



# Centrum

SILVER

## ADULTS 50+

Supports heart, brain, eye  
+ whole body health\*\*



Multivitamin/  
Multimineral Supplement

125  
Tablets

**SUGGESTED USE:** Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

### Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
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Vitamin A 750 mcg (40% as Beta-Carotene)	83%
Vitamin C 60 mg	67%
Vitamin D3 25 mcg (1,000 IU)	125%
Vitamin E 22.5 mg	150%
Vitamin K 30 mcg	25%

Amount Per Serving	% DV
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Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B6 3 mg	176%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 25 mcg	1,042%
Biotin 30 mcg	100%
Pantothenic Acid 10 mg	200%

Amount Per Serving	% DV
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Calcium 220 mg	17%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	12%
Zinc 11 mg	100%
Selenium 19 mcg	35%
Copper 0.5 mg	56%
Manganese 2.3 mg	100%
Chromium 50 mcg	143%

Amount Per Serving	% DV
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Molybdenum 45 mcg	100%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 250 mcg	*
Lycopene 300 mcg	*

\* Daily Value (DV) not established.

**Ingredients:** Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), dl-alpha Tocopheryl Acetate (Vit. E), Maltodextrin, Modified Corn Starch, Corn Starch. Contains <2% of: Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Cholecalciferol (Vit. D3), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B12), Folic Acid, Gelatin, Hypromellose, Lutein, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Phytonadione (Vit. K), Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B6), Red 40 Lake, Riboflavin (Vit. B2), Silicon Dioxide, Sodium Ascorbate (to preserve freshness), Sodium Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B1), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

Distributed by: GSK Consumer Healthcare, Warren, NJ 07059

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As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

If taking other supplements, read label, since supplements may contain the same ingredient.

**Keep out of reach of children.**

Store at room temperature. Keep bottle tightly closed.

Bottle sealed with printed foil under cap.

Do Not Use if foil is torn.

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>^</sup> B-Vitamins and lycopene help promote heart health.\*<sup>§</sup>

<sup>§</sup> Not a replacement for cholesterol-lowering drugs. Zinc and B-Vitamins help support normal brain function.\*

Vitamins A, C, and E, and Lutein<sup>+</sup> 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.

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

~Read more about our Non-GMO standard on [centrum.com](http://centrum.com)

**Verified Non-GMO<sup>~</sup> & Gluten Free!**