

For adults 50+

Wyeth®

Centrum®
SILVER
LUTEIN

PLEASE SAVE FOR
FUTURE USE

Complete from A to Zinc

Multi-vitamin, Multi-mineral tablets

Why vitamins and minerals are essential for us?

Vitamins are nutrients absolutely essential for the proper function of our body. Continuous scientific studies constantly substantiate the necessity of all vitamins at adequate quantities. Vitamins help the metabolism, contributing to good health, reproduction, growth and maintenance of good fitness. Most vitamins cannot be synthesized in the human body and are obtained through food. They do not have any calories or any energy value by themselves. Minerals, like vitamins, are essential components for the proper function of our body. They constitute 4 - 5% of our body weight. Inhered in the bones, teeth, and are important components of muscles, nerve cells, hormones, enzymes and blood. Deficiency of vitamins and minerals in our body, even in small amounts, may lead sooner or later, to health disorders.

Why do we need a complete nutritional supplement?

The maintenance of good health requires adequate and balanced nutrition that depends on the right choice and correct combination of food. Food supplements provide our bodies with vitamins and minerals, that for different reasons we do not get from our diet.

Usually the reasons are the following:

- Modern methods of cultivation, processing and conservation may contribute to the reduction of vitamins and minerals contained in food.

- It is very difficult to check the quality of meals prepared away from home (at the office, restaurant, ... etc).

- Sensitive vitamins are destroyed during cooking and storage.

CENTRUM® SILVER

CENTRUM® SILVER with Lutein contains 26 vitamins, minerals and trace elements, and now with Lutein, an antioxidant that helps maintaining healthy eyesight.

CENTRUM® SILVER with Lutein has a special balanced composition of vitamins and minerals in quantities, which according to scientific data, the modern people should receive daily to meet the changing nutritional needs.

With one CENTRUM® SILVER with Lutein tablet every day your body obtains a complete balance of vitamins and minerals, when for the above reasons is difficult to obtain them through your diet.

CENTRUM® SILVER contains the antioxidant nutrients

Scientific studies have proven that antioxidant nutrients (such as vitamins C, E, beta-carotene, Selenium and Lutein) are very important to our bodies. They protect cells from the damage that might depend on certain factors, such as poor diet, the exposure to the radiation of the sun, to exhausts and cigarette smoke. Recent scientific findings have increased scientific interest for future use of antioxidants to delay, as well as to prevent chronic diseases. CENTRUM® SILVER with Lutein formula helps supply the body with these important nutrients.

EACH TABLET CONTAINS:

VITAMINS	RDA% **
Total Retinol (Beta-Carotene - a source of Vitamin A) ...	4000 IU	80%
Vitamin E (as acetate).....	14.9 IU	50%
Vitamin C (ascorbic acid).....	60 mg	100%
Folic Acid.....	195 mcg	49%
Vitamin B1 (thiamine mononitrate).....	1.4 mg	93%
Vitamin B2 (riboflavin).....	1.6 mg	94%
Niacinamide.....	18 mg	90%
Vitamin B6 (pyridoxine hydrochloride).....	2 mg	100%
Vitamin B12 (cyanocobalamin).....	1 mcg	17%
Vitamin D3 (cholecalciferol).....	400 IU	100%
Biotin.....	100 mcg	33%
Pantothenic Acid (calcium pantothenate).....	6 mg	60%
Vitamin K1 (phytonadione).....	30 mcg	38%

MINERALS

Calcium (Ca phosphate dibasic dihydrate), 162 mg	16%
Iodine (potassium iodide).....	100 mcg	67%
Iron (ferrous fumarate).....	10 mg	56%
Magnesium (magnesium oxide).....	50 mg	13%
Copper (cupric sulfate).....	0.5 mg	25%
Manganese (manganese sulfate).....	1 mg	50%
Phosphorus (Ca phosphate dibasic dihydrate) 125 mg	13%
Potassium (potassium chloride).....	40 mg	*
Chromium (chromic chloride).....	40 mcg	33%
Molybdenum (sodium molybdate).....	50 mcg	67%
Selenium (sodium selenate).....	30 mcg	43%
Zinc (zinc oxide).....	5 mg	33%

OTHER INGREDIENTS

Lutein.....	1000 mcg	*
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* No U.S. RDA established. ** Recommended Daily Allowance

Directions for use: Adults: Take one CENTRUM® SILVER with Lutein tablet every day to help you maintain a healthy balanced diet.

The administration of the tablet (with some water) is recommended along with a meal.

CENTRUM® SILVER with Lutein responds to the changing nutritional needs, completes your daily diet but does not replace it. Caution: Keep out of reach of children.

Store at room temperature (15-30°C). Protect from moisture.

Non-Medicinal Ingredients: Acacia gum, ascorbic acid, ascorbyl palmitate, citric acid, corn starch, crospovidone, FD&C blue No. 2, FD&C red No. 40, FD&C yellow No. 6, gelatin, glucose, hydrogenated soy bean oil, hypromellose, lactose monohydrate, magnesium stearate, maltodextrin, methyl cellulose, microcrystalline cellulose, modified food starch, polysorbate 80, silicon dioxide, sodium ascorbate, sodium benzoate, sodium citrate, sorbic acid, stearic acid, sucrose, titanium dioxide, triacetin

THIS IS A MEDICAMENT:

- A Medicament is a product which affects your health and its use contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the Pharmacist who sold the medicament.
- The Doctor and the pharmacist are experts in medicines, their benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed.
- Do not repeat the same prescription without consulting your doctor.

Council of Arab Health Ministers Union of Arab Pharmacists

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