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

KEEP OUT OF REACH OF CHILDREN.

Protect from heat, light and moisture. Store in a cool, dry place.

MADE IN THE U.S.A.

FP #600

† 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.

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FOODS PLUS®

Since 1962

High Potency 50+

vitamin & mineral

with **lutein & lycopene**

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

compare to centrum silver adults®*

promotes healthy heart, eyes & bones†

60 TABLETS

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

DIETARY SUPPLEMENT

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 di-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 Value (DV) not established

Other ingredients: hydroxylpropylene cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, and pharmaceutical glaze.

Contains fish.

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

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