

161mm x 37mm

Each tablet contains:

Vitamin A	2,500 IU	Vitamin B5	5mg	Iodine	75mcg
Vitamin D	200 IU	Riboflavin	1mg	Chromium	62.5mcg
Calcium	225mg	Vitamin B6	1mg	Molybdenum	37.5mcg
Magnesium	150mg	Manganese	1mg	Vitamin K	32.5mcg
Vitamin C	37.5mg	Boron	1mg	Selenium	27.5mcg
Nicotinamide	10mg	Copper	0.9mg	Vanadium	5mcg
Vitamin E	7.5mg	Thiamine	0.75mg	Vitamin B12	3mcg
Iron	7.5mg	Folic Acid	200mcg		
Zinc	6mg	Biotin	150mcg		

Ingredients: Calcium Carbonate, Magnesium Oxide, Povidone, Ascorbic Acid Coated, Croscarmellose Sodium, Ferrous Fumarate, Hypromellose, Betacarotene, dl-Alpha Tocopherol Acetate Powder, Titanium Dioxide, Nicotinamide, Magnesium Stearate (Vegetable origin), Sodium Borate, Zinc Oxide, Calcium Pantothenate, Microcrystalline Cellulose, Talc, Cupric Sulphate, Manganese Sulphate, Shellac, Glycerol, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Yellow Oxide of Iron, Folic Acid (Pteroylmonoglutamic Acid), Chromium Chloride, Red Oxide of Iron, Biotin, Potassium Iodide, Sodium Molybdate Dihydrate, Sodium Selenate, Phytomenadione, Sodium Metavanadate, Cholecalciferol, Cyanocobalamin.

Suggested Daily Intake: Take two tablets daily with water.

Please consult your physician, if you are pregnant, lactating or if you are taking any medication.

Do not purchase if seal is broken.

Store in a cool place, protected from light & moisture.

Do not exceed the recommended intake.

Keep out of the reach and sight of children.

GBR032

DIETARY SUPPLEMENT
Not for Medicinal Use.

60 Tablets


GOLDSHIELD

CenturalTM
Comprehensive

A FORMULATION CONTAINING
MULTIVITAMINS, MINERALS &
TRACE ELEMENTS

WOMEN



CONTAINS PERMITTED COLOURS

PFA. Lic. No: 318

Batch No:

Mfg. Date:

Best before:

MRP Rs. :
per 60 tablets
(inclusive of all taxes)



Marketed By:
Goldshield Healthcare Pvt. Ltd.
Akruti Trade Centre, Road No.7, MIDC,
Andheri (East), Mumbai 400093, India.

Manufactured by:
BioPlus Life Sciences Pvt. Ltd.
S.No. 10-1A, Hoodi Village,
Krishnarajapuram Hobli,
Bangalore 560 048, India.