

DO NOT USE IF
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Gluten Free



8-2180
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SAFEWAY TM

care

CENTURY

Ultimate Men's

Senior Formula

Multivitamin/Multimineral

MEN'S HEALTH

COMPARE TO

Celstrum® Silver®

Ultra Men's

Ingredients†



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 3500 IU	70%	Biotin 30 mcg	10%	Molybdenum 50 mcg	87%
(20% as beta-carotene)		Pantothenic Acid 10 mg	100%	Chloride 72 mg	2%
Vitamin C 120 mg	200%	Calcium 250 mg	25%	Potassium 80 mg	2%
Vitamin D-900 IU	180%	Phosphorus 20 mg	2%		
Vitamin E 60 IU	200%	Iodine 150 mcg	100%	Boron 150 mcg	*
Vitamin K 60 mcg	70%	Magnesium 50 mg	12%	Nickel 5 mcg	*
Thiamin 1.5 mg	100%	Zinc 10 mg	100%	Silicon 2 mg	*
Riboflavin 1.7 mg	100%	Selenium 100 mcg	140%	Vanadium 10 mcg	*
Niacin 20 mg	100%	Copper 0.7 mg	25%	Lactin 300 mcg	*
Vitamin B6 5 mg	500%	Manganese 4 mg	200%	Lycopene 400 mcg	*
Folic Acid 300 mcg	75%	Chromium 50 mcg	50%		
Vitamin B12 100 mcg	100%				

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Ascorbic Acid (vit. C), Magnesium Oxide, Microcrystalline Cellulose, D-Alpha Tocopheryl Acetate (vit. E), Gelatin, Acacia, Croscarmellose Sodium, Stearic Acid, Polyvinyl Alcohol, Maltodextrin, Zinc Oxide, Croscarmellose, Calcium Silicate, Manganese Sulfate, Calcium Pantothenate, Nic, Thiamin Dioxide, Silicon Dioxide, Pyridoxine Hydrochloride (vit. B6), Magnesium Stearate, Polyethylene Glycol, Thiamine Mononitrate (vit. B1), Lactitol, Cupric Sulfate, Riboflavin (vit. B2), Sodium Borate, Vitamin A Acetate (vit. A), Lycopene, FD&C Yellow #6 Lake, Beta-Carotene, FD&C Blue #2 Lake, Chromium Picolinate, Folic Acid Lysine, Sodium Stearate, Potassium Iodide, Sodium Molybdate, Cyanocobalamin (vit. B12), FD&C Red #40 Lake, Polysorbate (vit. E), Sodium Nitroprusside, Biotin, Nickel Sulfate, Sodium Nitrovanadate, Diethylcalcium (vit. D3). **CONTAINS SOY**

DISTRIBUTED BY SAFEWAY INC.
P.O. BOX 98, PLEASANTON,
CA 94566-0098
QUALITY & SATISFACTION
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OR YOUR MONEY BACK
1-800-SAFEWAY (1-800-733-3669)
www.safeway.com

SUGGESTED USE: Adults – Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use. As with any supplement, if you are taking medication or have a medical condition, ask a doctor before using this product.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

Keep out of reach of children.

Store at room temperature. Keep bottle tightly closed.

This product is not manufactured by Wyeth Consumer Healthcare, marketer of Celstrum® Silver® Ultra Men's.