



bringing wellness to the world since 1969

Century Formula without Iron

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 food and water. Women who are pregnant or likely to become pregnant should not exceed recommended dose.

WARNING: Contains vitamin K. Consult your healthcare provider before use if you are taking 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 (from cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Vitamin K (as phytonadione)	25 mcg	21%
Thiamin (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%
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%

*Percent Daily Value based on a 2,000 calorie diet.

Other ingredients: Microcrystalline cellulose (plant fiber), stearic acid, croscarmellose sodium, magnesium stearate, aqueous film-coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), acacia, maltodextrin.

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