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Centrum Advance Multivitamins & Minerals, 100 Tablets

Ingredients

Calcium Salts of Orthophosphoric Acid (Dicalcium Phosphate); Magnesium Oxide; Bulking Agents: E 460, E 464, E 1200; L-Ascorbic Acid; Potassium Chloride; Stabiliser: E 1202; DL-Alpha Tocopheryl Acetate; Nicotinamide; Ferrrous Fumarate; Calcium D-Pantothenate; Manganese Sulphate; Zinc Oxide; Emulsifier: E 470b; Anticaking Agents: E 551, E 553b; Gelatine; Pyridoxine Hydrochloride; Thiamin Mononitrate; Riboflavin; Beta-Carotene; Cupric Sulphate; Vegetable Oil (Coconut & Palm Kernel); Retinyl Acetate; Pteroylmonoglutamic Acid; Chromium (III) Chloride; Sodium Molybdate; Potassium Iodide; Sodium Selenate; D-Biotin; Antioxidant: E 321; Phylloquinone; Cholecalciferol; Cyanocobalamin; Colours: E 171, E 132.

Nutritional Information

	Each Tablet contains (average values):	% EU RDA
Vitamin A (RE)	800 µg	100%
Vitamin E (α-TE)	15 mg	125%
Vitamin C	100 mg	125%
Vitamin K	30 µg	40%
Vitamin B1 (Thiamin)	1.4 mg	127%
Vitamin B2 (Riboflavin)	1.75 mg	125%
Vitamin B6	2 mg	143%
Vitamin B12	2.5 µg	100%
Vitamin D	5 µg	100%
Biotin	62.5 µg	125%
Folic Acid	200 µg	100%
Niacin (NE)	20 mg	125%

Pantothenic Acid	7.5 mg	125%
Minerals		
Calcium	162 mg	20%
Phosphorous	125 mg	18%
Magnesium	100 mg	27%
Iron	5 mg	36%
Iodine	100 µg	67%
Copper	500 mg	50%
Manganese	2 mg	100%
Chromium	40 µg	100%
Molybdenum	50 µg	100%
Selenium	30 µg	55%
Zinc	5 mg	50%
Lutein	500 µg	

Energy, protein and fat content negligible

No EU (adult) Recommended Daily Allowance (RDA)
established