



## Centrum MultiGummies - Adults

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### Uses

### Dosage

Adults: 2 gummies per day. Chew until fully dissolved. May be taken without food or water. Also available in mixed flavour (cherry, berry and orange) in both pack sizes.

### Format and Ingredients

Orange flavoured multigummies containing per 2 gummies: Vitamin A 660µg 82, Vitamin D 10µg 200, Vitamin E 10mg 83, Vitamin C 80mg 100, Niacin 16mg 100, Vitamin B6 1.6mg 114, Vitamin B12 2.0µg 80, Biotin 24µg 48, Zinc 5.6mg 56, Iodine 100µg 67,