

New!
Easy to Swallow Tablets!



HEART HEALTH™ BRAIN HEALTH™ EYE HEALTH™ MUSCLE FUNCTION™

*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.

- Heart Health** B-vitamins and lycopene help promote heart health*
- Brain Health** Zinc and B-vitamins help support normal brain function*
- Eye Health** Lutein,* Zinc and Vitamins A, C, and E support healthy eyes*
- Muscle Function** Magnesium, Vitamin D and B₆ support muscle function*



For the Most Important Parts of You™

*Not a replacement for cholesterol-lowering drugs

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100 Tablets

Multivitamin/Multimineral Supplement

MEN
50+



PAA039087

COMPLETE from **A to Zinc**™

With updated levels of nutrients including calcium, magnesium and selenium to reflect the latest nutritional research

Supplement Facts

Amount Per Serving	% DV
Vitamin A 1500 IU (29% as Beta-Carotene)	70%
Vitamin C 129 mg	200%
Vitamin D 600 IU	150%
Vitamin E 60 IU	200%
Vitamin K 60 mcg	75%
Thiamine 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B ₆ 6 mg	300%
Folic Acid 300 mcg	75%
Vitamin B ₁₂ 100 mcg	1667%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 210 mg	21%
Phosphorus 20 mg	2%

Amount Per Serving	% DV
Iodine 150 mcg	100%
Magnesium 75 mg	19%
Zinc 15 mg	100%
Selenium 21 mcg	30%
Copper 0.5 mg	25%
Manganese 4 mg	200%
Chromium 60 mcg	50%
Molybdenum 50 mcg	67%
Chloride 72 mg	2%
Potassium 80 mg	2%
Nickel 5 mg	-
Silicon 2 mg	-
Vanadium 10 mcg	-
Lutein 300 mcg	-
Lycopene 600 mcg	-

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, Dibasic Calcium Phosphate, β -Alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch, Corn Starch, Croscopolone. **Contains < 2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Hydrogenated Palm Oil, Hydroxypropyl Methylcellulose, Lactitol, Lycopene, Magnesium Stearate, Maltodextrin, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Nickelous Sulfate, Phytolactone (Vit. K), Polydextrose, Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pregelatinized Corn Starch, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Zinc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide. **Contains:** Soy.

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 taking medication, consult your doctor before use.

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.

*This product is not intended to provide daily intake of lutein. Take with a diet rich in fruits and vegetables.

*Refers to all nutrients with an RDI except lutein



For complete information, visit Centrum.com

Store at room temperature. Keep bottle tightly closed. Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

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Made in Canada

Questions? Comments? Call 1-877-CENTRUM (236-8786)

For most recent product information, visit www.centrum.com

