



125 tablets

### 31 Nutrients

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| Each Tablet Contains                         | % DV | Each Tablet Contains   | % DV | Each Tablet Contains | % DV |
|----------------------------------------------|------|------------------------|------|----------------------|------|
| Vitamin A 2,500 IU<br>(40% as Beta-Carotene) | 50%  | Biotin 30 mcg          | 10%  | Molybdenum 45 mcg    | 60%  |
| Vitamin C 60 mg                              | 100% | Pantothenic Acid 10 mg | 100% | Chloride 72 mg       | 2%   |
| Vitamin D 500 IU                             | 125% | Calcium 220 mg         | 22%  | Potassium 80 mg      | 2%   |
| Vitamin E 50 IU                              | 167% | Phosphorus 20 mg       | 2%   |                      |      |
| Vitamin K 30 mcg                             | 30%  | Iodine 150 mcg         | 100% | Boron 150 mcg        | *    |
| Thiamin 1.5 mg                               | 100% | Magnesium 50 mg        | 13%  | Nickel 5 mcg         | *    |
| Riboflavin 1.7 mg                            | 100% | Zinc 11 mg             | 73%  | Silicon 2 mg         | *    |
| Niacin 30 mg                                 | 100% | Selenium 55 mcg        | 70%  | Vanadium 10 mcg      | *    |
| Vitamin B6 3 mg                              | 150% | Copper 0.5 mg          | 25%  | Lutein 250 mcg       | *    |
| Folic Acid 400 mcg                           | 100% | Manganese 2.3 mg       | 115% | Lycopene 300 mcg     | *    |
| Vitamin B12 25 mcg                           | 417% | Chromium 45 mcg        | 30%  |                      |      |
|                                              |      |                        |      |                      |      |

\*Daily Value (DV) not established.

**Ingredients:** Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Microcrystalline Cellulose, Acacia, Croscarmellose Sodium, Stearic Acid, Niacinamide, Polyvinyl Alcohol, Calcium Silicate, Zinc Oxide, Croscopolidone, Calcium Pantothenate, Titanium Dioxide Color, Polyethylene Glycol, Silicon Dioxide, Manganese Sulfate, Talc, Magnesium Stearate, Pyridoxine Hydrochloride (Vit. B6), Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Sodium Borate, Cupric Sulfate, Beta-Carotene, Vitamin A Acetate (Vit. A), FD&C Blue #2 Aluminum Lake, Folic Acid, Lycopene, Chromium Picolinate, Luteln, Potassium Iodide, Sodium Selenate, Sodium Molybdate, FD&C Red #40 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Sodium Metasilicate, Phytonadione (Vit. K), Biotin, Cyanocobalamin (Vit. B12), Nickel Sulfate, Sodium Metavanadate, Cholecalciferol (Vit. D3).

As with any supplement, if you are pregnant or nursing a baby, if you are taking medication or have a medical condition, ask a doctor before using this product.

**IMPORTANT INFORMATION:** Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

Keep out of reach of children.

Storage and room temperature.

Keep bottle tightly closed.

**\*\*This product is not manufactured or distributed by Pfizer, marketer of Centrum® Silver®.**

For questions or comments: 1-800-763-0333

Distributed by ALDI Inc., Beltsville, MD 20814



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