



Centrum SILVER



**WOMEN
50+**

100 Tablets

Multivitamin/Multimineral Supplement

*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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving % DV

Vitamin A 3,500 IU (43% as Beta-Carotene)	70%
Vitamin C 100 mg	167%
Vitamin D 1,000 IU	250%
Vitamin E 35 IU	117%
Vitamin K 50 mcg	63%
Thiamin 1.1 mg	73%

Amount Per Serving % DV

Riboflavin 1.1 mg	65%
Niacin 14 mg	70%
Vitamin B ₆ 5 mg	250%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ 50 mcg	833%
Biotin 30 mcg	10%
Pantothenic Acid 5 mg	50%
Calcium 300 mg	30%
Iron 8 mg	44%

Amount Per Serving % DV

Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	25%
Zinc 15 mg	100%
Selenium 22 mcg	31%
Copper 0.5 mg	25%
Manganese 2.3 mg	115%
Chromium 52 mcg	43%
Molybdenum 50 mcg	67%

Amount Per Serving % DV

Chloride 72 mg	2%
Potassium 80 mg	2%
Nickel 5 mcg	*
Silicon 2 mg	*
Vanadium 10 mcg	*
Lutein 300 mcg	*

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Ascorbic Acid (Vit. C), Dibasic Calcium Phosphate, Microcrystalline Cellulose, Maltodextrin, dl-Alpha Tocopheryl Acetate (Vit. E), Modified Corn Starch. **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Copper Sulfate, Corn Starch, Crospovidone, Cyanocobalamin (Vit. B₁₂), Ferrous Fumarate, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Lutein, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Zinc Oxide.

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, or taking medication, consult your doctor before use.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.

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

Pfizer, Madison, NJ 07940 USA © 2014 Pfizer Inc.
For most recent product information, visit www.centrum.com

§Not a replacement for cholesterol-lowering drugs

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[^]B-vitamins help promote heart health*

[‡]Zinc and B-vitamins help support normal brain function*

^oVitamins A, C, and E and Lutein* support healthy eyes*

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

[#]Vitamin D and Calcium help maintain strong bones*

FloraGLO
LUTEIN

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

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CONTROL NO.

EXP. DATE