

**Nourish  
your Cells!**



HEART HEALTH™

BRAIN HEALTH™

EYE HEALTH™

WHOLE BODY HEALTH™

\*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.

**Heart Health**

B-vitamins and lycopene help promote heart health\*

**Brain Health**

Zinc and B-vitamins help support normal brain function\*

**Eye Health**

Vitamins A, C, and E and Lutein+ support healthy eyes\*

Centrum Micronutrients **Nourish** Your Cells!

\*Not a replacement for cholesterol-lowering drugs

\*Non-GMO applies to Centrum & Centrum Silver Tablets only. learn more at centrum.com

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**VERIFIED  
Non-GMO &  
Gluten Free™**

**Centrum  
SILVER®**

125 Tablets  
Multivitamin/Multimineral Supplement

**ADULTS  
50+**

**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	% Daily Value
Vitamin A 750 mcg (40% as Beta-Carotene)	83%
Vitamin C 60 mg	67%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 22.5 mg	150%
Vitamin K 30 mcg	25%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 30 mg	125%
Vitamin B <sub>6</sub> 3 mg	176%
Folate 467 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> 25 mcg	1,042%
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%
Calcium 220 mg	17%
Phosphorus 30 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	12%
Zinc 11 mg	100%
Selenium 79 mcg	36%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 50 mcg	143%
Molybdenum 45 mcg	100%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 250 mcg	*
Lycopene 300 mcg	*

\* Daily Value (DV) not established.

**Ingredients:** Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), DL-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Modified Corn Starch, Corn Starch, **Contains 4% of Beta-Carotene**, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Piccolinate, Copper Sulfate, Croscollon, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Gelatin, Hydroxypropylmethylcellulose, Lactin, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Phytolactone (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, Thiazine Mononitrate (Vit. B<sub>12</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

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

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

**Keep out of reach of children.**

Store at room temperature. Keep bottle tightly closed.

Bottle sealed with perforated foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

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Questions? Comments? Call 1-877-CENTRUM (236-8706)

For most recent product information, visit [www.centrum.com](http://www.centrum.com)

For US Patent or Application status see [www.productpat.com](http://www.productpat.com)

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

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**Easy to Swallow Tablets!**

**Centrum  
SILVER®**

For complete information,  
visit [Centrum.com](http://Centrum.com)