

**VERIFIED
Non-GMO & Gluten Free™**



*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	<i>B-vitamins and lycopene help promote heart health*</i>
Brain Health	<i>Zinc and B-vitamins help support normal brain function*</i>
Eye Health	<i>Vitamins A, C, and E and Lutein* support healthy eyes*</i>
Muscle Function	<i>Magnesium, Vitamin D and B₆ support muscle function*</i>

*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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20 TABLETS FREE



100 + 20 Tablets
Multivitamin/Multimineral Supplement

**MEN
50+**

Easy to Swallow Tablets!



For complete information,
visit Centrum.com



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 1,650 mcg (29% as Beta-Carotene)	117%
Vitamin C 120 mg	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	363%
Folate 500 mcg DFE (500 mcg Folic Acid)	125%
Vitamin B ₁₂ 100 mcg	4,167%
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%

Amount Per Serving	% DV
Calcium 210 mg	16%
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%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 300 mcg	*
Lycopene 600 mcg	*

*Daily Values (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, Croscopolone, **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, Hydroxyethylcellulose, Lutein, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Nicotinamide, Phytanadione (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, 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.

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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Made in Canada

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

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



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