

DIRECTIONS: Take 1 tablet daily with food as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

DO NOT PURCHASE IF SEAL IS BROKEN.

MADE IN THE U.S.A.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements*.



MILLTRIUM

HIGH POTENCY MULTIVITAMIN & MINERAL FORMULA

Compare to
Centrum® Adults†
DIETARY SUPPLEMENT

100 TABLETS

NO

**SUGAR, SALT,
STARCH, YEAST,
WHEAT, MILK,
ARTIFICIAL COLORS,
FLAVORS OR
PRESERVATIVES**

— Gluten Free —

†WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

Distributed by:
Windmill Health Products®
10 Henderson Drive, West
Caldwell, NJ 07006

†Centrum® Adults is a registered trademark of Pfizer, Madison, NJ.

For more information visit us
at windmillvitamins.com

Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate & 29% as beta-carotene)	3,500 IU	70%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU	100%
Vitamin K (as phytonadione)	25 mcg	31%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate & dicalcium phosphate)	200 mg	20%
Iron (as ferrous fumarate) ‡	18 mg	100%
Phosphorus (as dicalcium phosphate)	20 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	11 mg	73%
Selenium (as sodium selenate)	55 mcg	79%
Copper (as cupric oxide)	0.5 mg	25%
Manganese (as manganese sulfate)	2.3 mg	115%
Chromium (as chromium chloride)	35 mcg	29%
Molybdenum (as sodium molybdate)	45 mcg	60%
Chloride (as potassium chloride)	72 mg	2%
Potassium (as potassium chloride)	80 mg	2%
Vanadium (as sodium metavanadate)	10 mcg	*
Tin (as stannous chloride)	10 mcg	*
Silicon (as sodium metasilicate)	2 mg	*
Nickel (as nickelous sulfate)	5 mcg	*

*Daily value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica and pharmaceutical glaze.

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