



Sentry

Multivitamin & Multimineral Supplement

Compare Active Ingredients To
Centrum®†

A BETTER BALANCE
COMPLETE WITH
ALL **RDI** NUTRIENTS

300 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate & 28% as Beta Carotene)	3,500 I.U. 70%	Zinc (as Zinc Oxide)	11 mg 73%
Vitamin C (as Ascorbic Acid)	90 mg 150%	Selenium (as Sodium Selenate)	55 mcg 79%
Vitamin D (as Cholecalciferol)	400 I.U. 100%	Copper (as Copper Sulfate)	0.9 mg 45%
Vitamin E (as dl-alpha Tocopheryl Acetate)	30 I.U. 100%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Vitamin K (as Phytonadione)	25 mcg 31%	Chromium (as Chromium Picolinate)	35 mcg 29%
Thiamin (Thiamin Mononitrate, B1)	1.5 mg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 60%
Riboflavin (Vitamin B2)	1.7 mg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Niacin (as Niacinamide)	20 mg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B6 (as Pyridoxine HCl)	2 mg 100%		
Folic Acid	500 mcg 125%	Boron (as Borates)	150 mcg **
Vitamin B12 (as Cyanocobalamin)	6 mcg 100%	Tin (as Stannous Chloride)	10 mcg **
Biotin	30 mcg 10%	Nickel (as Nickelous Sulfate)	5 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Silicon (as Silicon Dioxide)	2 mg **
Calcium (as Calcium Phosphate & Carbonate)	200 mg 20%	Vanadium (as Sodium Metavanadate)	10 mcg **
Iron (as Ferrous Fumarate)	18 mg 100%	Lycopene	300 mcg **
Phosphorus (as di-Calcium Phosphate)	109 mg 11%	Lutein	250 mcg **
Iodine (as Potassium Iodide)	150 mcg 100%		
Magnesium (as Magnesium Oxide)	100 mg 25%		

** Daily Value (DV) not established.

Other Ingredients: Cellulose, Starch, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, Artificial Color Added (FD&C Yellow #6).

†Centrum® is a registered trademark of Wyeth Consumer Healthcare, Madison, NJ 07940

Directions: Adults take one (1) tablet daily with any meal for maximum daily results, or as directed by a medical practitioner. Do not exceed recommended dosage.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Added Sugar, Salt, Yeast, Preservatives, Artificial Flavors.

Important Information. Extended use of high levels of Vitamin A (excluding Beta Carotene as the source) may increase the risk to adults of developing osteoporosis. Do not use this product if using other Vitamin A supplements.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

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