

# Centrum Silver Adults

## Multivitamin/Multimineral Supplement

This is the most current labeling information and may differ from labels on product packaging. If there are any differences between this website labeling and product packaging labeling, this website labeling should be regarded as the most current.

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

<b>Supplement Facts</b>	
Serving Size 1 Tablet	
Amount Per Serving	% Daily Value
Vitamin A 750 mcg (40% as Beta-Carotene)	83%
Vitamin C 60 mg	67%
Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	125%
Vitamin E 22.5 mg	150%
Vitamin K 30 mcg	25%
Thiamin 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin 20 mg	125%
Vitamin B <sub>6</sub> 3 mg	176%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> 25 mcg	1,042%
Biotin 30 mcg	100%
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%
Manganese 2.3 mg	100%
Chromium 50 mcg	143%
Molybdenum 45 mcg	100%
Chloride 72 mg	3%
Potassium 80 mg	2%
Lutein 250 mcg	*
Lycopene 300 mcg	*
* Daily Value not established.	

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**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. D<sub>3</sub>), Chromium Picolinate, Copper Sulfate, Crospovidone, Cyanocobalamin (Vit. B<sub>12</sub>), Folic Acid, Gelatin, Hypromellose, Lutein, Lycopene, Magnesium Stearate, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Phytonadione (Vit. K), Polydextrose, 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 Molybdate, Sodium Selenate, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

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.

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

Marketed by: Pfizer, Madison, NJ 07940 USA

Questions? Comments?

Call 1-877-CENTRUM (236-8786)