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Ocuvite Adult 50+ Supplement Facts

Ocuvite Adult 50+ Eye Vitamin and Mineral Supplement		
Supplement Facts		
Serving Size: 1 Soft Gel		
Amount per Soft Gel		%DV
Calories	5	
Calories from Fat	5	
Total Fat	0.5g	1%*
Cholestrol	< 5mg	2%
Vitamin C (ascorbic acid)	150mg	250%
Vitamin E (d-alpha tocopherol)	30 IU	100%
Zinc (aszinc oxide)	9mg	60%
Copper (as copper gluconate)	1mg	50%
Omega-3 fatty acids (160mg EPA, 90mg DHA)	250mg	†
Lutein	5mg	†
Zeaxanthin	1mg	†
*Percentage Daily Values (DV) are based on a 2,000 calorie diet.		
†Daily Value not established.		

One A Day Supplement Facts

http://oneaday.com/womens_50.html

Accessed on 8-5-2011

One-A-Day Women's 50+ Advantage		
Supplements Facts		
Serving Size: One Tablet		
	Amount Per Serving	% Daily Value
Total Carbohydrate	< 1g	<1%*
Vitamin A (20% as beta-carotene)	2500 IU	50%
Vitamin C	60mg	100%
Vitamin D	1000 IU	250%
Vitamin E	22.5 IU	75%
Vitamin K	20 mcg	25%
Thiamin (B1)	4.5mg	300%
Riboflavin (B2)	3.4mg	200%
Niacin	20mg	100%
Vitamin B6	6mg	300%
Folic Acid	400mcg	100%
Vitamin B12	25mcg	417%
Biotin	30mcg	10%
Pantothenic Acid	15mg	150%
Calcium (elemental)	500mg	50%
Iron	0mg	0%
Iodine	150mcg	100%
Magnesium	50mg	13%
Zinc	22.5mg	150%
Selenium	20mcg	29%
Copper	2mg	100%
Manganese	4mg	200%
Chromium	180mcg	150%
Molybdenum	90mcg	120%
Gingko Biloba Extract (leaf)	120mg	**
*Percent Daily Value are based on a 2,000 calorie diet.		
**Daily Value not established.		

Centrum Silver Supplement Facts

http://www.centrum.com/OurProducts/Silver.aspx

Accessed on 8-5-2011

Centrum Silver Multivitamin	
Supplement Facts	
Serving Size 1 Tablet	
Each Table Contains	**% Daily Value**
Vitamin A 2500 U (40% as Beta Carotene)	50%
Viamin C 60mg	100%
Vitamin D 500 IU	125%
Vitamin E 50 IU	167%
Vitamin K 30mcg	38%
Thiamin 1.5mg	100%
Riboflavin 1.7mg	100%
Niacin 20mg	100%
Vitamin B6 3mg	150%
Folic Acid 400mcg	100%
Vitamin B12 25mcg	417%
Biotin 30mcg	10%
Pantothenic Acid 10mg	100%
Calcium 220mg	22%
Phosphorus 20mg	2%
Iodine 150mcg	100%
Magnesium 50mg	13%
Zinc 11mg	73%
Selenium 55mcg	79%
Copper 0.5mg	25%
Manganese 2.3mg	115%
Chromium 45mcg	38%
Molybdenum 45mcg	60%
Chloride 72mg	2%
Potassium 80mg	2%
Boron 150mcg	*
Nickel 5mcg	*
Silicon 2mg	*
Vanadium 10mcg	*
Lutein 250mcg	*
Lycopene 300mcg	*
*Daily Value not established.	