



Actual Size

value
size

Complete Men 50+ Multivitamin/ Multimineral Supplement

everyday health support™

Easy to Swallow Tablets

COMPARE TO INGREDIENTS OF CENTRUM® SILVER® MEN 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 (29% as Beta-Carotene)	70%	Vitamin B12 100 mcg	1667%	Chromium 60 mcg	50%
Vitamin C 120 mg	200%	Biotin 30 mcg	10%	Molybdenum 50 mcg	67%
Vitamin D 1,000 IU	250%	Pantothenic Acid 10 mg	100%	Chloride 72 mg	2%
Vitamin E 60 IU	200%	Calcium 210 mg	21%	Potassium 80 mg	2%
Vitamin K 60 mcg	75%	Phosphorus 20 mg	2%	Nickel 5 mcg	*
Thiamin 1.5 mg	100%	Iodine 150 mcg	100%	Silicon 2 mg	*
Riboflavin 1.7 mg	100%	Magnesium 75 mg	19%	Vanadium 10 mcg	*
Niacin 20 mg	100%	Zinc 15 mg	100%	Lutein 300 mcg	*
Vitamin B6 6 mg	300%	Selenium 21 mcg	30%	Lycopene 600 mcg	*
Folic Acid 300 mcg	75%	Copper 0.5 mg	25%		
		Manganese 4 mg	200%		

*Daily Value (DV) not established.

INGREDIENTS: CALCIUM CARBONATE, POTASSIUM CHLORIDE, DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID (VIT. C), MICROCRYSTALLINE CELLULOSE, DI-ALPHA TOCOPHERYL ACETATE (VIT. E), GELATIN, CROSCARMELOSE SODIUM, STEARIC ACID, NIACINAMIDE, ZINC OXIDE, HYPPROMELLOSE, POLYDEXTROSE, CROSPROVIDONE, CALCIUM SILICATE, MANGANESE SULFATE, TITANIUM DIOXIDE COLOR, CALCIUM PANTOTHENATE, SILICON DIOXIDE, PYRIDOXINE HYDROCHLORIDE (VIT. B6), MAGNESIUM STEARATE, POLYETHYLENE GLYCOL, THIAMINE MONONITRATE (VIT. B1), MEDIUM CHAIN TRIGLYCERIDES, RIBOFLAVIN (VIT. B2), CUPRIC SULFATE, FD&C YELLOW #6 ALUMINUM LAKE, VITAMIN A ACETATE, LYCOPENE, BETA-CAROTENE, CHROMIUM PICOLINATE, FOLIC ACID, LUTEIN, FD&C BLUE #2 ALUMINUM LAKE, POTASSIUM IODIDE, FD&C RED #40 ALUMINUM LAKE, SODIUM MOLYBDATE, CYANOCOBALAMIN (VIT. B12), PHYTONADIONE (VIT. K), SODIUM SELENATE, BIOTIN, CHOLECALCIFEROL (VIT. D3), SODIUM METAVANADATE, NICKEL SULFATE.

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SUGGESTED USE:

Adults: Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

Caution: If you are 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.

Gluten Free
QUALITY
GUARANTEE
800-632-6900
www.kroger.com

CODE
AREA
no varnish • no color

: 2MSB2 45 F2

