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Compare to Centrum® Silver***

adults' 50+ multivitamin

essential nutrients to help promote
the health of adults 50+***



220 TABLETS DIETARY SUPPLEMENT

***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.

220
TABLETS



ACTUAL
SIZE

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 2500 IU (40% as beta-carotene)	50%	Magnesium 50 mg	13%
Vitamin C 60 mg	100%	Zinc 11 mg	73%
Vitamin D ₃ 1000 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 B ₆ 3 mg	150%	Potassium 80 mg	2%
Folic Acid 400 mcg	100%	Nickel 5 mcg	*
Vitamin B ₁₂ 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.

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, Niacinamide, Calcium Silicate, Hypromellose, Zinc 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, Phytonadione (Vit. K), Cholecalciferol (Vit. D₃), Biotin, Cyanocobalamin (Vit. B₁₂), Sodium Metavanadate, Nickel Sulfate.

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Questions? Call 1-800-910-6874

Suggested Use: Adults, take one tablet daily with food as a dietary supplement.

CAUTION: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

Keep out of the reach of children.
Store at 15° - 30° C (59° - 86° F).

NO ARTIFICIAL FLAVORS • NO GLUTEN • NO LACTOSE

Tablet color may vary.

SAFETY-SEALED. DO NOT USE IF PRINTED SEAL UNDER CAP IS CUT, TORN, OR MISSING.

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FRESHNESS AND POTENCY GUARANTEED THROUGHOUT

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