



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 package labeling, this website labeling should be regarded as the most current.

Centrum[®] Silver[®] Adults 50+

Supplement Facts	
Serving Size 1 Tablet	
Each Tablet Contains	% Daily Value
Vitamin A 2,500 IU (40% as Beta-Carotene)	50%
Vitamin C 60 mg	100%
Vitamin D 500 IU	125%
Vitamin E 50 IU	167%
Vitamin K 30 mcg	38%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B ₆ 3 mg	150%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ 25 mcg	417%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg	100%
Calcium 220 mg	22%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	13%
Zinc 11 mg	73%
Selenium 55 mcg	79%
Copper 0.5 mg	25%
Manganese 2.3 mg	115%
Chromium 45 mcg	38%

Supplement Facts	
Molybdenum 45 mcg	60%
Chloride 72 mg	2%
Potassium 80 mg	2%

Boron 150 mcg	*
Nickel 5 mcg	*
Silicon 2 mg	*
Vanadium 10 mcg	*
Lutein 250 mcg	*
Lycopene 300 mcg	*

* Daily Value not established.	

Ingredients: Calcium Carbonate, Potassium Chloride, Dibasic Calcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), Microcrystalline Cellulose, dl-Alpha Tocopheryl Acetate (Vit. E), Pregelatinized Corn Starch, Modified Food Starch. **Contains < 2% of:** Acacia, Ascorbyl Palmitate, Beta-Carotene, BHT, Biotin, Boric Acid, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vit. D₃), Chromium Picolinate, Citric Acid, Corn Starch, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B₁₂), FD&C Blue No. 2 Aluminum Lake, FD&C Red No. 40 Aluminum Lake, FD&C Yellow No. 6 Aluminum Lake, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Lutein, Lycopene, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Ascorbate, Sodium Benzoate, Sodium Borate, Sodium Citrate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Sorbic Acid, Sucrose, Talc, Thiamine Mononitrate (Vit. B₁), Titanium Dioxide, Tocopherols, Tribasic Calcium Phosphate, Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2% of:** Maltodextrin, Sodium Aluminosilicate, Sunflower Oil.

Suggested use: Adults – Take 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.

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.

Bottle 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

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