



Centrum Fruity Chewables

Uses

Dosage

2 tablets chewed daily, preferably at mealtimes. Do not swallow whole.

Format and Ingredients

Two chewable tablets contain:
Vitamin A 660µg 83, Vitamin D 6µg 120, Vitamin E 10mg 83, Vitamin C 100mg 125, Vitamin K 20µg 27, Vitamin B1 (thiamin) 1mg 91, Vitamin B2 (riboflavin) 1mg 71, Vitamin B6 1mg 71, Vitamin B12 2µg 80, Folic Acid 400µg 200, Biotin 100µg 200, Niacin 10mg 63, Pantothenic acid 5mg 83, Iron 9mg 64, Magnesium 80mg 21, Manganese 1mg 50, Selenium 25µg 45, Zinc 5.6mg 56,