

Centrum Minis Immunity Women		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
<b>Vitamins</b>					
Vitamin C (ascorbic acid)	225 mg	300%	300%	300%	300%
Vitamin E (dl-alpha tocopheryl acetate)	15.8 mg AT / 35 IU	105%	105%	105%	105%
Pantothenic Acid (calcium d-pantothenate)	15 mg	300%**	300%**	300%**	300%**
Niacinamide	14 mg	100%	100%	100%	100%
Vitamin B6 (pyridoxine hydrochloride)	2 mg	154%	154%	133%	133%
Vitamin B1 (thiamine mononitrate)	1.25 mg	114%	114%	114%	114%
Vitamin B2 (riboflavin)	1.1 mg	100%	100%	100%	100%
Vitamin A (vitamin A acetate)	750 mcg RAE / 2500 IU	107%	107%	107%	107%
Beta-carotene	600 mcg / 1000 IU	n/a**	n/a**	n/a**	n/a**
Folate (folic acid)	400 mcg	100%	100%	100%	100%
Vitamin K1 (phytonadione)	50 mcg	56%**	56%**	56%**	56%**
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%
<b>Minerals</b>					
Calcium (calcium carbonate)	130 mg	13%	13%	11%	11%
Potassium (potassium chloride)	80 mg	n/a	n/a	n/a	n/a
Magnesium (magnesium oxide)	42 mg	14%	13%	13%	13%
Zinc (zinc oxide)	27.5 mg	344%	344%	344%	344%
Iron (ferrous fumarate)	18 mg	100%	100%	225%	225%
Manganese (manganous sulfate)	1.8 mg	100%**	100%**	100%**	100%**
Copper (cupric sulfate)	500 mcg	56%	56%	56%	56%
Iodine (potassium iodide)	150 mcg	100%	100%	100%	100%
Molybdenum (sodium molybdate)	50 mcg	111%	111%	111%	111%
Chromium (chromic picolinate)	32 mcg	128%**	128%**	160%**	160%**
Selenium (sodium selenate)	18 mcg	33%	33%	33%	33%

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