

Compare to Centrum® Men<sup>2</sup>

# for men under 50 multivitamin multimineral

120  
TABLETS

up&up

may help support:

- immune health\*\*
- energy metabolism\*\*
- muscle function\*\*

120 TABLETS DIETARY SUPPLEMENT

\*\*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.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A 1050 mcg (29% as Beta-Carotene)	117%	Phosphorus 20 mg	2%
Vitamin C 90 mg	100%	Iodine 150 mcg	100%
Vitamin D3 25 mcg (1000 IU)	125%	Magnesium 100 mg	24%
Vitamin E 20.2 mg	135%	Zinc 11 mg	100%
Vitamin K 60 mcg	50%	Selenium 100 mcg	182%
Thiamin 1.2 mg	100%	Copper 0.9 mg	100%
Riboflavin 1.3 mg	100%	Manganese 2.3 mg	100%
Niacin 16 mg	100%	Chromium 35 mcg	100%
Vitamin B6 2 mg	118%	Molybdenum 50 mcg	111%
Folate 340 mcg DFE (200 mcg folic acid)	85%	Chloride 72 mg	3%
Vitamin B12 6 mcg	250%	Potassium 80 mg	2%
Biotin 40 mcg	133%	Silicon 2 mg	*
Pantothenic Acid 15 mg	300%	Tin 10 mcg	*
Calcium 210 mg	16%	Vanadium 10 mcg	*
Iron 8 mg	44%	Lycopene 600 mcg	*

\* Daily Value not established.

**Ingredients:** Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dicalcium Phosphate, Ascorbic Acid, Microcrystalline Cellulose, Gelatin, dl-Alpha Tocopheryl Acetate, Croscarmellose Sodium. Contains 2% or less of beta-carotene, biotin, calcium silicate, carnauba wax, cholecalciferol,

chromium picolinate, cupric sulfate, cyanocobalamin, D-calcium pantothenate, FD&C red no. 40 lake, FD&C yellow no. 6 lake, ferrous fumarate, folic acid, lycopene, magnesium stearate, manganese sulfate, niacinamide, phytonadione, polyethylene glycol, polyvinyl alcohol, potassium iodide, pyridoxine hydrochloride, retinyl acetate, riboflavin, silica, sodium metavanadate, sodium molybdate, sodium selenate, soy lecithin, stannous chloride, stearic acid, talc, titanium monoxide, titanium dioxide (color), zinc oxide. **Contains: Soy.**

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Questions? Call 1-800-910-6874

**Directions:** Adults, take one tablet daily with food as a dietary supplement.

**CAUTION:** Individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**KEEP OUT OF THE REACH OF CHILDREN.**  
Store at 15° - 30°C (59° - 86°F).

**NO ARTIFICIAL FLAVORS • NO GLUTEN  
NO LACTOSE**

**DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN  
OR MISSING.**

\*This product is not manufactured or distributed by Wyeth Holdings, LLC, owner of the registered trademark Centrum®. Tablet color may vary.

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FRESHNESS AND POTENCY  
GUARANTEED THROUGH: