

Visual reminder to take one tablet daily to support health.

How to Take

Swallow the tablet whole with water. It is recommended to take the tablet with food to enhance absorption and minimize potential stomach upset. The tablets are designed to be easy to swallow.

Your browser does not support the video tag.

Centrum video visualizing the tablet and its composition, demonstrating how it delivers essential nutrients.



Centrum Adults Multivitamin supports energy, immunity, metabolism, and whole body health.

INGREDIENTS AND NUTRITIONAL INFORMATION

Supplement Facts

The following table details the nutritional content per serving (1 tablet):

SUGGESTED USE:
Adults: Take one (1) tablet daily with food.
Do not exceed suggested use. Not formulated for use in children.

Supplement Facts		Amount Per Serving		% DV*	
Serving Size 1 Tablet					
Amount Per Serving	% DV*	Amount Per Serving	% DV*	Amount Per Serving	% DV*
Vitamin A 1,050 mcg (29% as Beta-Carotene)	117%	Riboflavin 1.7 mg	131%	Niacin 20 mg	125%
Vitamin C 60 mg	67%	Vitamin B ₆ 2 mg	118%	Vitamin B ₁₂ 6 mcg	250%
Vitamin D ₃ 25 mcg (1,000 IU)	125%	Folate 667 mcg DFE (400 mcg Folic Acid)	167%	Biotin 30 mcg	100%
Vitamin E 13.5 mg	90%	Pantothenic Acid 10 mg	200%	Calcium 200 mg	15%
Vitamin K 25 mcg	21%				
Thiamin 1.5 mg	125%				
Amount Per Serving	% DV*	Amount Per Serving	% DV*		
Iron 18 mg	100%	Molybdenum 45 mcg	100%		
Phosphorus 20 mg	2%	Chloride 72 mg	3%		
Iodine 150 mcg	100%	Potassium 80 mg	2%		
Magnesium 50 mg	12%	*Daily Value			
Zinc 11 mg	100%				
Selenium 55 mcg	100%				
Copper 0.5 mg	56%				
Manganese 2.3 mg	100%				
Chromium 35 mcg	100%				

INGREDIENTS: Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin. Contains <2% of: Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D3), Chromium Picolinate, Copper Sulfate, Corn Starch, Crospovidone, Cyanocobalamin (Vit. B12), Folic Acid, Gelatin, Magnesium Stearate, Manganese Sulfate, Modified Corn Starch, Niacinamide, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B6), Riboflavin (Vit. B2), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B1), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.



**Verified
Non-GMO**



**Gluten
Free**



Detailed Supplement Facts, including % Daily Value for various vitamins and minerals.

Ingredients List

Ingredients include: Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, DL-Alpha Tocopherol Acetate (Vit. E), Maltodextrin. Contains <2% of: Beta-Carotene, BHT (to Preserve Freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D3), Chromium Picolinate, Copper Sulfate, Corn Starch, Crospovidone, Cyanocobalamin (Vit. B12), Folic Acid, Gelatin, Magnesium Stearate, Manganese Sulfate, Modified Corn Starch, Niacinamide, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B6), Riboflavin (Vit. B2), Silicon Dioxide, Sodium Ascorbate (to Preserve Freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B1), Titanium Dioxide, Tocopherols (to Preserve Freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

This product is also Verified Non-GMO and Gluten Free.

MAINTENANCE

Storage and Handling

- Keep bottle tightly closed.
- Store at room temperature.

- Bottle sealed with printed foil under cap. Do not use if foil is torn or missing.

TROUBLESHOOTING

If you experience any adverse reactions or have concerns about taking this supplement, discontinue use and consult your healthcare professional.

For questions or comments, you may call 1-800-452-0051 or visit www.centrum.com for most recent product information.

SPECIFICATIONS

- **Product Dimensions:** 2 x 2 x 2 inches
- **Item Weight:** 10.23 ounces
- **Unit Count:** 200 Count
- **Item Form:** Tablet
- **Flavor:** Unflavored
- **Diet Type:** Gluten Free
- **Special Ingredients:** Vitamin D

WARRANTY AND SUPPORT

Centrum is a brand of Haleon US Services Inc. For detailed product information, support, or to address any concerns, please refer to the contact information provided in the Troubleshooting section or visit the official Centrum website.

Disclaimer: 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.