

VERIFIED
Non-GMO & Gluten Free™

**Centrum
SILVER®**



250 Tablets
MULTIVITAMIN/
MULTIMINERAL SUPPLEMENT

Men 50+

*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.



Complete from **A to Zinc®**
Scientifically formulated for **Men 50+**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%
Vitamin C 120 mg	200%
Vitamin D 1,000 IU	250%
Vitamin E 60 IU	200%
Vitamin K 60 mcg	75%
Thiamin 1.5 mg	100%

Amount Per Serving	% 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 210 mg	21%
Phosphorus 20 mg	2%

Amount Per Serving	% DV
Iodine 150 mcg	100%
Magnesium 75 mg	19%
Zinc 15 mg	100%
Selenium 21 mcg	30%
Copper 0.5 mg	25%
Manganese 4 mg	200%
Chromium 60 mcg	50%
Molybdenum 50 mcg	67%
Chloride 72 mg	2%

Amount Per Serving	% DV
Potassium 80 mg	2%
Nickel 5 mcg	*
Silicon 2 mg	*
Vanadium 10 mcg	*
Lutein 300 mcg	*
Lycopene 600 mcg	*

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Dibasic Calcium Phosphate, dl-Alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch, Maltodextrin, Corn Starch, Croscopolone, **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Lutein, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Nickelous Sulfate, Phytanadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

SUGGESTED USE: Adults: Take one (1) 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.

If taking other supplements, read label, since supplements may contain the same ingredient.

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 (236-6786)

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

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B-vitamins and lycopene help promote heart health

Zinc and B-vitamins help support normal brain function

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

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

Magnesium, Vitamins D and B₆ help support muscle function

*Not a replacement for cholesterol-lowering drugs

**Refers to all nutrients with an RDI

*Non-GMO applies to Centrum & Centrum Silver Tablets only.
Learn more at centrum.com.

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