

Directions: Take 1 tablet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store at 15-30°C (59-86°F).
MADE IN THE U.S.A.

† 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.

GLUTEN FREE



NO SUGAR, SALT, STARCH, YEAST, WHEAT, MILK,
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES



HIGH POTENCY 50+ MULTIVITAMIN & MINERAL FORMULA WITH LUTEIN COMPARE TO CENTRUM SILVER^{†*}

PROTECTS HEALTHY HEART, EYES & BONES†

DIETARY SUPPLEMENT 60 TABLETS

Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	%DV
Vitamin A (as retinyl acetate and 40% beta-carotene)	2,500 IU	50%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	500 IU	125%
Vitamin E (as dl-alpha-tocopheryl acetate)	50 IU	167%
Vitamin K (as phytonadione)	30 mcg	38%
Vitamin B1 (as thiamin mononitrate)	1.5 mg	100%
Vitamin B2 (as riboflavin)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	3 mg	150%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Biotin	30 mcg	10%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate and dicalcium phosphate)	220 mg	22%
Phosphorus (as dicalcium phosphate)	20 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	11 mg	73%
Selenium (as sodium selenate)	55 mcg	79%
Copper (as cupric oxide)	0.5 mg	25%
Manganese (as manganese sulfate)	2.3 mg	115%
Chromium (as chromium chloride)	45 mcg	38%
Molybdenum (as sodium molybdate)	45 mcg	60%
Chloride (as potassium chloride)	72 mg	2%
Potassium (as potassium chloride)	80 mg	2%
Lycopene	300 mcg	
Lutein (FloraGLO®)	250 mcg	
Boron (as boron chelate)	150 mcg	
Nickel (as nickelous sulfate)	5 mcg	
Silicon (as sodium metasilicate)	2 mg	
Vanadium (as sodium metavanadate)	10 mcg	

*Daily Values (DV) not established

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, and pharmaceutical glaze.

Contains fish gelatin (cod, pollack, haddock, hake, cusk, redfish, sole and flounder)

*Centrum is a registered trademark of Whitehall-Robins Healthcare, A Division of American Home Products Corporation, Madison, NJ.

Distributed by: Foods Plus™

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