

**Nourish
your Cells!**



*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 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*
Bone Health	Vitamin D and Calcium help maintain strong bones*



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**

40 Tablets
Multivitamin/Multimineral Supplement

**WOMEN
50+**



Easy to Swallow Tablets!



For complete information,
visit Centrum.com

PAA120452



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

Supplement Facts	Amount Per Serving	% DV
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 ₃ 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 ₆ 5 mg		204%
Folate 987 mcg DFE (400 mcg Folic Acid)		167%
Vitamin B ₁₂ 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. D₃), Chromium Picolinate, Copper Sulfate, Corn Starch, Croscapsulone, Cyanocobalamin (Vit. B₁₂), Ferrrous Fumarate, Folic Acid, Gelatin, Hypromellose, Lutein, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Phytonadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Tale, Thiamine Mononitrate (Vit. B₁), 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.

Store at room temperature. Keep bottle tightly closed. Bottle sealed with printed foil under cap. Do Not Use if foil is torn. Marketed by: Pfizer, Madison, NJ 07940 USA © 2019 Pfizer Inc.

Questions? Comments? Call 1-877-CENTRUM (236-8786)

For most recent product information, visit www.centrum.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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