



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Century Formula without Iron

Multi-Vitamin &
Mineral Supplement

130 tablets



• DO NOT USE IF SEAL IS BROKEN • STORE IN A COOL, DRY PLACE
• KEEP OUT OF REACH OF CHILDREN

SUGGESTED USE: As a dietary supplement, take one tablet per day with water and food. Women who are pregnant or likely to become pregnant should not exceed recommended dose.

WARNING: Contains vitamin K. Consult your healthcare provider before use if you are taking blood-thinning medications or are pregnant or nursing.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A USP (as acetate).....	5,000 IU	100%
Vitamin C USP (as ascorbic acid).....	90 mg	150%
Vitamin D USP (as cholecalciferol).....	400 IU	100%
Vitamin E USP (as α -tocopheryl succinate).....	30 IU	100%
Vitamin K (as phytonadione).....	25 mcg	31%
Thiamin USP (thiamin mononitrate) (vitamin B-1).....	2.25 mg	150%
Riboflavin USP (vitamin B-2).....	2.6 mg	150%
Niacinamide USP.....	20 mg	100%
Vitamin B-6 USP (as pyridoxine HCl).....	.3 mg	150%
Folic Acid USP.....	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin).....	.9 mcg	150%
Biotin USP.....	25 mcg	.8%
Pantothenic Acid USP (as calcium pantothenate).....	10 mg	100%
Calcium (from dicalcium phosphate).....	162 mg	16%
Iodine USP (from potassium iodide).....	150 mcg	100%
Magnesium (from magnesium oxide).....	100 mg	25%
Zinc (from zinc sulfate).....	15 mg	100%
Selenium (from sodium selenate).....	25 mcg	36%
Copper (from copper gluconate).....	.2 mg	100%
Manganese (from manganese sulfate).....	.5 mg	250%
Chromium (from chromium chloride).....	25 mcg	21%
Molybdenum (from sodium molybdate).....	25 mcg	33%
Potassium (from potassium chloride).....	57.2 mg	.2%

*Percent Daily Value based on a 2,000 calorie diet.

Other Ingredients: Microcrystalline cellulose (plant fiber), stearic acid, croscarmellose sodium, magnesium stearate, food glaze.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS PO Box 2803 • Fargo, ND 58108 USA
TO REQUEST, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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