

**21<sup>ST</sup>**  
**CENTURY<sup>®</sup>**

**Women's**  
**50+**

# Sentry SENIOR

**Multivitamin & Multimineral  
Supplement**

Compare VS.  
**Centrum<sup>®</sup> SILVER<sup>®</sup>**  
**Women 50+<sup>†</sup>**

**100 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%	Calcium (as Calcium Carbonate & Dicalcium Phosphate)	300 mg 23%
Vitamin C (as Ascorbic Acid)	100 mg 111%	Iron (as Ferrous Fumarate)	8 mg 44%
Vitamin D <sub>3</sub> (as Cholecalciferol)	25 mcg 125% (1,000 IU)	Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15.8 mg 105%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin K (as Phytonadione)	50 mcg 42%	Magnesium (as Magnesium Oxide)	100 mg 24%
Thiamin (as Thiamin Mononitrate, B-1)	1.1 mg 92%	Zinc (as Zinc Oxide)	15 mg 136%
Riboflavin (Vitamin B-2)	1.1 mg 85%	Selenium (as Sodium Selenate)	22 mcg 40%
Niacin (as Niacinamide)	14 mg 88%	Copper (as Copper Sulfate)	0.5 mg 56%
Vitamin B-6 (as Pyridoxine HCl)	5 mg 294%	Manganese (as Manganese Sulfate)	2.3 mg 100%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	Chromium (as Chromium Picolinate)	52 mcg 149%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 2,083%	Molybdenum (as Sodium Molybdate)	50 mcg 111%
Biotin	30 mcg 100%	Chloride (as Potassium Chloride)	72 mg 3%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 100%	Potassium (as Potassium Chloride)	80 mg 2%
		Lutein	300 mcg **

\*\* Daily Value not established.

Other Ingredients: Cellulose, Starch, Stearic Acid. Contains <2% of: Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40), BHT, Citric Acid, Croscarmellose Sodium, Gelatin, Magnesium Silicate, Magnesium Stearate, Maltodextrin, PEG, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide.

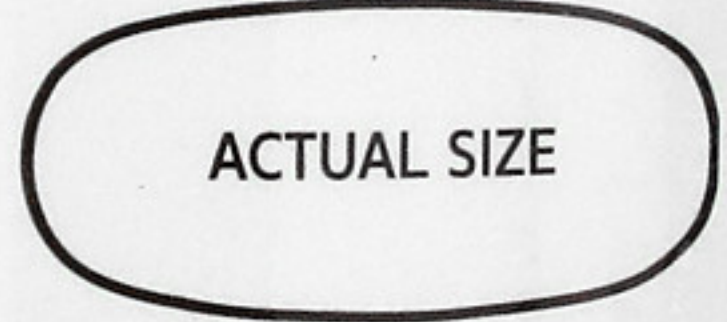
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**Directions:** As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

**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.

**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.**

**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  
**21<sup>ST</sup> Century HealthCare, Inc.**  
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501559-0320N

