

21ST
CENTURY®

Men

Sentry

Multivitamin & Multimineral
Supplement

Compare VS.
Centrum® Men[†]

120 Tablets

gluten
free

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate & 29% Beta-Carotene)	1,050 mcg 117%	Iron (as Ferrous Fumarate)	8 mg 44%
Vitamin C (as Ascorbic Acid)	90 mg 100%	Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	20 mg 135%	Magnesium (as Magnesium Oxide)	100 mg 24%
Vitamin K (as Phytonadione)	60 mcg 50%	Zinc (as Zinc Oxide)	11 mg 100%
Thiamin (as Thiamin Mononitrate, B-1)	1.2 mg 100%	Selenium (as Sodium Selenate)	100 mcg 182%
Riboflavin (Vitamin B-2)	1.3 mg 100%	Copper (as Copper Sulfate)	0.9 mg 100%
Niacin (as Niacinamide)	16 mg 100%	Manganese (as Manganese Sulfate)	2.3 mg 100%
Vitamin B-6 (as Pyridoxine HCl)	2 mg 118%	Chromium (as Chromium Picolinate)	35 mcg 100%
Folate	333 mcg DFE 83% (200 mcg Folic Acid)	Molybdenum (as Sodium Molybdate)	50 mcg 111%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%	Chloride (as Potassium Chloride)	72 mg 3%
Biotin	40 mcg 133%	Potassium (as Potassium Chloride)	80 mg 2%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%	Tin (as Stannous Chloride)	10 mcg **
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	210 mg 16%	Nickel (as Nickel Sulfate)	5 mcg **
		Silicon (as Silicon Dioxide)	2 mg **
		Vanadium (as Sodium Metavanadate)	10 mcg **
		Lycopene	600 mcg **
		** Daily Values not established.	

Other Ingredients: Starch, Cellulose, Stearic Acid. **Contains <2% of:** Artificial Color (FD&C Yellow #6), Ascorbyl Palmitate, BHA, BHT, Citric Acid, Corn Oil, Croscarmellose Sodium, dl-Alpha Tocopherol, Ethylcellulose, Gelatin, Gum Arabic, Magnesium Stearate, Maltodextrin, Mannitol, PEG, Polyvinyl Alcohol, Silicon Dioxide, Sodium Aluminosilicate, Sodium Ascorbate, Sucrose, Talc, Titanium Dioxide, Vegetable Oil, Water.

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

Directions: As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by your healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

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

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.

No added Yeast or
Artificial Flavors.
Gluten Free.

ACTUAL SIZE

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.

Proudly Manufactured by
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