Centrum® SILVER® Chewables

Multivitamin/Multimineral Supplement

CITRUS BERRY FLAVORED

NATURAL & ARTIFICIAL FLAVORS

Personalized for ADULTS 50+

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60 TABLETS

Contains Key Nutrients to Help Protect the Health of Your Heart, Eyes & Bones.*‡

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IMMUNITY
With antioxidants to support the normal function of the immune system*

ENVIRONMENTAL STRESS
With Vitamins C and E to help protect the body's cells from free radical damage caused by environmental stress*

METABOLISM
Contains B-vitamins to aid in the metabolism of fats, carbohydrates and proteins*

VITALITY
With the complete range of B-vitamins for energy support*

* 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.

Centrum® SILVER® Chewables

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
Calories 5	
Total Carbohydrate 2 g	<1%†
Vitamin A 4,000 IU (75% as Beta-Carotene)	80%
Vitamin C 75 mg	125%
Vitamin D 400 IU	100%
Vitamin E 70 IU	233%
Thiamin 2.2 mg	150%
Riboflavin 2.7 mg	159%
Niacin 12 mg	60%
Vitamin B_6 7 mg	350%
Folic Acid 400 mcg	100%
Vitamin B_{12} 25 mcg	417%
Biotin 45 mcg	15%
Pantothenic Acid 10 mg	100%
Calcium 200 mg	20%
Phosphorus 125 mg	13%
Iodine 100 mcg	67%
Magnesium 50 mg	12%
Zinc 15 mg	100%
Selenium 22.5 mcg	32%
Copper 2 mg	100%
Manganese 4.5 mg	225%
Chromium 100 mcg	83%
Molybdenum 25 mcg	33%
Nickel 5 mcg	*
Silicon 4 mg	*
Tin 10 mcg	*
Vanadium 10 mcg	*
Lutein 250 mcg	*

†Percent Daily Value based on a 2,000 calorie diet.
*Daily Value not established.

Ingredients: Sorbitol, Dibasic Calcium Phosphate, Mannitol (Wheat), Calcium Carbonate, Microcrystalline Cellulose, Pregelatinized Corn Starch, Ascorbic Acid (Vit. C), Gelatin, Magnesium Oxide, dl-Alpha Tocopheryl Acetate (Vit. E). **Contains < 2% of:** Acacia, Ascorbyl Palmitate (to retard oxidation), Aspartame,** Beta-Carotene, BHT (to retard oxidation), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D_3), Chromic Chloride, Citric Acid, Corn Starch, Crospovidone, Cupric Oxide, Cyanocobalamin (Vit. B_{12}), FD&C Red No. 40 Aluminum Lake, Folic Acid, Lactose (Milk), Lutein, Magnesium Stearate, Maltodextrin, Manganese Sulfate, Modified Corn Starch, Mono- and Diglycerides, Natural and Artificial Flavors, Niacinamide, Nickelous Sulfate, Partially Hydrogenated Soybean Oil (Soy), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B_6), Riboflavin (Vit. B_2), Silicon Dioxide, Sodium Ascorbate (to retard oxidation), Sodium Benzoate (preservative), Sodium Citrate, Sodium Metasilicate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Sorbic Acid (preservative), Stannous Chloride, Stearic Acid, Sucrose, Thiamine Mononitrate (Vit. B_1), Tocopherols (to retard oxidation), Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2% of:** Magnesium Borate, Sodium Aluminosilicate. **Contains:** Milk, Wheat, Soy.

Suggested Use: Adults – Chew one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

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

****PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

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. Protect from moisture.

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

Marketed by: Pfizer, Madison, NJ 07940

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‡Refers to Vitamins A, B_6, B_{12}, D, Calcium, Lutein and Lycopene. This product is not intended to provide your daily intake of Lutein. Take with a diet rich in fruits and vegetables.

Questions? Comments? Call 1-877-CENTRUM

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

FloraGLO® LUTEIN

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