

VERIFIED  
Non-GMO & Gluten Free<sup>~</sup>

# Centrum<sup>®</sup> SILVER<sup>®</sup>



200 Tablets  
MULTIVITAMIN/  
MULTIMINERAL SUPPLEMENT

Women 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.



Scientifically formulated for Women 50+

**SUGGESTED USE:** Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

### Supplement Facts

Amount Per Serving	% DV
Vitamin A 1,050 mcg (43% as Beta-Carotene)	117%
Vitamin C 100 mg	111%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 15.8 mg	105%
Vitamin K 50 mcg	42%

Amount Per Serving	% DV
Thiamin 1.1 mg	92%
Riboflavin 1.1 mg	85%
Niacin 14 mg	88%
Vitamin B <sub>6</sub> 5 mg	294%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> 50 mcg	2,083%
Biotin 30 mcg	100%

Amount Per Serving	% DV
Pantothenic Acid 5 mg	100%
Calcium 300 mg	23%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	24%
Zinc 15 mg	136%
Selenium 22 mcg	40%

Amount Per Serving	% DV
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 52 mcg	149%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 300 mcg	*

\*Daily Value (DV) not established.

**Ingredients:** Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, Microcrystalline Cellulose, Maltodextrin, DL-alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Piccolinate, Copper Sulfate, Corn Starch, Crospovidone, Cyanocobalamin (Vit. B<sub>12</sub>), Ferrous Fumarate, Folic Acid, Gelatin, Hypromellose, Lutein, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Phytonadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Zinc Oxide.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

Store at room temperature. Keep bottle tightly closed.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

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Questions? Comments?

Call 1-877-CENTRUM (236-8786)



For most recent product information, visit [www.centrum.com](http://www.centrum.com)

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<sup>^</sup> B-vitamins help promote heart health<sup>†</sup>

<sup>¶</sup> Zinc and B-vitamins help support normal brain function<sup>†</sup>

<sup>°</sup> Vitamins A, C, and E and Lutein<sup>†</sup> support healthy eyes<sup>†</sup>

<sup>‡</sup> This product is not intended to provide daily intake of lutein.

Take with a diet rich in fruits and vegetables.

<sup>†</sup> Vitamin D and Calcium help maintain strong bones<sup>†</sup>

<sup>§</sup> Not a replacement for cholesterol-lowering drugs

<sup>~</sup> Non-GMO applies to Centrum & Centrum Silver Tablets only, learn more at [centrum.com](http://centrum.com).

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