

For your protection,  
do not use if seal under  
cap is broken or missing.

Satisfaction guaranteed -  
for questions or  
comments please call  
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**equate®**

Compare to  
Centrum®  
Silver®\*

Active Adults 50+

# Complete Multivitamin

Balanced Multivitamin/  
Multimineral Supplement

Helps Support the  
Health of Heart,  
Eyes & Bones\*\*



Actual Size

**220**  
COATED  
TABLETS

\*\*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.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	2,500 IU 50%	Zinc (as Zinc Oxide)	11 mg 23%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Selenium (as Sodium Selenate)	55 mcg 79%
Vitamin D (as Cholecalciferol)	500 IU 125%	Copper (as Cupric Sulfate)	0.5 mg 25%
Vitamin E (as d-Alpha Tocopheryl Acetate)	50 IU 100%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Vitamin K (as Phyloquinone)	30 mcg 30%	Chromium (as Chromium Picolinate)	45 mcg 30%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 60%
Riboflavin (Vitamin B-2)	1.7 mg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Niacin (as Niacinamide)	20 mg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg 150%	Boron (as Boric Acid and Sodium Borate)	150 mcg ***
Folic Acid	400 mcg 100%	Nickel (as Nickel Sulfate)	5 mcg ***
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%	Silicon (as Silicon Dioxide)	2 mg ***
Biotin (as d-Biotin)	30 mcg 10%	Vanadium (as Sodium Metavanadate)	10 mcg ***
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Lutein	250 mcg ***
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg 22%	Lycopene	300 mcg ***
Phosphorus (as Dicalcium Phosphate)	20 mg 2%		
Iodine (as Potassium Iodide)	150 mcg 100%		
Magnesium (as Magnesium Oxide)	50 mg 12%		

\*\*\*Daily Value not established.

### Other ingredients

Cellulose (Plant Origin), Gelatin.  
Contains <2% of: Cellulose Coating,  
Croscarmellose, Crospovidone, FD&C  
Blue #2 Lake, FD&C Red #40 Lake, FD&C  
Yellow #5 Lake, Maltodextrin, Polysorbate  
80, Starch, Titanium Dioxide Color, Triacetin,  
Vegetable Magnesium Stearate.  
Contains fish (cod, pollock, haddock, hake,  
cusk, redfish, sole, flounder) ingredients.

### Suggested use

For adults, take one (1) tablet daily,  
preferably with a meal. As a reminder,  
discuss the supplements and medications  
you take with your health care providers.

### Warning

Not intended for use by pregnant or nursing  
women. If you are taking any medications,  
planning any medical procedure or have  
any medical condition, consult your doctor  
before use. Discontinue use and consult  
your doctor if any adverse reactions occur.  
**KEEP OUT OF REACH OF CHILDREN.**  
STORE AT ROOM TEMPERATURE, TIGHTLY  
CLOSED AND AVOID EXCESSIVE HEAT.



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FRESHNESS AND POTENCY GUARANTEED THROUGHOUT