



bringing wellness to the world since 1969

Century Formula

Multi-Vitamin &
Mineral Supplement



130 tablets

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one tablet per day with water. Women who are pregnant or likely to become pregnant should not exceed recommended dose.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Contains vitamin K. Consult your healthcare provider if you are using blood-thinning medications or are pregnant or nursing.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as acetate).....	1,500 mcg RAE..... 167%
Vitamin C (as ascorbic acid).....	90 mg..... 100%
Vitamin D (as cholecalciferol).....	10 mcg..... 50%
Vitamin E (as d-alpha tocopheryl succinate).....	20 mg..... 133%
Vitamin K (as phytonadione).....	25 mcg..... 21%
Thiamin (as thiamin mononitrate) (vitamin B-1).....	2.3 mg..... 192%
Riboflavin (vitamin B-2).....	2.6 mg..... 200%
Niacin (as niacinamide).....	20 mg NE..... 125%
Vitamin B-6 (as pyridoxine HCl).....	3 mg..... 176%
Folate.....	667 mcg DFE..... 167%
(400 mcg folic acid)	
Vitamin B-12 (as cyanocobalamin).....	9 mcg..... 375%
Biotin.....	25 mcg..... 83%
Pantothenic Acid (as d-calcium pantothenate).....	10 mg..... 200%
Calcium (from calcium carbonate).....	162 mg..... 12%
Iron (from ferrous fumarate).....	27 mg..... 150%
Iodine (from potassium iodide).....	150 mcg..... 100%
Magnesium (from magnesium oxide).....	100 mg..... 24%
Zinc (from zinc sulfate).....	15 mg..... 136%
Selenium (from sodium selenate).....	25 mcg..... 45%
Copper (from copper gluconate).....	2 mg..... 222%
Manganese (from manganese sulfate).....	5 mg..... 217%
Chromium (from chromium chloride).....	25 mcg..... 71%
Molybdenum (from sodium molybdate).....	25 mcg..... 56%
Potassium (from potassium chloride).....	60 mg..... 1%

Other ingredients: Stearic acid, croscarmellose sodium, magnesium stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), gum acacia, maltodextrin.

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TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com



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