

OPTIMUM®

Iron Free Formula

**CENTRAVITES
50 PLUS**With
**LUTEIN &
LYCOPENE****Multivitamin/
Multimineral****GLUTEN FREE***Dietary Supplement*

✓QUALITY ✓PURITY ✓POTENCY ✓VALUE

60 TABLETS**Supplement Facts**

Serving Size: 1 Tablet

Amount Per Tablet	% Daily Value*	Amount Per Tablet	% Daily Value*
Vitamin A 3500 IU (from retinyl acetate and 29% as beta carotene)	70%	Zinc (from zinc oxide) 15 mg	100%
Vitamin C (as ascorbic acid) 60 mg	100%	Selenium (from sodium selenite) 20 mcg	30%
Vitamin D (as cholecalciferol) 400 IU	100%	Copper (from copper oxide) 2 mg	100%
Vitamin E (as dl-alpha tocopheryl acetate) 45 IU	150%	Manganese (from manganese sulfate) 2 mg	100%
Vitamin K-1 (as phytonadione) 10 mcg	15%	Chromium (from chromic chloride) 150 mcg	125%
Thiamin (from thiamine mononitrate) 1.5 mg	100%	Molybdenum (from sodium molybdate) 75 mcg	100%
Riboflavin 1.7 mg	100%	Chloride (from potassium chloride) 72 mg	2%
Niacin (as niacinamide) 20 mg	100%	Potassium (from potassium chloride) 80 mg	2%
Vitamin B-6 (from pyridoxine hydrochloride) 3 mg	150%		
Folate (as folic acid) 400 mcg	100%	Boron (from boron citrate blend) 150 mcg	**
Vitamin B-12 (as cyanocobalamin) 25 mcg	420%	Nickel (from nickel sulfate) 5 mcg	**
Biotin 30 mcg	10%	Silicon (from silicon dioxide) 2 mg	**
Pantothenic acid (from calcium pantothenate) 10 mg	100%	Vanadium (from sodium vanadate) 10 mcg	**
Calcium 200 mg (from calcium carbonate and 30% from calcium phosphate)	20%	Lutein 250 mcg	**
Phosphorus (from calcium phosphate) 48 mg	4%	Lycopene 300 mcg	**
Iodine (from potassium iodide) 150 mcg	100%		
Magnesium (from magnesium oxide) 100 mg	25%		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established

OTHER INGREDIENTS:

Microcrystalline cellulose, croscarmellose sodium, hypromellose, magnesium stearate, maltodextrin, titanium dioxide, triethyl citrate, FD&C yellow #6 A, lake, FD&C red #40 A, lake, FD&C blue #2 A, lake, carnauba wax.

DIRECTIONS: As a dietary supplement, take one tablet daily with a meal or as directed by your healthcare practitioner.**STORAGE:** Store at room temperature.**WARNING:** Keep out of the reach of children.**DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR DAMAGED.**Manufactured & Distributed by: Magno-Humphries Labs, Tigard, OR 97223 U.S.A. Visit our website: www.magno-humphries.com

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