

Formulation	Max Health	Centrum Silver Men 50+ 100-Day supply \$11.99
Vitamin A	5,000 IU	3,500 IU (29% as Beta-Carotene)
Vitamin C	500 mg	120 mg
Vitamin D	1,000 IU (as D3)	1,000 IU
Vitamin E	400 IU (as d-alpha Tocopheryl Acetate)	60 IU
Vitamin K	Present in Chlorophyll	60 mcg
Thiamin (B1)	30 mg (as Mononitrate)	1.5 mg
Riboflavin (B2)	30 mg	1.7 mg
Niacin (B3)	40 mg	20 mg
Vitamin B6	30 mg (as Pyridoxine HCL)	6 mg
Vitamin B12	100 mcg (as Cyanocobalamin)	100 mcg
Beta Carotene	0	1,015 IU (from Vitamin A blend)
Bilberry 45% Extract	200 mg (as Anthocyanoside)	0
Biotin	300 mcg (Pure)	30 mcg
Calcium	100 mg (as Calcium Carbonate)	210 mg
Chlorophyll	100 mg	0
Chromium	200 mcg (as Chromium Picolinate)	0
Citrus Bioflavonoids 25%	40 mg	0
Copper	2 mg (as Copper Sulfate)	0
Folic Acid	800 mcg	300 mcg
Ginkgo Biloba Extract	120 mg	0
Grape Seed (95% Extract)	50 mg	0
Iodine	150 mcg (as Potassium Iodide)	150 mcg
Iron	4 mg (as Ferrous Fumarate)	0
Korean Ginseng (25% Extract)	200 mg	0
L Glutathione	25 mg	0
Lutein	10 mg	0
Lycopene	30 mg	0
Magnesium	300 mg (as Magnesium Oxide)	75 mg
Manganese	2 mg (as Manganese Sulfate)	0
Molybdenum	75 mcg (as Sodium Molybdate)	0
N-Acetyl-Cysteine	50 mg	0
Pantothenic Acid	5 mg (as Calcium Pantothenate)	10 mg
Phosphorus	0	20 mg
Selenium	200 mcg (as Sodium Selenate)	0
Zeaxanthin	5 mg	0
Zinc	30 mg (as Zinc Oxide)	15 mg