

women's 50+ multivitamin multimineral

100
TABLETS

up&up

- helps support:
- bone health**
 - immune health**
 - energy metabolism**
 - overall well-being

100 TABLETS DIETARY SUPPLEMENT

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 3,500 IU (43% as Beta-Carotene)	70%	Vitamin B12 50 mcg	833%	Manganese 2.3 mg	115%
Vitamin C 100 mg	167%	Biotin 30 mcg	10%	Chromium 52 mcg	43%
Vitamin D 1,000 IU	250%	Pantothenic Acid 5 mg	10%	Molybdenum 50 mcg	67%
Vitamin E 35 IU	117%	Calcium 300 mg	30%	Chloride 72 mg	2%
Vitamin K 30 mcg	63%	Iron 8 mg	44%	Potassium 80 mg	2%
Thiamin 1.1 mg	73%	Phosphorus 20 mg	2%	Nickel 5 mcg	*
Riboflavin 1.1 mg	65%	Iodine 150 mcg	100%	Silicon 2 mg	*
Niacin 14 mg	70%	Magnesium 100 mg	25%	Vanadium 10 mcg	*
Vitamin B6 5 mg	250%	Zinc 15 mg	100%	Lutein 300 mcg	*
Folic Acid 400 mcg	100%	Selenium 22 mcg	31%		
		Copper 0.5 mg	25%		

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dicalcium Phosphate, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Acacia, D-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Croscarmellose Sodium, Stearic Acid, Ferrus Pyrophosphate, Zinc Oxide, Hypromellose, Polydextrose, Nicotinamide, Titanium Dioxide, Calcium Magnesium Stearate, Calcium Silicate, Manganese Sulfate, Silicon Dioxide, Pyridoxine Hydrochloride (Vit. B6), Calcium Pantothenate, Polyethylene Glycol, Medium Chain Triglycerides, Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Cupric Sulfate, Beta-Carotene, Vitamin A Acetate, Folic Acid, Chromium Picolinate, Lutein, FD&C Blue #2 Aluminum Lake, Potassium Iodide, FD&C Red #40 Aluminum Lake, Nickel Sulfate, Hydroxychloride (Vit. B12), Biotin, Cholecalciferol (Vit. D3), Sodium Metavanadate, FD&C Yellow #5 Aluminum Lake, Nickel Sulfate.

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.

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. (1-800-222-1222)

Store at room temperature. Keep bottle tightly closed. Do not use if printed seal under cap is broken or missing.

Overdose? Call 1-888-547-7400
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Compare to ingredients in Centrum® Silver® Women 50+*

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Women's health

Specially formulated with key nutrients to help meet the nutritional needs of women 50+.

Immune support

Antioxidants help support immune function.**

Energy metabolism

B vitamins help convert food to fuel.**



ACTUAL SIZE

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Vitamin B12 50 mcg	833%	Nickel 5 mcg	*
Biotin 30 mcg	10%	Silicon 2 mg	*
Pantothenic Acid 5 mg	50%	Vanadium 10 mcg	*
Calcium 300 mg	30%	Lutein 300 mcg	*
Iron 8 mg	44%		
Phosphorus 20 mg	2%		

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dicalcium Phosphate, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Acacia, D-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Croscarmellose Sodium, Stearic Acid, Ferrus Pyrophosphate, Zinc Oxide, Hypromellose, Polydextrose, Nicotinamide, Titanium Dioxide, Calcium Magnesium Stearate, Calcium Silicate, Manganese Sulfate, Silicon Dioxide, Pyridoxine Hydrochloride (Vit. B6), Calcium Pantothenate, Polyethylene Glycol, Medium Chain Triglycerides, Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Cupric Sulfate, Beta-Carotene, Vitamin A Acetate, Folic Acid, Chromium Picolinate, Lutein, FD&C Blue #2 Aluminum Lake, Potassium Iodide, FD&C Red #40 Aluminum Lake, Sodium Molybdate, Pyridoxine Hydrochloride (Vit. B6), Selenium, Cyanocobalamin (Vit. B12), Biotin, Cholecalciferol (Vit. D3), Sodium Metavanadate, FD&C Yellow #5 Aluminum Lake, Nickel Sulfate.

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

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Questions? Call 1-888-547-7400

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