

Designed to support heart and eye health*

*SEE BACK PANEL



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.

200 TABLETS

MEN
50+

Supplement Facts
Serving Size 1 Tablet
Each Tablet Contains
Vitamin A 2,500 IU (25% as Beta-Carotene)
Vitamin C 120 mg
Vitamin D 600 IU
Vitamin E 60 IU
Vitamin K 60 mcg
Thiamin 1.5 mg

Supplement Facts

Each Tablet Contains	% DV
Vitamin A 2,500 IU (25% 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%

Each Tablet Contains	% DV
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%

Ingredients: Calcium Carbonate, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, Magnesium Oxide, d-Alpha-Tocopheryl Acetate (Vit. E), Microcrystalline Cellulose, Maltodextrin, Modified Corn Starch, Corn Starch, Croscopolvidone. **Contains < 2% of:** Beta-Carotene, BHT (to retard oxidation), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Piccolinate, Hydrogenated Palm Oil, Lecithin (Soy), Lutein, Lycopene, Magnesium Borate, Magnesium Stearate, Manganese Sulfate, Niacinamide, Nickelous Sulfate, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to retard oxidation), Sodium Borate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), 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. Made by: Pfizer, Madison, NJ 07940 USA. Made in Canada. Questions? Comments? Call 1-877-CENTRUM. ©2012 Pfizer Inc.

For most recent product information, visit www.centrum.com. Refer to all nutrients with an RDI except iron.

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Each Tablet Contains	% DV
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.

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PAA027231

CONTROL NO.

G25034
JUN 14

EXP. DATE