

## Supplement Facts

Serving Size 1 Tablet

| Each Tablet Contains                         | % DV |
|----------------------------------------------|------|
| Calories 5                                   |      |
| Total Carbohydrate 2 g                       | <1%† |
| Vitamin A 4,000 IU<br>(75% as Beta-Carotene) | 80%  |
| Vitamin C 75 mg                              | 125% |
| Vitamin D 400 IU                             | 100% |
| Vitamin E 70 IU                              | 233% |
| Thiamin 2.2 mg                               | 150% |
| Riboflavin 2.7 mg                            | 159% |
| Niacin 12 mg                                 | 60%  |

**Ingredients:** Sorbitol, Dibasic Calcium Phosphate, Mannitol (Wheat), Calcium Carbonate, Microcrystalline Cellulose, Pregelatinized Corn Starch, Ascorbic Acid (Vit. C), Gelatin, Magnesium Oxide, dl-Alpha Tocopheryl Acetate (Vit. E). **Contains < 2% of:** Acacia, Ascorbyl Palmitate (to retard oxidation), Aspartame, \*\* Beta-Carotene, BHT (to retard oxidation), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D3), Chromic Chloride, Citric Acid, Corn Starch, Croscopolvidone, Cupric Oxide, Cyanocobalamin (Vit. B12), FD&C Red No. 40 Aluminum Lake, Folic Acid, Lactose (Milk), Lutein, Magnesium Stearate, Manganese Sulfate, Maltodextrin, Manganese Sulfate, Modified Corn Starch, Mono- and Diglycerides, Natural and Artificial Flavors, Niacinamide, Nickelous Sulfate, Partially Hydrogenated Soybean Oil (Soy), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B6), Riboflavin (Vit. B2), Silicon Dioxide, Sodium Ascorbate (to retard oxidation), Sodium Benzoate (preservative), Sodium Citrate, Sodium Metasilicate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Sorbic Acid (preservative), Stannous Chloride, Stearic Acid, Sucrose, Thiamine Mononitrate (Vit. B1), Tocopherols (to retard oxidation), Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2% of:** Magnesium Borate, Sodium Aluminosilicate. **Contains:** Milk, Wheat, Soy.

**Suggested Use:** Adults – Chew one 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.

**\*\*PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

**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.**

Store at room temperature. Keep bottle tightly closed. Protect from moisture.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA © 2014 Pfizer Inc. Made in Canada

For most recent product information, visit [www.centrum.com](http://www.centrum.com)

PAA053212

**\*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.**

| Each Tablet Contains   | % DV |
|------------------------|------|
| Vitamin B6 7 mg        | 350% |
| Folic Acid 400 mcg     | 100% |
| Vitamin B12 25 mcg     | 417% |
| Biotin 45 mcg          | 15%  |
| Pantothenic Acid 10 mg | 100% |
| Calcium 200 mg         | 20%  |
| Phosphorus 125 mg      | 13%  |
| Iodine 100 mcg         | 67%  |
| Magnesium 50 mg        | 12%  |
| Zinc 15 mg             | 100% |
| Selenium 22.5 mcg      | 32%  |
| Copper 2 mg            | 100% |

| Each Tablet Contains | % DV |
|----------------------|------|
| Manganese 4.5 mg     | 225% |
| Chromium 100 mcg     | 83%  |
| Molybdenum 25 mcg    | 33%  |
| Nickel 5 mcg         | *    |
| Silicon 4 mg         | *    |
| Tin 10 mcg           | *    |
| Vanadium 10 mcg      | *    |
| Lutein 250 mcg       | *    |

†Percent Daily Value (DV) based on a 2,000 calorie diet.

\*Daily Value not established.

**100% or more of  
12 Key Nutrients†**

**Centrum  
SILVER®**

**Chewables**  
**ADULTS 50+**

**CITRUS BERRY**  
**NATURAL & ARTIFICIAL FLAVOR**

**60 Chewable Tablets**  
**Multivitamin/Multimineral Supplement**



**HEART  
HEALTH\*\*§**



**BRAIN  
HEALTH\*\*§**



**EYE  
HEALTH\*\***

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