

Centrum SILVER Chewables

Multivitamin/Multimineral Supplement

Citrus Berry

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 Tablet

Amount Per Serving	% Daily Value
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Calories 5

Total Carbohydrate 2 g	<1% [†]
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Sugar Alcohols 2 g	*
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Vitamin A 4,000 IU (50% as Beta-Carotene)	80%
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Vitamin C 75 mg	125%
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Vitamin D 400 IU	100%
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Vitamin E 70 IU	233%
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Thiamin 2.2 mg	147%
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Riboflavin 2.7 mg	159%
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Niacin 12 mg	60%
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Vitamin B ₆ 7 mg	350%
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Folic Acid 400 mcg	100%
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Vitamin B ₁₂ 25 mcg	417%
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Biotin 45 mcg	15%
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Pantothenic Acid 10 mg	100%
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Calcium 200 mg	20%
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Phosphorus 125 mg	13%
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Iodine 100 mcg	67%
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Magnesium 50 mg	13%
Zinc 15 mg	100%
Selenium 22.5 mcg	32%
Copper 2 mg	100%
Manganese 4.5 mg	225%
Chromium 100 mcg	83%
Molybdenum 25 mcg	33%
Nickel 5 mcg	*
Tin 10 mcg	*
Silicon 4 mg	*
Vanadium 10 mcg	*
Lutein 250 mcg	*
† Percent Daily Values 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 (Vit. E), 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, Corn Starch, Crospovidone, Cupric Oxide, Cyanocobalamin (Vit. B₁₂), Folic Acid, Gelatin, Lutein, Magnesium Stearate, Manganese Sulfate, Natural and Artificial Flavors, Niacinamide, Nickelous Sulfate, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Stannous Chloride, 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.**

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. 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)