

**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 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*
Muscle Function	Magnesium, Vitamin D and B ₆ support muscle function*



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!**



65 Tablets
Multivitamin/Multimineral Supplement

**MEN
50+**

Easy to Swallow Tablets!



For complete information,
visit Centrum.com

PAA098247



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 (20% as Beta-Carotene)		117%
Vitamin C 120 mg (20% as Beta-Carotene)		133%
Vitamin D ₃ 25 mcg (1,000 IU)		125%
Vitamin E 27 mg		180%
Vitamin K 60 mcg		50%
Thiamin 1.5 mg		125%
Riboflavin 1.7 mg		131%
Niacin 20 mg		125%
Vitamin B ₆ 6 mg		353%
Folate 500 mcg DFE (300 mcg Folic Acid)		125%
Vitamin B ₁₂ 100 mcg		4,167%
Biotin 30 mcg		100%
Pantothenic Acid 10 mg		200%
Calcium 210 mg		16%
Phosphorus 20 mg		3%
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		177%
Molybdenum 50 mcg		111%
Chloride 72 mg		3%
Potassium 80 mcg		2%
Lutein 300 mcg		*
Lycopene 600 mcg		*

* Daily Value 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, Carrageenan, Croscarellone, **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Lactin, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), 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.

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

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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, Redwood, NJ 07940 USA.

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

For most recent product information, visit www.centrum.com



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