Broad spectrum of nutrients to help protect your health as you age*

Centrum® SILVER®

Multivitamin/Multimineral Supplement

COMPLETE from A to Zinc®†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ADULTS 50+

220 TABLETS

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, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), dl-Alpha Tocopheryl Acetate (Vit. E), Corn Starch, Pregelatinized Corn Starch, Modified Corn Starch. **Contains < 2% of:** Beta-Carotene, BHT (to retard oxidation), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D_3), Chromium Picolinate, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B_{12}), Folic Acid, Gelatin, Hydrogenated Palm Oil, Lutein, Lycopene, Magnesium Borate, Magnesium Stearate, Maltodextrin, 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.

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 Made in Canada

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Questions? Comments? Call 1-877-CENTRUM

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

†Refers to all nutrients with an RDI except Iron

FloraGLO® LUTEIN

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EXP. DATE