



adults' multivitamin/ multimineral dietary supplement

key nutrients to help promote
the health of adults 50+**

**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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Compare to ingredients in Centrum® Silver®†

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ACTUAL SIZE

125

TABLETS

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EXP 04/14
2N1230

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin A 2,500 IU (40% as Beta-Carotene)	50%
Vitamin C 60 mg	100%
Vitamin D 500 IU	125%
Vitamin E 50 IU	167%
Vitamin K 30 mcg	38%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B6 3 mg	150%
Folic Acid 400 mcg	100%
Vitamin B12 25 mcg	417%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 220 mg	22%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	13%
Zinc 11 mg	73%
Selenium 55 mcg	79%
Copper 0.5 mg	25%
Manganese 2.3 mg	115%
Chromium 45 mcg	38%
Molybdenum 45 mcg	60%
Chloride 72 mg	2%
Potassium 80 mg	2%
Boron 150 mcg	*
Nickel 5 mcg	*
Silicon 2 mg	*
Vanadium 10 mcg	*
Lutein 250 mcg	*
Lycopene 300 mcg	*

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Microcrystalline Cellulose, Acacia, Croscarmellose Sodium, Stearic Acid, Niacinamide, Polyvinyl Alcohol, Calcium Silicate, Zinc Oxide, Crospovidone, Calcium Pantothenate, Titanium Dioxide Color, Polyethylene Glycol, Silicon Dioxide, Manganese Sulfate, Talc, Magnesium Stearate, Pyridoxine Hydrochloride (Vit. B6), Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Sodium Borate, Cupric Sulfate, Beta-Carotene, Vitamin A Acetate (Vit. A), FD&C Blue #2 Aluminum Lake, Folic Acid, Lycopene, Chromium Picolinate, Lutein, Potassium Iodide, Sodium Selenate, Sodium Molybdate, FD&C Red #40 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Sodium Metasilicate, Phytonadione (Vit. K), Biotin, Cyanocobalamin (Vit. B12), Nickel Sulfate, Sodium Metavanadate, Cholecalciferol (Vit. D3).

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 pregnant or nursing a baby, if you are taking medication or have a medical condition, ask a doctor before using this product.

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

Keep out of reach of children.

Store at room temperature.

Keep bottle tightly closed.

†This product is not manufactured or distributed by Pfizer, marketer of Centrum® Silver®.

Do not use if printed seal under cap is broken or missing

Questions? Call 1-800-910-6874

GLUTEN FREE

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