



Actual Size

value
size

Complete Women 50+ Multivitamin/ Multimineral Supplement

everyday health support™

Easy to Swallow Tablets

COMPARE TO INGREDIENTS OF CENTRUM® SILVER® WOMEN 50+

**See Back Panel

200 TABLETS

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	50%	Molybdenum 50 mcg	67%
Vitamin E 35 IU	117%	Calcium 300 mg	30%	Chloride 72 mg	2%
Vitamin K 50 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%		

*Daily Value (DV) not established.

INGREDIENTS: CALCIUM CARBONATE, MAGNESIUM OXIDE, POTASSIUM CHLORIDE, DICALCIUM PHOSPHATE, ASCORBIC ACID (VIT. C), MICROCRYSTALLINE CELLULOSE, ACACIA, dl-ALPHA-TOCOPHERYL ACETATE (VIT. E), GELATIN, CROSCARMELOSE SODIUM, STEARIC ACID, FERROUS FUMARATE, CROSPONDONE, ZINC OXIDE, HYDROMELLOSE, POLYDEXTROSE, NIACINAMIDE, TITANIUM DIOXIDE COLOR, 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), COPPER 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, PHYTONADIONE (VIT. K), SODIUM SELENATE, CYANOCOBALAMIN (VIT. B12), BIOTIN, CHOLECALCIFEROL (VIT. D3), SODIUM METAVANADATE, FD&C YELLOW #5 ALUMINUM LAKE, NICKEL SULFATE.

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Gluten Free

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. (1-800-322-1222)

Store at room temperature. Keep bottle tightly closed.

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