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Quality
Guaranteed

Century Men

Men Under 50

DIETARY SUPPLEMENT

120 TABLETS



Compare to
Centrum®
Men active
ingredients*

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (Acetate, 29% as Beta-Carotene)	1,050 mcg 117%
Vitamin C (as Ascorbic Acid)	90 mg 100%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU) 125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	20.3 mg 135%
Vitamin K (as Phytonadione)	60 mcg 50%
Thiamin (as Thiamin Mononitrate, B-1)	1.2 mg 100%
Riboflavin (Vitamin B-2)	1.3 mg 100%
Niacin (as Niacinamide)	16 mg 100%
Vitamin B-6 (as Pyridoxine HCl)	2 mg 118%
Folate	333 mcg DFE 83% (200 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%
Biotin	40 mcg 133%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%

OTHER INGREDIENTS: STARCH,
CONTAINS <2% OF: COLOR (FD&C
CITRIC ACID, CROSCARMELOSE
SILICATE, MAGNESIUM STEARATE,
ALCOHOL, SILICON DIOXIDE.

Amount Per Serving	% Daily Value
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	210 mg 16%
Iron (as Ferrous Fumarate)	8 mg 44%
Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	11 mg 100%
Selenium (as Sodium Selenate)	100 mcg 182%
Copper (as Copper Sulfate)	0.9 mg 100%
Manganese (as Manganese Sulfate)	2.3 mg 100%
Chromium (as Chromium Picolinate)	35 mcg 100%
Molybdenum (as Sodium Molybdate)	50 mcg 111%
Chloride (as Potassium Chloride)	72 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
Lycopene	600 mcg **

** Daily Value not established.

CELLULOSE, STEARIC ACID,
YELLOW #6, TITANIUM DIOXIDE,
SODIUM, GELATIN, MAGNESIUM
MALTODEXTRIN, PEG, POLYVINYL

DISTRIBUTED BY BETTER LIVING BRANDS LLC
P.O. BOX 99, PLEASANTON, CA 94566-0009
1-888-723-3929 www.betterlivingbrandsLLC.com

*This product is not manufactured or distributed by Wyeth Holdings, LLC, owner of the registered trademark Centrum®.

SUGGESTED USE: 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.

CAUTION: 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.

DO NOT USE IF PRODUCT APPEARS TO BE TAMPERED WITH OR SEAL IS BROKEN.

STORE AT ROOM TEMPERATURE. KEEP BOTTLES TIGHTLY CLOSED.

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. To ensure quality and potency through expiration, this product may be manufactured with higher active ingredient levels than the indicated amount per serving.

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.