

GOODSENSE®**30 Nutrients****Everyday support to help promote
the health of women™***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**Immune Support**Antioxidants help support immune system.**Antioxidant Support**Antioxidants help support immune system.**Skin, Hair & Nail Health**Biotin, Beta-Carotene, Zinc, Vitamin A, E, and K help maintain healthy skin, hair & nails.**CENTURY****Women****Multivitamin/Multimineral
Supplement****50% DV More Vitamin D Than Previous Formula
Compare to Centrum® Women Ingredients**

120 Tablets

**1000 IU
Vitamin D****100%
SATISFACTION
GUARANTEED****Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%	Iodine 150 mcg	100%
Vitamin C 75 mg	125%	Magnesium 100 mg	25%
Vitamin D 1,000 IU	250%	Zinc 8 mg	53%
Vitamin E 35 IU	117%	Selenium 18 mcg	26%
Vitamin K 50 mcg	63%	Copper 0.5 mg	25%
Thiamin 1.1 mg	73%	Manganese 1.8 mg	90%
Riboflavin 1.1 mg	65%	Chromium 32 mcg	27%
Niacin 14 mg	70%	Molybdenum 50 mcg	67%
Vitamin B6 2 mg	100%	Chloride 72 mg	2%
Folic Acid 400 mcg	100%	Potassium 80 mg	2%
Vitamin B12 6 mcg	100%		
Biotin 40 mcg	13%	Nickel 5 mcg	*
Pantothenic Acid 15 mg	150%	Silicon 2 mg	*
Calcium 200 mg	20%	Vanadium 10 mcg	*
Iron 18 mg	100%	Tin 10 mcg	*
Phosphorus 20 mg	2%		

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dicalcium Phosphate, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrus Fumarate, dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Croscarmellose Sodium, Stearic Acid, Calcium Pantothenate, Hypromellose, Nicotinamide, Polydextrose, Titanium Dioxide Color, Calcium Silicate, Magnesium Stearate, Zinc Oxide, Silicon Dioxide, Manganese Sulfate, Polyethylene Glycol, Pyridoxine Hydrochloride (Vit. B6), Medium Chain Triglycerides, Thiamine Mononitrate (Vit. B1), Cupric Sulfate, Vitamin A Acetate, Riboflavin (Vit. B2), Beta-Carotene, Folic Acid, Chromium Picolinate, Potassium Iodide, FD&C Red #40, Aluminum Lake, Sodium Molybdate, Phytonadione (Vit. K), Sodium Selenate, Biotin, FD&C Blue #2 Aluminum Lake, Cholecalciferol (Vit. D3), Sodium Methylvanadate, Stannous Chloride, Nickel Sulfate, Cyanocobalamin (Vit. B12), FD&C Yellow #6 Aluminum Lake.

SUGGESTED USE: Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

Caution: If you are pregnant or nursing a baby, taking any medication, or have a medical condition, consult a doctor before taking this product.

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. (1-800-222-1222)

Store at room temperature. Keep bottle tightly closed. Previous formula contained 800 IU Vitamin D; this formula contains 1000 IU Vitamin D.

Questions or comments? 1-866-703-4222

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Gluten Free

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Perrigo®

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