

21ST
CENTURY®

Adults
50+

Sentry SENIOR

Multivitamin & Multimineral
Supplement

Compare VS.
Centrum® SILVER®
Adults†

125 Tablets

gluten
free

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (Acetate, 40% as Beta-Carotene)	750 mcg 83%	Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	22.5 mg 150%	Zinc (as Zinc Oxide)	11 mg 100%
Vitamin K (as Phytonadione)	30 mcg 25%	Selenium (as Sodium Selenate)	19 mcg 35%
Thiamin (as Thiamin Mononitrate, B-1)	1.5 mg 125%	Copper (as Copper Sulfate)	0.5 mg 56%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Manganese (as Manganese Sulfate)	2.3 mg 100%
Niacin (as Niacinamide)	20 mg 125%	Chromium (as Chromium Picolinate)	50 mcg 143%
Vitamin B-6 (as Pyridoxine HCl)	3 mg 176%	Molybdenum (as Sodium Molybdate)	45 mcg 100%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	Chloride (as Potassium Chloride)	72 mg 3%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,042%	Potassium (as Potassium Chloride)	80 mg 2%
Biotin	30 mcg 100%	Lutein	250 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Lycopene	300 mcg **
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	220 mg 17%		

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 Silicate, Magnesium Stearate, Maltodextrin, Mannitol, Mono/Diglycerides, PEG/PVA Copolymer, Polyvinyl Alcohol, Silicon Dioxide, Sodium Aluminosilicate, Sodium Ascorbate, Sucrose, 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 your 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.**

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ACTUAL SIZE

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