



SENIOR TABS

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT
FOR ADULTS 50+

Compare to active ingredients
in CENTRUM® SILVER*

100 TABLETS

Tamper Evident: Do not use if imprinted seal under cap is missing or broken.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV
Vitamin A (as Acetate and 40% Beta Carotene)	750 mcg 83%
Vitamin C (as Ascorbic Acid)	60 mg 67%
Vitamin D (as Cholecalciferol)	25 mcg 125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	22.5 mg 150%
Vitamin K (as Phytonadione)	30 mcg 25%
Thiamin (as Thiamine Mononitrate)	1.5 mg 125%
Riboflavin	1.7 mg 131%
Niacin (as Niacinamide)	20 mg 125%
Vitamin B-6 (as Pyridoxine HCl)	3 mg 176%
Folate	680 mcg DFE (400 mcg Folic Acid) 170%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1042%
Biotin	30 mcg 100%
Pantothenic Acid (as Calcium Pantothenate)	10 mg 200%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg 17%
Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 12%
Zinc (as Zinc Oxide)	11 mg 100%
Selenium (as Sodium Selenate)	19 mcg 35%
Copper (as Cupric Sulfate)	0.5 mg 56%
Manganese (as Manganese Sulfate)	2.3 mg 100%
Chromium (as Chromium Picolinate)	50 mcg 143%
Molybdenum (as Sodium Molybdate)	45 mcg 100%
Chloride (as Potassium Chloride)	72 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
Lutein	250 mcg *
Lycopene	300 mcg *

* Daily Value not established.

Other ingredients: Cellulose, Gelatin, Stearic Acid, Croscarmellose Sodium, Crospovidone, Starch, Acacia, Maltodextrin, Hypromellose, Polydextrose, Citric Acid, Magnesium Stearate, Titanium Dioxide, Silica, Sodium Lauryl Sulfate, Sucrose, Mannitol, Povidone, Talc, Triglycerides, Sodium Ascorbate, Tocopherols, Glucose, Sodium Benzoate, Corn Oil, Sorbic Acid, BHT, FD&C Blue #2 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake.

Suggested use: Adults - One tablet daily as a dietary supplement, preferably with a meal, or as recommended by your health professional. **As with any supplement**, if you are pregnant, nursing, or taking medication, ask a health professional before use.

Keep out of reach of children. In case of accidental overdose, seek professional assistance or contact a Poison Control Center immediately. Store at room temperature. Package not child resistant.

*This product is not manufactured or distributed by the owner of the registered trademark Centrum®. REV 0620



DIST. BY: **GERI-CARE**
PHARMACEUTICALS CORP.
1650 63rd Street,
Brooklyn, NY 11204