

Centrum Minis Immunity Men		Nutrient Info			
		% Recommended Dietary Allowance*			
Medicinal ingredients	Daily Dose of 2 Tablets	19-30 years	31-50 years	51-70 years	More than 70 years
Vitamins					
Vitamin C (ascorbic acid)	225 mg	250%	250%	250%	250%
Vitamin E (dl-alpha tocopheryl acetate)	20.3 mg AT / 45 IU	135%	135%	135%	135%
Niacinamide	16 mg	100%	100%	100%	100%
Pantothenic Acid (calcium d-pantothenate)	15 mg	300%**	300%**	300%**	300%**
Vitamin B6 (pyridoxine hydrochloride)	2 mg	154%	154%	118%	118%
Vitamin B1 (thiamine mononitrate)	1.36 mg	113%	113%	113%	113%
Vitamin B2 (riboflavin)	1.3 mg	100%	100%	100%	100%
Vitamin A (vitamin A acetate)	750 mcg RAE / 2500 IU	83%	83%	83%	83%
Beta-carotene	600 mcg / 1000 IU	n/a	n/a	n/a	n/a
Folate (folic acid)	200 mcg	50%	50%	50%	50%
Vitamin K1 (phytonadione)	60 mcg	50%**	50%**	50%**	50%**
Biotin	40 mcg	133%	133%	133%	133%
Vitamin D3 (cholecalciferol)	25 mcg / 1000 IU	167%	167%	167%	125%
Vitamin B12 (cyanocobalamin)	6 mcg	250%	250%	250%	250%
Minerals					
Calcium (calcium carbonate)	130 mg	13%	13%	13%	11%
Magnesium (magnesium oxide)	100 mg	24%**	24%**	24%**	24%**
Potassium (potassium chloride)	80 mg	n/a**	n/a**	n/a**	n/a**
Zinc (zinc oxide)	27.5 mg	250%	250%	250%	250%
Iron (ferrous fumarate)	8 mg	100%	100%	100%	100%
Manganese (manganous sulfate)	2.3 mg	100%	100%	100%	100%
Copper (cupric sulfate)	900 mcg	100%	100%	100%	100%
Iodine (potassium iodide)	150 mcg	100%	100%	100%	100%
Selenium (sodium selenate)	100 mcg	182%	182%	182%	182%
Molybdenum (sodium molybdate)	50 mcg	111%	111%	111%	111%
Chromium (chromic picolinate)	35 mcg	100%**	100%**	117%**	117%**
Other Ingredients					
Lycopene	0.6 mg	n/a**	n/a**	n/a**	n/a**

*The percentage Recommended Dietary Allowance (RDA) is calculated by dividing the RDA by the daily dose of Centrum Minis Immunity Women / Men. The RDA is available in the following two references. (1) IOM 2011: Institute of Medicine. Ross AC, Taylor CL, Yaktine AL, Del Valle HB, editors. Dietary Reference Intakes for Calcium and Vitamin D. Washington (DC): National Academies Press 2011. (2) IOM 2006: Institute of Medicine. Otten JJ, Pitz Hellwig J, Meyers LD, editors. Institute of Medicine Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington (DC): National Academies Press 2006.

** The Adequate Intake (AI) is present for the values of Pantothenic Acid, Vitamin K1, Manganese, and Chromium as an RDA value has not been established. The RDA or AI value has not been established for Potassium and Lycopene.