

21ST
CENTURY[®]

Adults

Sentry

Multivitamin & Multimineral
Supplement

Compare VS.
Centrum^{®†}

200 Tablets

gluten
free

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate and 29% as Beta-Carotene)	1,050 mcg 117%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU) 50%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg 90%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin K (as Phytonadione)	25 mcg 21%	Zinc (as Zinc Oxide)	11 mg 100%
Thiamin (as Thiamin Mononitrate, B-1)	1.5 mg 125%	Selenium (as Sodium Selenate)	55 mcg 100%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Copper (as Copper Sulfate)	0.5 mg 56%
Niacin (as Niacinamide)	20 mg 125%	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 (400 mcg Folic Acid)	667 mcg DFE 167%	Molybdenum (as Sodium Molybdate)	45 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%	Chloride (as Potassium Chloride)	72 mg 3%
Biotin	30 mcg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Boron (as Sodium Borate)	75 mcg **
Calcium (as Dicalcium Phosphate & Calcium Carbonate)	200 mg 15%	Tin (as Rice Chelate)	10 mcg **
		Nickel (as Nickel Sulfate)	5 mcg **
		Vanadium (as Sodium Metavanadate)	10 mcg **

** Daily Values not established.

Other Ingredients: Cellulose, Starch, Stearic Acid. **Contains <2% of:** Artificial Color (FD&C Yellow #6), Ascorbyl Palmitate, BHA, BHT, Croscarmellose Sodium, dl-Alpha Tocopherol, Ethylcellulose, Gelatin, Gum Arabic, Magnesium Stearate, Maltodextrin, Mannitol, Mono/Diglycerides, PEG/PVA Copolymer, Polyvinyl Alcohol, Silicon Dioxide, Sodium Aluminosilicate, 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 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

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.

Proudly Manufactured by
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500772-0219N

