



SENIOR TABS

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT
FOR ADULTS 50+

Compare to dietary ingredients
in CENTRUM® SILVER*

100 TABLETS

Tamper Evident: Do not use if imprinted seal under cap is missing or broken.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV
Vitamin A (as Acetate and 40% Beta Carotene)	750 mcg 83%
Vitamin C (as Ascorbic Acid)	60 mg 67%
Vitamin D (as Cholecalciferol)	25 mcg 125%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	22.5 mg 150%
Vitamin K (as Phytonadione)	30 mcg 25%
Thiamin (as Thiamine Mononitrate)	1.5 mg 125%
Riboflavin	1.7 mg 131%
Niacin (as Niacinamide)	20 mg 125%
Vitamin B-6 (as Pyridoxine HCl)	3 mg 176%
Folate	667mcg DFE (400 mcg Folic Acid) 167%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1042%
Biotin	30 mcg 100%
Pantothenic Acid (as Calcium Pantothenate)	10 mg 200%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg 17%
Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 12%
Zinc (as Zinc Oxide)	11 mg 100%
Selenium (as Sodium Selenate)	19 mcg 35%
Copper (as Cupric Sulfate)	0.5 mg 56%
Manganese (as Manganese Sulfate)	2.3 mg 100%
Chromium (as Chromium Picolinate)	50 mcg 143%
Molybdenum (as Sodium Molybdate)	45 mcg 100%
Chloride (as Potassium Chloride)	72 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
Lutein	250 mcg *
Lycopene	300 mcg *

* Daily Value not established.

Other ingredients: Cellulose, Croscarmellose Sodium, Magnesium Stearate. May also contain Stearic acid, Starch, Maltodextrin and less than 2% of: Hypromellose, Polydextrose, Talc, Silica, Sucrose, Acacia Gum, Titanium Dioxide, Alginate, Triethyl Citrate, Triglycerides, Gelatin, FD&C Blue #2 Lake, Carnauba Wax, BHT, Sodium Ascorbate, Corn Oil, Rosemary Extract, FD&C Red #40 Lake, FD&C Yellow #6 Lake, FD&C Yellow #5 Lake (Tartrazine).

Suggested use: Adults - One tablet daily as a dietary supplement, preferably with a meal, or as recommended by your health professional. **As with any supplement**, if you are pregnant, nursing, or taking medication, ask a health professional before use.

KEEP OUT OF REACH OF CHILDREN. Store at room temperature.

*This product is not manufactured or distributed by the owner of the registered trademark Centrum®.

REV 0922Mba

DIST. BY: **GERI-CARE PHARMACEUTICALS CORP.**

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