

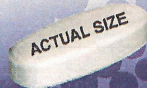
No yeast, wheat,
gluten, milk or milk
derivatives, lactose,
sugar, preservatives,
soy, artificial flavor.



PROD. NO.
30286
B30274 01B

Compare to Centrum® Silver®*

CVS/pharmacy
spectravite
Multivitamin/Multimineral Supplement



80 GLUTEN-FREE
TABLETS

**ADULT
50+**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	2,500 IU 50%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as D3 Cholecalciferol)	500 IU 125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	50 IU 167%
Vitamin K (as Phytonadione)	30 mcg 38%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 100%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg 150%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%
Biotin (as d-Biotin)	30 mcg 10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg 22%

Other Ingredients: Cellulose (Plant Origin), Gelatin (Porcine). Contains <2% of: Cellulose Coating, Croscarmellose, Crospovidone, FD&C Blue #2 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Amount Per Serving	% Daily Value
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 Sulfate)	0.5 mg 25%
Manganese (as Manganese Sulfate)	2.3 mg 115%
Chromium (as Chromium Picolinate)	45 mcg 38%
Molybdenum (as Sodium Molybdate)	45 mcg 60%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	60 mg 2%
Boron (as Boric Acid and Sodium Borate)	150 mcg ***
Nickel (as Nickel Sulfate)	5 mcg ***
Silicon (as Silicon Dioxide)	2 mg ***
Vanadium (as Sodium Metavanadate)	10 mcg ***
Lutein	250 mcg ***
Lycopene	350 mcg ***

***Daily Value not established.

This formula is specially designed for seniors to address key areas of wellness including heart, antioxidant, bone, and circulatory health.**

****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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One CVS Drive, Woonsocket, RI 02895
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