

DIRECTIONS: Take 1 tablet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

DO NOT PURCHASE IF SEAL IS BROKEN.

Made in the U.S.A. from globally sourced ingredients



MILLTRIUM SENIOR WITH LUTEIN

Compare to
Centrum® Silver® Adults†

DIETARY SUPPLEMENT

60 TABLETS

ITEM 058 TC #31011650602



Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	%DV
Vitamin A (as retinyl acetate and 40% beta-carotene)	2,500 IU	50%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha-tocopheryl acetate)	50 IU	167%
Vitamin K (as phytonadione)	30 mcg	38%
Vitamin B1 (as thiamin mononitrate)	1.5 mg	100%
Vitamin B2 (as riboflavin)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	3 mg	150%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Biotin	30 mcg	10%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate and dicalcium phosphate)	220 mg	22%
Phosphorus (as dicalcium phosphate)	20 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	11 mg	73%
Selenium (as sodium selenate)	19 mcg	27%
Copper (as cupric oxide)	0.5 mg	25%
Manganese (as manganese sulfate)	2.3 mg	115%
Chromium (as chromium chloride)	50 mcg	42%
Molybdenum (as sodium molybdate)	45 mcg	60%
Chloride (as potassium chloride)	72 mg	2%
Potassium (as potassium chloride)	80 mg	2%
Lycopene	300 mcg	*
Lutein (FloraGLO®) (from marigold flower)	250 mcg	*
Nickel (as nickelous sulfate)	5 mcg	*
Silicon (as sodium metasilicate)	2 mg	*
Vanadium (as sodium metavanadate)	10 mcg	*

*Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, and pharmaceutical glaze.

Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole and flounder)

†Centrum®Silver® is a registered trademark of Pfizer, Madison, NJ.

FloraGLO® is a registered trademark of Kemin Industries, Inc

For more information visit us at windmillvitamins.com

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