Centrum® SILVER®

Multivitamin/Multimineral Supplement

100 TABLETS

Personalized for **MEN 50+**

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%
Vitamin C 120 mg	200%
Vitamin D 600 IU	150%
Vitamin E 60 IU	200%
Vitamin K 60 mcg	75%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B_6 6 mg	300%
Folic Acid 300 mcg	75%
Vitamin B_{12} 100 mcg	1667%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 250 mg	25%
Phosphorus 20 mg	2%

Each Tablet Contains	% DV
Iodine 150 mcg	100%
Magnesium 50 mg	13%
Zinc 15 mg	100%
Selenium 100 mcg	143%
Copper 0.7 mg	35%
Manganese 4 mg	200%
Chromium 60 mcg	50%
Molybdenum 50 mcg	67%
Chloride 72 mg	2%
Potassium 80 mg	2%
Boron 150 mcg	*
Nickel 5 mcg	*
Silicon 2 mg	*
Vanadium 10 mcg	*
Lutein 300 mcg	*
Lycopene 600 mcg	*

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, Magnesium Oxide, dl-Alpha Tocopheryl Acetate (Vit. E), Microcrystalline Cellulose, Maltodextrin, Modified Corn Starch, Corn Starch, Crospovidone. **Contains** < 2% of: Beta-Carotene, BHT (to retard oxidation), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D_3), Chromium Picolinate, Cupric Sulfate, Cyanocobalamin (Vit. B_{12}), Folic Acid, Gelatin, Hydrogenated Palm Oil, Lecithin (Soy), Lutein, Lycopene, Magnesium Borate, Magnesium Stearate, Manganese Sulfate, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B_6), Red 40 Lake, Riboflavin (Vit. B_2), Silicon Dioxide, Sodium Ascorbate (to retard oxidation), Sodium Borate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B_1), Titanium Dioxide, Tocopherols (to retard oxidation), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

SUGGESTED USE: Adults – Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are taking medication, consult your doctor before use.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

Keep out of reach of children.

Store at room temperature. Keep bottle tightly closed.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

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Questions? Comments? Call 1-877-CENTRUM

FloraGLO® LUTEIN

For most recent product information, visit www.centrum.com

The experts at Centrum bring you complete solutions delivered without compromise. . . .

Centrum Under 50 | Centrum 50 + | Centrum Specialist

Centrum® Multivitamin/Multimineral Supplement — Personalized for ADULTS UNDER 50

Centrum® SILVER® Multivitamin/Multimineral Supplement — Personalized for ADULTS 50+

Centrum® Multivitamin/Multimineral Supplement — Personalized for WOMEN UNDER 50

Centrum® SILVER® Multivitamin/Multimineral Supplement — Personalized for WOMEN 50+

Centrum® Multivitamin/Multimineral Supplement — Personalized for MEN UNDER 50

Centrum® SILVER® Multivitamin/Multimineral Supplement — Personalized for MEN 50+

Centrum® SPECIALIST™ Multivitamin/Multimineral Supplement with Lutein & Zeaxanthin — VISION

Centrum® SPECIALIST™ Multivitamin/Multimineral Supplement with Phytosterols — HEART

Centrum® SPECIALIST™ Multivitamin/Multimineral Supplement — ENERGY

Centrum® SPECIALIST™ Multivitamin/Multimineral Supplement DHA Supplement — PRENATAL

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Centrum®

HEART HEALTH* | IMMUNITY* | ENVIRONMENTAL STRESS* | METABOLISM* | VITALITY*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Helps promote heart health with B vitamins and lycopene*	With antioxidants to support the normal function of the immune system*	With vitamins C and E to help protect the body's cells from free radical damage caused by environmental stress*	Contains B-vitamins to aid in the metabolism of fats, carbohydrates and proteins*	With the complete range of B-vitamins for energy support*

With the complete benefits of Centrum® Silver® PLUS nutrients to support:

✓ Heart Health*

✓ Immune Function*

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Centrum® SILVER® MEN

Centrum® is the #1 doctor recommended multivitamin brand

This formula is not sold to any retailer as a store brand

LOT G04335

EXP MAY 14

Centrum® SILVER® MEN