

21ST
CENTURY®

Women

Sentry

Multivitamin & Multimineral
Supplement

Compare VS.
Centrum® Women[†]

120 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)	200 mg 15%
Vitamin C (as Ascorbic Acid)	75 mg 83%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin D ₃ (as Cholecalciferol)	25 mcg 125% (1,000 IU)	Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Vitamin E (as d-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)	8 mg 73%
Riboflavin (Vitamin B-2)	1.1 mg 85%	Selenium (as Sodium Selenate)	18 mcg 33%
Niacin (as Niacinamide)	14 mg 88%	Copper (as Copper Sulfate)	0.5 mg 56%
Vitamin B-6 (as Pyridoxine HCl)	2 mg 118%	Manganese (as Manganese Sulfate)	1.8 mg 78%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	Chromium (as Chromium Picolinate)	32 mcg 91%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%	Molybdenum (as Sodium Molybdate)	50 mcg 111%
Biotin	40 mcg 133%	Chloride (as Potassium Chloride)	72 mg 3%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%	Potassium (as Potassium Chloride)	80 mg 2%

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

[†]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 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.

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
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
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