

# 20 FREE TABLETS

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VERIFIED  
Non-GMO & Gluten Free™

# Centrum SILVER®



200+20 Tablets  
MULTIVITAMIN/  
MULTIMINERAL SUPPLEMENT

## Men50+

\*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.

**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 (29% as Beta-Carotene)	117%
Vitamin C 120 mg	133%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 27 mg	180%
Vitamin K 60 mcg	50%
Thiamin 1.5 mg	125%

Amount Per Serving	% DV
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B <sub>6</sub> 6 mg	353%
Folate 500 mcg DFE (300 mcg Folic Acid)	125%
Vitamin B <sub>12</sub> 100 mcg	4,167%
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%
Calcium 210 mg	16%

Amount Per Serving	% DV
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 75 mg	18%
Zinc 15 mg	136%
Selenium 21 mcg	38%
Copper 0.5 mg	56%
Manganese 4 mg	174%
Chromium 60 mcg	171%
Molybdenum 50 mcg	111%

Amount Per Serving	% DV
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 300 mcg	*
Lycopene 600 mcg	*

\*Daily Value (DV) not established.

**Ingredients:** Calcium Carbonate, Potassium Chloride, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Dibasic Calcium Phosphate, DL-alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch, Maltodextrin, Corn Starch, Crospovidone. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Copper Sulfate, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Gelatin, Hypromellose, Lutein, Lycopene, 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, Yellow 6 Lake, Zinc Oxide.

As with any supplement, if you are 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 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)



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<sup>¶</sup>B-vitamins and lycopene help promote heart health\*

<sup>§</sup>Zinc and B-vitamins help support normal brain function\*

<sup>¶</sup>Vitamins A, C, and E and Lutein\* support healthy eyes\*

<sup>¶</sup>This product is not intended to provide daily intake of lutein.

Take with a diet rich in fruits and vegetables.

<sup>‡</sup>Magnesium, Vitamins D and B<sub>6</sub> help support muscle function\*

<sup>¶</sup>Not a replacement for cholesterol-lowering drugs

<sup>¶</sup>Non-GMO applies to Centrum & Centrum Silver  
Tablets only, learn more at [centrum.com](http://centrum.com).

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