

**equate™**

Compare  
to Centrum®  
Silver®  
Men 50+†

# Complete Multivitamin

**MEN 50+**

Multivitamin/Multimineral  
Supplement  
Easy to Swallow Tablets

18-Vitamins and Zinc may help support  
normal brain function through their roles in  
carbohydrate metabolism.\*

\*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.

200  
TABLETS

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                            | % DV   | Amount Per Serving | % DV |
|-----------------------------------------------|--------|--------------------|------|
| Vitamin A 1,050 mcg<br>(29% as beta-carotene) | 117%   | Iodine 150 mcg     | 100% |
| Vitamin C 120 mg                              | 133%   | Magnesium 75 mg    | 18%  |
| Vitamin D <sub>3</sub> 25 mcg (1,000 IU)      | 125%   | Zinc 15 mg         | 38%  |
| Vitamin E 27 mg                               | 180%   | Selenium 21 mcg    | 56%  |
| Vitamin K 60 mcg                              | 50%    | Copper 0.5 mg      | 174% |
| Thiamine 1.5 mg                               | 125%   | Manganese 4 mg     | 171% |
| Riboflavin 1.7 mg                             | 131%   | Chromium 60 mcg    | 111% |
| Niacin 20 mg                                  | 125%   | Molybdenum 50 mcg  | 3%   |
| Vitamin B <sub>6</sub> 6 mg                   | 353%   | Chloride 72 mg     | 2%   |
| Folate 510 mcg DFE<br>(300 mcg folic acid)    | 128%   | Potassium 80 mg    | **   |
| Vitamin B <sub>12</sub> 100 mcg               | 4,167% | Silicon 2 mg       | **   |
| Biotin 30 mcg                                 | 100%   | Vanadium 10 mcg    | **   |
| Pantothenic Acid 10 mg                        | 200%   | Lutein 300 mcg     | **   |
| Calcium 210 mg                                | 16%    | Lycopene 600 mcg   | **   |
| Phosphorus 20 mg                              | 2%     |                    |      |

\*\*Daily Value (DV) not established.

INGREDIENTS: CALCIUM CARBONATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE,  
ASCORBIC ACID, DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE,  
DL-ALPHA-TOCOPHERYL ACETATE, STARCH, MALTODEXTRIN, CONTAINS 2% OR  
LESS OF ASCORBYL PALMITATE, BETA-CAROTENE, BIOTIN,  
CARBOXYMETHYLCELLULOSE SODIUM, CHOLECALCIFEROL, CHROMIUM  
POLYACRYLATE, CUPRIC SULFATE, CYANOCOBALAMIN, D-CALCIUM PANTOTHENATE,  
DL-ALPHA-TOCOPHEROL, DI-TARTARIC ACID, FD&C BLUE NO. 2 LAKE, FD&C RED  
NO. 40 LAKE, FD&C YELLOW NO. 6 LAKE, FOLIC ACID, GELATIN, GLUCOSE, GUM  
ARABIC, HYDROXYPROPYL METHYLCELLULOSE, LUTEIN, LYCOPENE, MAGNESIUM  
STEARATE, MANGANESE SULFATE, MEDIUM CHAIN TRIGLYCERIDES, NICOTINAMIDE,  
PHOSPHORUS, POLYDEXTROSE, POLYETHYLENE GLYCOL, POLYVINYL ALCOHOL,  
SILICA, SODIUM ALUMINUM SILICATE, SODIUM ASCORBATE, SODIUM  
BIPHOSPHATE, SODIUM MOLYBDATE, SODIUM SELENITE, SUGAR, SUNFLOWER  
LEUCIN, THIAMINE MONONITRATE, TITANIUM DIOXIDE (COLOR), TOCOPHEROL,  
ZINC OXIDE.