

Centrum Silver Chewables

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 - Chew one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

Supplement Facts	
Serving Size 1 Chewable tablet	
Amount Per Serving	% Daily Value
Calories 5	
Total Carbohydrate 2 g	<1% [†]
Total Sugars <1 g	*
Includes <1 g Added Sugars	<2% [†]
Vitamin A 1,200 mcg (50% as Beta-Carotene)	133%
Vitamin C 75g	83%
Vitamin D ₃ 10 mcg (400 IU)	50%
Vitamin E 31.5 mg	210%
Thiamin 2.2 mg	183%
Riboflavin 2.7 mg	208%
Niacin 12 mg	75%
Vitamin B ₆ 7 mg	412%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ 25 mcg	1,042%
Biotin 45 mcg	150%
Pantothenic Acid 10 mg	200%
Calcium 200 mg	15%
Phosphorus 125 mg	10%
Iodine 100 mcg	67%
Magnesium 50 mg	12%
Zinc 15 mg	136%
Selenium 22.5 mcg	41%
Copper 2 mg	222%
Manganese 4.5 mg	196%
Chromium 100 mcg	286%
Molybdenum 25 mcg	56%
Lutein 250 mcg	*
[†] Percent Daily Values are based on a 2,000 calorie diet. *Daily Value not established.	

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Ingredients: Sorbitol, Dibasic Calcium Phosphate, Mannitol (wheat), Microcrystalline Cellulose, Maltodextrin, Calcium Carbonate, Ascorbic Acid (Vit. C), Magnesium Oxide, DL- alpha Tocopheryl Acetate, Pregelatinized Corn Starch, Mono- and Di-glycerides. **Contains <2% of:** Aspartame,** Beta-Carotene, BHT (to preserve freshness), Biotin, Calcium Pantothenate, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Crospovidone, Cupric Oxide, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Lutein, Magnesium Stearate, Manganese Sulfate, Natural and Artificial Flavors, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Molybdate, Sodium Selenate, Stearic Acid, Thiamine Mononitrate (Vit. B₁), Tocopherols (to preserve freshness), Vitamin A Acetate, Zinc Oxide. **Contains:** Wheat

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

****PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

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. Protect from moisture.

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

Marketed by: Pfizer, Madison, NJ 07940 USA

Made in Canada

Questions? Comments? Call 1-877-CENTRUM (236-8786)