

Nutrients to help support
energy, immunity, and
metabolism.*

21ST
CENTURY®

Men

Sentry

**Multivitamin & Multimineral
Supplement**

Compare VS.
Centrum® Men[†]

120 Tablets

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (29% as Beta-Carotene)	3,500 IU 70%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	90 mg 150%	Magnesium (as Magnesium Oxide)	100 mg 25%
Vitamin D ₃ (as Cholecalciferol)	1,000 IU 250%	Zinc (as Zinc Oxide)	11 mg 73%
Vitamin E (d-Alpha Tocopheryl Acetate)	45 IU 150%	Selenium (as Sodium Selenate)	100 mcg 143%
Vitamin K (as Phytonadione)	60 mcg 75%	Copper (as Copper Sulfate)	0.9 mg 45%
Thiamin (as Thiamin Mononitrate, B-1)	1.2 mg 80%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Riboflavin (Vitamin B-2)	1.3 mg 76%	Chromium (as Chromium Picolinate)	35 mcg 29%
Niacin (as Niacinamide)	16 mg 80%	Molybdenum (as Sodium Molybdate)	50 mcg 67%
Vitamin B-6 (as Pyridoxine HCl)	2 mg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Folic Acid	200 mcg 50%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%	Nickel (as Nickelous Sulfate)	5 mcg **
Biotin	40 mcg 13%	Silicon (as Silicon Dioxide)	2 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%	Tin (as Stannous Chloride)	10 mcg **
Calcium (as Calcium Carbonate)	210 mg 21%	Vanadium (as Sodium Metavanadate)	10 mcg **
Iron (as Ferrous Fumarate)	8 mg 44%	Lycopene	600 mcg **
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	** Daily Value not established.	

Other Ingredients: Dicalcium Phosphate, Starch, Cellulose, Stearic Acid. **Contains <2% of:** Artificial Color FD&C Yellow #6, Ascorbyl Palmitate, BHA, BHT, Citric Acid, Corn Oil, Croscarmellose Sodium, dl-Alpha Tocopherol, Ethyl Cellulose, Gelatin, Gum Arabic, Magnesium Stearate, Maltodextrin, Mannitol, PEG, Polyvinyl Alcohol, Silicon Dioxide, Sodium Aluminosilicate, Sodium Ascorbate, Sucrose, Talc, Titanium Dioxide, Vegetable Oil, Water.

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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.

No added Yeast or Artificial Flavors.

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.

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.

***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.**

Proudly Manufactured by
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501471-0918



ACTUAL SIZE