

CLINICALLY
PROVEN
TO SUPPORT
MEMORY
AS YOU AGE*

HALEON

Centrum
SILVER

ADULTS50+

COMPLETE MULTIVITAMIN

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



220 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.

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
Vitamin A 750 mcg (40% as beta-carotene)	83%
Vitamin C 60 mg	67%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 22.5 mg	150%
Vitamin K 30 mcg	25%

Amount Per Serving	% DV
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B ₆ 3 mg	176%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 25 mcg	1,042%
Biotin 30 mcg	100%

Amount Per Serving	% DV
Pantothenic Acid 10 mg	200%
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%

Amount Per Serving	% DV
Manganese 2.3 mg	100%
Chromium 50 mcg	143%
Molybdenum 45 mcg	100%
Lutein 250 mcg	*
Lycopene 300 mcg	*

*Daily Value (DV) not established.

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

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If you are pregnant, nursing, taking medications or supplements, and/or have medical conditions, talk to your healthcare provider before use.

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 1-800-452-0051
For most recent product information, visit www.centrum.com

Verified Non-GMO* & Gluten Free!

*Read more about our Non-GMO standard on centrum.com.

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Made for You

Specifically designed to meet
your everyday health needs

Trusted Science

Backed by over 40 years of nutritional
science, Centrum is the most studied
multivitamin brand in the world

Expert Recommended Brand

Centrum is the #1 Doctor Recommended and
#1 Pharmacist Recommended Multivitamin brand

[^] B-Vitamins and Lycopene help promote heart health.[§]

[§] Not a replacement for cholesterol-lowering drugs.

Zinc and B-Vitamins help support normal brain function.*

Vitamins 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.



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