



CENTURY Mature

Adults Over 50

1000 IU Vitamin D
DIETARY SUPPLEMENT
125 TABLETS



ACTUAL SIZE



Quality
Guaranteed

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1000 IU Vitamin D
DIETARY SUPPLEMENT
125 TABLETS



ACTUAL SIZE

Do not use if printed seal under
cap is broken or missing

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 2,500 IU (40% as Beta-Carotene)	50%	Magnesium 50 mg	13%
Vitamin C 60 mg	100%	Zinc 11 mg	73%
Vitamin D 1,000 IU	250%	Selenium 19 mcg	27%
Vitamin E 50 IU	167%	Copper 0.5 mg	25%
Vitamin K 30 mcg	38%	Manganese 2.3 mg	115%
Thiamin 1.5 mg	100%	Chromium 50 mcg	42%
Riboflavin 1.7 mg	100%	Molybdenum 45 mcg	60%
Niacin 20 mg	100%	Chloride 72 mg	2%
Vitamin B6 3 mg	150%	Potassium 80 mg	2%
Folic Acid 400 mcg	100%	Nickel 5 mcg	*
Vitamin B12 25 mcg	417%	Silicon 2 mg	*
Biotin 30 mcg	10%	Vanadium 10 mcg	*
Pantothenic Acid 10 mg	100%	Lutein 250 mcg	*
Calcium 220 mg	22%	Lycopene 300 mcg	*
Phosphorus 20 mg	2%		
Iodine 150 mcg	100%		

*Daily Value (DV) not established.

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Riboflavin 1.7 mg	100%	Magnesium 50 mg	13%	Vanadium 10 mcg	*
Niacin 20 mg	100%	Zinc 11 mg	73%	Lutein 250 mcg	*
Vitamin B6 3 mg	150%	Selenium 19 mcg	27%	Lycopene 300 mcg	*
Folic Acid 400 mcg	100%	Copper 0.5 mg	25%		
		Manganese 2.3 mg	115%		

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Microcrystalline Cellulose, Acacia, Croscarmellose Sodium, Stearic Acid, Magnesium Calcium Silicate, Hypromellose, Iron Oxide, Crospovidone, Polydextrose, Calcium Pantothenate, Titanium Dioxide Color, Silicon Dioxide, Manganese Sulfate, Magnesium Stearate, Polyethylene Glycol, Pyridoxine Hydrochloride (Vit. B6), Thiamine Mononitrate (Vit. B1), Medium Chain Triglycerides, Riboflavin (Vit. B2), Cupric Sulfate, Beta-Carotene, Vitamin A Acetate, FD&C Blue #2 Aluminum Lake, Folic Acid, Chromium Picolinate, Lycopene, Lutein, Potassium Iodide, FD&C Red #40 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Sodium Molybdate, Sodium Selenate, Phytolactone (Vit. K), Cholecalciferol (Vit. D3), Biotin, Cyanocobalamin (Vit. B12), Sodium Metavanadate, Nickel Sulfate.

DISTRIBUTED BY: BETTER LIVING BRANDS LLC, P.O. BOX 99, PLEASANTON, CA 94566-0099 1-888-723-3929/www.betterlivingbrandsLLC.com S 2186 RD 16027

Suggested Use: Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.
Caution: If you are pregnant or nursing a baby, taking any medication, or have a medical condition, consult a doctor before taking this product.
Keep out of reach of children.
Store at room temperature.
Keep bottle tightly closed.
Do not use if printed seal under cap is broken or missing.
Questions or comments? 1-888-723-3929

OUR PROMISE
QUALITY & SATISFACTION
100% GUARANTEED
OR YOUR MONEY BACK.

CODE AREA
* 1st 4 Digits = 49702
* 5th Digit = LJ
* 6th Digit = C2

COMPARE TO
Centrum® Silver®
Adults 50+
Ingredients*



: 49702 LJ C2

S2186

RD 16027



0 21130 78940 5

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♦This product is not manufactured or distributed by Pfizer, marketer of Centrum® Silver® Adults 50+.

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