

21ST
CENTURY®

Men's
50+

Sentry SENIOR

**Multivitamin & Multimineral
Supplement**

Compare VS.
**Centrum® SILVER®
Men 50+†**

100 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%	Phosphorus (as Dicalcium Phosphate) 20 mg	2%
Vitamin C (as Ascorbic Acid)	120 mg 133%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D ₃ (as Cholecalciferol)	15 mcg (600 IU) 75%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	27 mg 180%	Zinc (as Zinc Oxide)	15 mg 136%
Vitamin K (as Phytonadione)	60 mcg 50%	Selenium (as Sodium Selenate)	100 mcg 182%
Thiamin (as Thiamin Mononitrate, B-1)	1.5 mg 125%	Copper (as Copper Sulfate)	0.7 mg 78%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Manganese (as Manganese Sulfate)	4 mg 174%
Niacin (as Niacinamide)	20 mg 125%	Chromium (as Chromium Picolinate)	60 mcg 171%
Vitamin B-6 (as Pyridoxine HCl)	6 mg 353%	Molybdenum (as Sodium Molybdate)	50 mcg 111%
Folate	500 mcg DFE 125% (300 mcg Folic Acid)	Chloride (as Potassium Chloride)	72 mg 3%
Vitamin B-12 (as Cyanocobalamin)	100 mcg 4,167%	Potassium (as Potassium Chloride)	80 mg 2%
Biotin	30 mcg 100%	Boron (as Sodium Borate)	150 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Nickel (as Nickel Sulfate)	5 mcg **
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	260 mg 20%	Vanadium (as Sodium Metavanadate)	10 mcg **
		Lutein	300 mcg **
		Lycopene	600 mcg **

Other Ingredients: Cellulose, Starch, Stearic Acid. **Contains <2% of:** Artificial Colors (FD&C Blue #2 Carmine, 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, Vitamin E Oil, Water.

** Daily Values not established.

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 Artificial Flavors. **Gluten Free.**

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

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ACTUAL SIZE

