Centrum

SILVER

ADULTS 50+

Supports heart, brain, eye + whole body health*^









325 Tablets Multivitamin/Multimineral Supplement SUGGESTED USE: Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts Amount Per Serving

Serving Size 1 Tablet		Thiamin 1.5 mg	125%
Amount Per Serving	% DV	Riboflavin 1.7 mg	131%
fitamin A 750 mcg (40% as Beta-Carotene)	83%	Niacin 20 mg	125%
		Vitamin B ₆ 3 mg	176%
/itamin C 60 mg	67%	Folate 667 mcg DFE (400 mcg Folic Acid)	167%
/itamin D ₃ 25 mcg (1,000 IU)	125%	Vitamin B ₁₂ 25 mcg	1,042%
/itamin E 22.5 mg	150%	Biotin 30 mcg	100%
/itamin K 30 mcg	25%	Pantothenic Acid 10 mg	200%

	Amount Per Serving	% D
	Calcium 220 mg	17
5	Phosphorus 20 mg	2
5	lodine 150 mcg	100
5	Magnesium 50 mg	12
5	Zinc 11 mg	100
	Selenium 19 mcg	35
5	Copper 0.5 mg	56
	Manganese 2.3 mg	100
- 1	Chromium E0 mon	142

Amount Per Serving	% DV
Molybdenum 45 mcg	100%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 250 mcg	
Lycopene 300 mcg	

Ingredients: Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), DL-alpha Tocopheryl Acetate (Vit. E). Maltodextrin. Modified Corn Starch. Corn Starch. Contains <2% of: Beta-Carotene, BHT (to preserve freshness). Biotin. Blue 2 Lake. Calcium Pantothenate, Cholecalciferol (Vit. Ds), Chromium Picolinate, Copper Sulfate, Crospovidone, Cvanocobalamin (Vit. Bs), Folic Acid, Gelatin, Hypromellose, Lutein, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Phytonadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. Bg), Red 40 Lake, Riboflavin (Vit. Bg), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B1), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

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If taking other supplements, read label, since supplements

may contain the same ingredient. Keep out of reach of children.

Store at room temperature. Keep bottle tightly closed. Bottle sealed with printed foil under cap, Do Not Use if foil is torn, CQuestions? Comments? Call 1-877-CENTRUM (236-8786) For most recent product information, visit www.centrum.com For US Patent or Application status see www.productpats.com

*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.



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AB-Vitamins and Ivcopene help promote heart health.*5 § Not a replacement for cholesterol-lowering drugs. Zinc and B-Vitamins help support normal brain function." Vitamins A, C, and E and Lutein* support healthy eyes.* *This product is not intended to provide daily intake of lutein

Take with a diet rich in fruits and vegetables. ~ Non-GMO applies to Centrum & Centrum Silver





