

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

Compare to Centrum® Silver® ingredients***



adults 50+ multivitamin tablets



actual size

**400
Tablets**

**dietary
supplement**

- Supports heart health**
- Supports immune health**
- Supports eye and bone health**

***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	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 2,500 IU (40% as Beta-Carotene)	50%	Vitamin B6 3 mg	150%	Magnesium 50 mg	13%	Potassium 80 mg	2%
Vitamin C 60 mg	100%	Folic Acid 400 mcg	100%	Zinc 11 mg	73%	Nickel 5 mcg	*
Vitamin D 500 IU	125%	Vitamin B12 25 mcg	417%	Selenium 19 mcg	27%	Silicon 2 mg	*
Vitamin E 50 IU	167%	Biotin 30 mcg	10%	Copper 0.5 mg	25%	Vanadium 10 mcg	*
Vitamin K 30 mcg	38%	Pantothenic Acid 10 mg	100%	Manganese 2.3 mg	115%	Lutein 250 mcg	*
Thiamin 1.5 mg	100%	Calcium 220 mg	22%	Chromium 50 mcg	42%	Lycopene 300 mcg	*
Riboflavin 1.7 mg	100%	Phosphorus 20 mg	2%	Molybdenum 45 mcg	60%		
Niacin 20 mg	100%	Iodine 150 mcg	100%	Chloride 72 mg	2%		

*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, Calcium Silicate, Hypromellose, Zinc Oxide, Crospovidone, Polydextrose, Calcium Pantothenate, Titanium Dioxide Color, Silicon Dioxide, Manganese Sulfate, Magnesium Stearate, Polyethylene Glycol, Pyridoxine Hydrochloride (Vit. B6), Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Medium Chain Triglycerides, Cupric Sulfate, Beta-Carotene, Vitamin A Acetate, FD&C Blue #2 Aluminum Lake, Folic Acid, Chromium Picolinate, Lycopene, Lutein, Potassium Iodide, FD&C Red #40 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Sodium Molybdate, Sodium Selenate, Phytonadione (Vit. K), Biotin, Cyanocobalamin (Vit. B12), Sodium Metavanadate, Cholecalciferol (Vit. D3), Nickel Sulfate.

Suggested Use: Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are pregnant, nursing a baby, 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.

Questions or comments? 1-800-809-0469

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

**For comments or suggestions,
call us toll-free at 1.800.809.0469
from 7:30 a.m. to 5:00 p.m. EST Monday - Friday**



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