

INGREDIENTS: CALCIUM CARBONATE, MAGNESIUM OXIDE, POTASSIUM CHLORIDE, ASCORBIC ACID, DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE, MALTODEXTRIN, STARCH. CONTAINS 2% OR LESS OF BETA-CAROTENE, Biotin, CARBOXYMETHYLCELLULOSE SODIUM, CHOLECALCIFEROL, CHROMIUM PICOLINATE, COPPER SULFATE, CYANOCOBALAMIN, D-CALCIUM PANTOTHENATE, *d*-ALPHA TOCOPHEROL, *d*-ALPHA TOCOPHERYL ACETATE, DL-TARTARIC ACID, FD&C BLUE NO. 2 LAKE, FD&C RED NO. 40 LAKE, FD&C YELLOW NO. 6 LAKE, FERROUS FUMARATE, FOLIC ACID, GELATIN, GLUCOSE, GUM ARABIC, HYDROXYPROPYL METHYLCELLULOSE, LUTEN, MAGNESIUM STEARATE, MANGANESE SULFATE, MEDIUM CHAIN TRIGLYCERIDES, NICKEL SULFATE, NICOTINAMIDE, PHOSPHATIDYLCHOLINE, POLYDEXTROSE, POLYETHYLENE GLYCOL, POLYVINYL ALCOHOL, POTASSIUM IODIDE, PYRIDOXINE HYDROCHLORIDE, RETINYL ACETATE, RIBOFLAVIN, SILICON DIOXIDE, SODIUM ASCORBATE, SODIUM BENZOATE, SODIUM METAVANADATE, SODIUM MOLYBDATE, SODIUM Selenite, SORBIC ACID, SUCROSE, SUNFLOWER OIL, Talc, THIAMINE MONONITRATE, TITANIUM DIOXIDE (COLORED), TOCOPHEROL, TRICALCIUM PHOSPHATE, ZINC OXIDE. MAY CONTAIN ASCORBYL PALMITATE, CELLULOSE GUM, PEG 4000, SODIUM SELENATE.

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QUESTIONS? 1-888-423-0139  
topcare@topco.com www.topcarebrand.com

Directions: Adults, 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.

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.

KEEP OUT OF THE REACH OF CHILDREN. Store at 15°-30° C (59°-86° F).



This Top Care® product is laboratory tested to guarantee its highest quality. Your total satisfaction is guaranteed.

NO ARTIFICIAL FLAVORS, NO WHEAT, DAIRY FREE.

\*Centrum® Silver® are registered trademarks of Wyeth Holdings Corporation. Do not use if printed seal under cap is broken or missing. Tablet color may vary.

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FRESHNESS AND POTENCY GUARANTEED THROUGH:

12/19 000001

**+TopCare®**  
health™

COMPARE VS. CENTRUM® SILVER® WOMEN 50+†

**Century**  
**Women's Complete**  
**50+**

WOMEN'S HEALTH®

MultiVitamin/MultiMineral

May Support a Healthy Heart,  
Normal Brain Function, Healthy  
Eyes & Muscle Function\*

DIETARY SUPPLEMENT

100 TABLETS



actual size

# Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                       | % Daily Value |
|------------------------------------------|---------------|
| Vitamin A (43% as beta-carotene) 3500 IU | 70%           |
| Vitamin C 100 mg                         | 167%          |
| Vitamin D3 1000 IU                       | 250%          |
| Vitamin E 35 IU                          | 117%          |
| Vitamin K 50 mcg                         | 83%           |
| Thiamin 1.1 mg                           | 73%           |
| Riboflavin 1.1 mg                        | 65%           |
| Niacin 14 mg                             | 70%           |
| Vitamin B6 5 mg                          | 250%          |
| Folate 400 mcg                           | 100%          |
| Vitamin B12 50 mcg                       | 833%          |
| Biotin 30 mcg                            | 10%           |
| Pantothenic Acid 5 mg                    | 50%           |
| Calcium 300 mg                           | 30%           |
| Iron 8 mg                                | 44%           |
| Phosphorus 20 mg                         | 2%            |
| Iodine 150 mcg                           | 100%          |
| Magnesium 100 mg                         | 25%           |
| Zinc 15 mg                               | 100%          |
| Selenium 22 mcg                          | 31%           |
| Copper 0.5 mg                            | 25%           |
| Manganese 2.3 mg                         | 115%          |
| Chromium 52 mcg                          | 43%           |
| Molybdenum 50 mcg                        | 67%           |
| Chloride 72 mg                           | 2%            |
| Potassium 80 mg                          | 2%            |
| Nickel 5 mcg                             | **            |
| Silicon 2 mg                             | **            |
| Vanadium 10 mcg                          | **            |
| Lutein 300 mcg                           | **            |

\*Daily Value not established.

†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.