

21ST
CENTURY[®]

Adults
50+

Sentry SENIOR

Multivitamin & Multimineral
Supplement

Compare VS.
Centrum[®] SILVER^{®†}

220 Tablets

gluten
free

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate, 40% Beta-Carotene)	750 mcg 83%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin D ₃ (as Cholecalciferol)	13 mcg (500 IU) 63%	Zinc (as Zinc Oxide)	11 mg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	23 mg 150%	Selenium (as Sodium Selenate)	55 mcg 100%
Vitamin K (as Phytonadione)	30 mcg 25%	Copper (as Copper Sulfate)	0.5 mg 56%
Thiamin (as Thiamin Mononitrate, B-1)	1.5 mg 125%	Manganese (as Manganese Sulfate)	2.3 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Chromium (as Chromium Picolinate)	45 mcg 129%
Niacin (as Niacinamide)	20 mg 125%	Molybdenum (as Sodium Molybdate)	45 mcg 100%
Vitamin B-6 (as Pyridoxine HCl)	3 mg 176%	Chloride (as Potassium Chloride)	72 mg 3%
Folate	667 mcg DFE (400 mcg Folic Acid) 167%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,042%	Boron (as Sodium Borate)	150 mcg **
Biotin	30 mcg 100%	Nickel (as Nickel Sulfate)	5 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Vanadium (as Sodium Metavanadate)	10 mcg **
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	225 mg 17%	Lutein	250 mcg **
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	Lycopene	300 mcg **

** Daily Values not established.

Other Ingredients: Starch, Cellulose, Stearic Acid. **Contains <2% of:** Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40, 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, Mono/Diglycerides, PEG/PVA Copolymer, Polyvinyl Alcohol, Silicon Dioxide, Sodium Aluminosilicate, Sodium Ascorbate, Sucrose, Talc, Titanium Dioxide, Vegetable Oil, Vitamin E Oil, Water.

[†]Centrum[®] Silver[®] 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 a 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

Proudly Manufactured by
21ST Century HealthCare, Inc.
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501121-0219N

