

21ST
CENTURY®

Adults

Sentry

**Multivitamin & Multimineral
Supplement**

Compare VS.
Centrum® Adults[†]

300 Tablets

gluten
free

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (Acetate, 29% as Beta-Carotene)	1,050 mcg 117%	Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Calcium (as Dicalcium Phosphate & Calcium Carbonate)	200 mg 15%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg 90%	Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Vitamin K (as Phytonadione)	25 mcg 21%	Iodine (as Potassium Iodide)	150 mcg 100%
Thiamin (as Thiamin Mononitrate, B-1)	1.5 mg 125%	Magnesium (as Magnesium Oxide)	50 mg 12%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Zinc (as Zinc Oxide)	11 mg 100%
Niacin (as Niacinamide)	20 mg 125%	Selenium (as Sodium Selenate)	55 mcg 100%
Vitamin B-6 (as Pyridoxine HCl)	2 mg 118%	Copper (as Copper Sulfate)	0.5 mg 56%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	Manganese (as Manganese Sulfate)	2.3 mg 100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%	Chromium (as Chromium Picolinate)	35 mcg 100%
Biotin	30 mcg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 100%
		Chloride (as Potassium Chloride)	72 mg 3%
		Potassium (as Potassium Chloride)	80 mg 2%

Other Ingredients: Cellulose, Starch, Stearic Acid, Vegetable Oil. Contains <2% of: Artificial Color (FD&C Yellow #6), Ascorbyl Palmitate, BHA, BHT, 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, Sucrose, Titanium Dioxide, Water.

[†]This product is not manufactured or distributed by Wyeth Holdings, LLC, owner of the registered trademark Centrum®

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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