

## **FAQs**

Q: What makes Centrum Silver Men different from Centrum Silver Adults multivitamins?

A: Centrum Silver Men builds off of the same great formula as Centrum Silver Adults, but is formulated with nutrients specific to help support men's health after the age of 50. Centrum Silver Men contains higher levels of vitamins A, C, E, K, B6, and B12, as well as calcium, zinc, selenium, copper, manganese, chromium, molybdenum, lutein, and lycopene, all key nutrients needed to help support men's health after the age of 50.\*

Q: What is the difference between Centrum Adults and Centrum Silver Adults multivitamins?

A: Centrum Silver Adults has been specifically formulated to help meet the nutritional needs of adults 50 years of age and over. As you age, your body's physiological needs, as well as your dietary requirements change. Centrum Silver Adults takes into consideration these physiological changes, the Recommended Dietary Reference Intakes (DRI), and the average American diet, to bring you a formula designed to help meet the changing needs of adults.

Q: How long can I take Centrum multivitamins?

A: Centrum multivitamins can be taken continuously on a daily basis. Please consult with your healthcare provider before you make any changes in your diet and exercise routine.

Q: Has Centrum Silver Men changed its formula?

A: Centrum Silver Men has the same great formula and taste with redesigned packaging.