



Compare to Centrum®
SILVER® Women 50+
ingredients†

WOMEN 50+
complete
multivitamin

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

COMPREHENSIVE
NUTRITIONAL SUPPORT

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.

100 Tablets |



Supplement Facts		
Serving Size 1 Tablet		
Amount Per Serving	% Daily Value	
Vitamin A (Acetate, 29% as Beta-Carotene)	1,050 mcg	117%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15.8 mg	105%
Vitamin K (as Phytonadione)	50 mcg	42%
Thiamin (as Thiamin Mononitrate, B-1)	1.1 mg	92%
Riboflavin (Vitamin B-2)	1.1 mg	85%
Niacin (as Niacinamide)	14 mg	88%
Vitamin B-6 (as Pyridoxine HCl)	5 mg	294%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2,083%
Biotin	30 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	100%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	300 mg	23%
Iron (as Ferrous Fumarate)	8 mg	44%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	15 mg	136%
Selenium (as Sodium Selenate)	22 mcg	40%
Copper (as Copper Sulfate)	0.5 mg	56%
Manganese (as Manganese Sulfate)	2.3 mg	100%
Chromium (as Chromium Picolinate)	52 mcg	149%
Molybdenum (as Sodium Molybdate)	50 mcg	111%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Lutein	300 mg	**

Other Ingredients: Cellulose, Starch, Stearic Acid. Contains <2% of: Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40), BHT, Citric Acid, Croscarmellose Sodium, Gelatin, Gum Acacia, Magnesium Silicate, Magnesium Stearate, PEG, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide.



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No added yeast or
artificial flavors. Non-GMO

Suggested Use: As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

†This product is not manufactured or distributed by New Pch, LLC, owner of the registered trademarks Centrum® Silver®.

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.



Questions or comments? 1-800-530-2178

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