



Centrum®

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 3500 IU (25% as Beta-Carotene)	70%
Vitamin C 120 mg	200%
Vitamin D 600 IU	150%
Vitamin E 60 IU	200%
Vitamin K 60 mcg	75%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 26 mg	100%
Vitamin B6 6 mg	90%
Folic Acid 300 mcg	75%
Vitamin B12 100 mcg	1467%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 250 mg	25%
Phosphorus 20 mg	2%

Each Tablet Contains	% DV
Iodine 150 mcg	100%
Vitaminium 60 mg	10%
Zinc 15 mg	100%
Selenium 100 mcg	143%
Copper 0.7 mg	35%
Manganese 4 mg	200%
Chromium 60 mcg	50%
Molybdenum 50 mcg	67%
Chloride 72 mg	2%
Potassium 80 mg	2%
Soyen 150 mg	—
Vitamin C 120 mg	—
Vitamin D 600 IU	—
Vitamin E 60 IU	—
Vitamin K 60 mcg	—
Thiamin 1.5 mg	—
Riboflavin 1.7 mg	—
Niacin 26 mg	—
Vitamin B6 6 mg	—
Folic Acid 300 mcg	—
Vitamin B12 100 mcg	—
Biotin 30 mcg	—
Pantothenic Acid 10 mg	—
Calcium 250 mg	—
Phosphorus 20 mg	—

Ingredients: Calcium Carbonate, Potassium Citrate, Ascorbic Acid (Vitamin C), Dibasic Calcium Phosphate, Magnesium Oxide, dl-Alpha Tocopheryl Acetate (Vitamin E), Pregnenolone, Corn Starch, Modified Free Starch, Croscarmellose, Contains < 2% of: Ascorbyl Palmitate, Beta-Carotene, BHT, Biotin, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vitamin D), Chromium Picolinate, Citric Acid, Corn Starch, Cupric Sulfate, Cyanocobalamin (Vitamin B12), FD&C Blue No. 2, Aluminum Lake (FD&C Red No. 40), Aluminum Lake, FD&C Yellow No. 6, Aluminum Lake, Folic Acid, Gelatin, Hydroxypropylmethyl Cellulose, Hydroxypropylmethyl Cellulose, Lactose, Magnesium Sulfate, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Microcrystalline Cellulose, Niacinamide, Nickelous Sulfate, Phosphatidylglycerol (Vitamin K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Silicon Dioxide, Sodium Ascorbate, Sodium Benzoate, Sodium Bicarbonate, Sodium Citrate, Sodium Malate, Sodium Molybdate, Sodium Selenate, Sorbic Acid, Sorbitol, Talc, Thiamine Mononitrate (Vitamin B1), Thiamine Diphosphate, Hydrochloride, Vitamin A Acetate, Zinc Oxide. May also contain < 2% of: Malodorous, Sodium Aluminosilicate, Sunflower Oil, Triethyl Citrate, Calcium Phosphate, Contains Soy.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Helps promote heart health with B vitamins and lycopene*

With antioxidants to support the normal function of the immune system*

With vitamins C and E to help protect the body's cells from free radical damage caused by environmental stress*

Contains B-vitamins to aid in the metabolism of fat, carbohydrates and proteins*

With the complete range of B-vitamins for energy support*

With the complete benefits of Centrum® Silver® PLUS nutrients to support:

- ✓ Heart Health*
- ✓ Colon Health**

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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: Pizer, Madison, NJ 07740 USA

Made in Canada © 2011 Pizer Inc.

Questions? Comments?
Call 1-877-CENTRUM

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



SUGGESTED USE: Adults – Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are taking medication, consult your doctor before use.

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

Keep out of reach of children.

Centrum® SILVER®

Personalized for
MEN 50+

Multivitamin/Multimineral Supplement
100 TABLETS

Centrum® SILVER® MEN

Centrum® is the
#1 doctor recommended
multivitamin brand

Then formula is not sold in
any container on a store brand

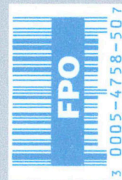
Centrum® SILVER® MEN

#Contains nutrients including
Vitamin D to support colon health.*

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The experts at Centrum bring you complete solutions delivered without compromise. . .

Centrum Under 50 Centrum 50+ Centrum Specialist



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