

Ingredients: Sorbitol, Dibasic Calcium Phosphate, Mannitol (Wheat), Microcrystalline Cellulose, Maltodextrin, Calcium Carbonate, Ascorbic Acid (Vit. C), Magnesium Oxide, di-Alpha Tocopheryl Acetate (Vit. E), Pregelatinized Corn Starch, Mono- and Di-glycerides. **Contains <2% of:** Aspartame, ** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Corn Starch, Croscopolone, Cupric Oxide, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Lutein, Magnesium Stearate, Manganese Sulfate, Natural and Artificial Flavors, Niacinamide, Nickelous Sulfate, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Stannous Chloride, Stearic Acid, Thiamine Mononitrate (Vit. B₁), Tocopherols (to preserve freshness), Vitamin A Acetate, Zinc Oxide. **Contains:** Wheat

SUGGESTED USE: Adults – Chew one (1) 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 USA

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Questions? Comments?
Call 1-877-CENTRUM (236-8786)

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

*This product is not intended to provide daily intake of Lutein. Take with a diet rich in fruits and vegetables.

†Based on Daily Value

PAA072389

**100% or more of
12 Key Nutrients†**

**Centrum
SILVER®
Chewables
ADULTS 50+**

**Contains 100% or more of the
Daily Value of 12 Essential
Vitamins & Minerals**

Heart Health

*B-vitamins help promote
heart health**

Brain Health

*Zinc and B-vitamins help
support normal brain
function**

Eye Health

*Vitamins A, C, and E and
Lutein* support healthy
eyes**

*Not a replacement for cholesterol-lowering drugs

*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.

**Centrum
SILVER®
Chewables
ADULTS 50+**



**CITRUS
BERRY**

NATURAL &
ARTIFICIAL FLAVORS

**60
Chewable
Tablets**

Multivitamin/Multimineral Supplement

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**Centrum
SILVER®
Chewables
ADULTS 50+**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Calories 5	
Total Carbohydrate 2 g	<1%†
Sugar Alcohols 2 g	*
Vitamin A 4,000 IU (50% as Beta-Carotene)	80%
Vitamin C 75 mg	125%
Vitamin D 400 IU	100%
Vitamin E 70 IU	233%
Thiamin 2.2 mg	147%
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	13%
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

Tin 10 mcg

Silicon 4 mg

Vanadium 10 mcg

Lutein 250 mcg

*Percent Daily Value based on a 2,000 calorie diet.

*Daily Value not established.



HEART
HEALTH*



BRAIN
HEALTH*



EYE
HEALTH*

See side panel for more information