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## Centrum Advance 50+ Multivitamins & Minerals, 60 Tablets

### Ingredients

Calcium Salts of Orthophosphoric Acid (Dicalcium Phosphate); Magnesium Oxide; L-Ascorbic Acid; Bulking Agents: E460, E464, E1200; Potassium Chloride; DL-Alpha Tocopheryl Acetate; Stabiliser: E1202; Nicotinamide; Calcium D-Pantothenate; Ferrous Fumarate; Zinc Oxide; Manganese Sulphate; Emulsifier: E470b; Anticaking Agents: E551, E553b; Beta-Carotene; Pyridoxine Hydrochloride; Thiamin Mononitrate; Riboflavin; Gelatine; Vegetable Oil (Coconut & Palm Kernel); Cupric Sulphate; Retinyl Acetate; Pteroylmonoglutamic Acid; Chromium (III) Chloride; Sodium Molybdate; Potassium Iodide; D-Biotin; Sodium Selenite; Phylloquinone; Antioxidant: E 321; Cholecalciferol; Cyanocobalamin; Colours: E171, E153.

### Nutritional Information

	Each tablet contains	% EU NRV 100%
Vitamin A (RE)	800 µg	100 %
Lutein	1000 µg	- ••
Vitamin E (α-TE)	18 mg	150 %
Vitamin C	120 mg	150 %
Vitamin K	30 µg	40 %
Vitamin B1 (Thiamin)	1.65 mg	150 %
Vitamin B2 (Riboflavin)	2.1 mg	150 %
Vitamin B6	2.1 mg	150 %
Vitamin B12	3 µg	120 %
Vitamin D	5 µg	100 %
Biotin	75 µg	150 %

	Each tablet contains	% EU NRV 100%
Folic acid	300 µg	150 %
Niacin (NE)	24 mg	150 %
Pantothenic Acid	9 mg	150%
Calcium	162 mg	20 %
Phosphorus	125 mg	18 %
Magnesium	100 mg	27 %
Iron	2.1 mg	15 %
Iodine	100 µg	67 %
Copper	500 µg	50 %
Manganese	2 mg	100 %
Chromium	40 µg	100 %
Molybdenum	50 µg	100 %
Selenium	30 µg	55 %
Zinc	5 mg	50 %
NRV = Nutrient Reference Value		