



**WOMEN  
50+**

## 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 800 IU                          | 200% |
| 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 <sub>6</sub> 5 mg    | 250% |
| Folic Acid 400 mcg             | 100% |
| Vitamin B <sub>12</sub> 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). **Contains <2% of:** Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Copper Sulfate, Corn Starch, Croscopolone, Cyanocobalamin (Vit. B<sub>12</sub>), Ferrous Fumarate, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Lecithin (soy), Lutein, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Modified Corn Starch, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polydextrose, Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Red 40 Lake, Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, 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 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](http://www.centrum.com)

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

**\*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.**

<sup>A</sup>B-vitamins help promote heart health\*

<sup>S</sup>Not a replacement for cholesterol-lowering drugs

<sup>V</sup>Zinc and B-vitamins help support normal brain function\*

<sup>P</sup>Lutein, <sup>+</sup>Zinc and Vitamins A, C, and E support healthy eyes\*

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

<sup>Z</sup>Vitamin D and Calcium help maintain strong bones\*

**FloraGLO**  
LUTEIN

PAA044341



CONTROL NO.

EXP. DATE

100 Tablets  
Multivitamin/Multimineral Supplement

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