

VERIFIED  
Non-GMO &  
Gluten Free™

**Centrum  
SILVER**

<b>Heart Health</b>	B-vitamins help promote heart health*
<b>Brain Health</b>	Zinc and B-vitamins help support normal brain function*
<b>Eye Health</b>	Vitamins A, C, and E and Lutein* support healthy eyes*
<b>Bone Health</b>	Vitamin D and Calcium help maintain strong bones*



Centrum Micronutrients  
**Nourish Your Cells!**

**Non-GMO & Gluten Free!™**

Store at room temperature. Keep bottle tightly closed.  
Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

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Questions? Comments? Call 1-877-CENTRUM (236-8786)  
For most recent product information, visit [www.centrum.com](http://www.centrum.com)

\*Not a replacement for cholesterol-lowering drugs

\*This product is not intended to provide daily intake of lutein.  
Take with a diet rich in fruits and vegetables.

™ Non-GMO applies to Centrum & Centrum Silver Tablets only.  
learn more at [centrum.com](http://centrum.com).

\*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.

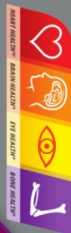
**Centrum  
SILVER**



100 Tablets  
Multivitamin/Multimineral  
Supplement

**WOMEN  
50+**

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Multivitamin/Multimineral Supplement



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**SUGGESTED USE:** Adults: Take one (1) tablet daily with food.  
Not formulated for use in children. Do not exceed suggested use.

**Supplement Facts**

Serving Size 1 Tablet

**Amount Per Serving % DV**

Vitamin A 1,050 mcg (43% as Beta-Carotene)	117%
Vitamin C 100 mg	111%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 15.8 mg	105%
Vitamin K 50 mcg	42%
Thiamin 1.1 mg	92%
Riboflavin 1.1 mg	85%
Niacin 14 mg	88%
Vitamin B <sub>6</sub> 5 mg	294%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> 50 mcg	2,083%
Biotin 30 mcg	100%

**Amount Per Serving % DV**

Pantothenic Acid 5 mg	100%
Calcium 300 mg	23%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	24%
Zinc 15 mg	136%
Selenium 22 mcg	40%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 52 mcg	149%
Molybdenum 50 mcg	111%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 300 mcg	*

\* Daily Value (DV) not established.

**Ingredients:** Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, Microcrystalline Cellulose, Maltodextrin, DL-alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Piccolinate, Copper Sulfate, Corn Starch, Crospovidone, Cyanocobalamin (Vit. B<sub>12</sub>), Ferrous Fumarate, Folic Acid, Gelatin, Hypromellose, Lutein, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Phytanadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Zinc Oxide.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

**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.

If taking other supplements, read label, since supplements may contain the same ingredient.



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For complete information,  
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**Easy to Swallow Tablets!**

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