Centrum®

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® Adults contains key nutrients to help protect the health of your **heart**, **eyes** and **bones**.*†

*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® ADULTS

Centrum® is the #1 doctor recommended multivitamin brand

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

Centrum® SILVER®

Multivitamin/Multimineral Supplement

80 TABLETS

Personalized for ADULTS 50+

Centrum® SILVER® ADULTS

†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.

Control No. G35559

Exp. Date 05/14

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 2,500 IU (40% as Beta-Carotene)	50%
Vitamin C 60 mg	100%
Vitamin D 500 IU	125%
Vitamin E 50 IU	167%
Vitamin K 30 mcg	38%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B_6 3 mg	150%
Folic Acid 400 mcg	100%
Vitamin B_{12} 25 mcg	417%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 220 mg	22%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	13%
Zinc 11 mg	73%
Selenium 55 mcg	79%
Copper 0.5 mg	25%
Manganese 2.3 mg	115%
Chromium 45 mcg	38%
Molybdenum 45 mcg	60%
Chloride 72 mg	2%
Potassium 80 mg	2%
Boron 150 mcg	*
Nickel 5 mcg	*
Silicon 2 mg	*
Vanadium 10 mcg	*
Lutein 250 mcg	*
Lycopene 300 mcg	*

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, dl-Alpha Tocopheryl Acetate (Vit. E), Pregelatinized Corn Starch, Modified Food Starch. **Contains < 2% of:** Acacia, Ascorbyl Palmitate, Beta-Carotene, BHT, Biotin, Boric Acid, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vit. D_3), Chromium Picolinate, Citric Acid, Corn Starch, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B_{12}), FD&C Blue No. 2 Aluminum Lake, FD&C Red No. 40 Aluminum Lake, FD&C Yellow No. 6 Aluminum Lake, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Lutein, Lycopene, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B_6), Riboflavin (Vit. B_2), Silicon Dioxide, Sodium Ascorbate, Sodium Benzoate, Sodium Borate, Sodium Citrate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Sorbic Acid, Sucrose, Talc, Thiamine Mononitrate (Vit. B_1), Titanium Dioxide, Tocopherols, Tribasic Calcium Phosphate, Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2% of:** Maltodextrin, Sodium Aluminosilicate, Sunflower Oil.

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 pregnant, nursing, or 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

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

The experts at Centrum bring you complete multivitamins, with 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 — VISION

Centrum SPECIALIST — HEART

Centrum SPECIALIST — ENERGY

Centrum SPECIALIST — PRENATAL

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