

Nutrients to support
healthy heart, eyes
and bones*

21ST
CENTURY®

Men's
50+

Sentry SENIOR

Multivitamin & Multimineral
Supplement

Compare Active Ingredients to
Centrum® SILVER®
Men 50+†

100 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (29% as Beta-Carotene) 3,500 I.U.	70%	Magnesium (as Magnesium Oxide) 50 mg	13%
Vitamin C (as Ascorbic Acid) 120 mg	200%	Zinc (as Zinc Oxide) 15 mg	100%
Vitamin D ₃ (as Cholecalciferol) 600 I.U.	150%	Selenium (as Sodium Selenate) 100 mcg	143%
Vitamin E (dl-alpha Tocopheryl Acetate) 80 I.U.	200%	Copper (as Copper Sulfate) 0.7 mg	35%
Vitamin K (as Phytonadione) 60 mcg	75%	Manganese (as Manganese Sulfate) 4 mg	200%
Thiamin (as Thiamin Mononitrate, B1) 1.5 mg	100%	Chromium (as Chromium Picolinate) 60 mcg	50%
Riboflavin (Vitamin B2) 1.7 mg	100%	Molybdenum (as Sodium Molybdate) 50 mcg	67%
Niacin (as Nicotinamide) 20 mg	100%	Chloride (as Potassium Chloride) 72 mg	2%
Vitamin B6 (as Pyridoxine HCl) 6 mg	300%	Potassium (as Potassium Chloride) 80 mg	2%
Folic Acid 300 mcg	75%	Boron (as Sodium Borates) 150 mcg	*
Vitamin B12 (as Cyanocobalamin) 100 mcg	1667%	Nickel (as Nickelous Sulfate) 5 mcg	*
Biotin 30 mcg	10%	Silicon (as Silicon Dioxide) 2 mg	*
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	100%	Vanadium (as Sodium Metavanadate) 10 mcg	*
Calcium (as Calcium Carbonate and Dicalcium Phosphate) 250 mg	25%	Lutein 300 mcg	*
Phosphorus (as Dicalcium Phosphate) 20 mg	2%	Lycopene 600 mcg	*
Iodine (as Potassium Iodide) 150 mcg	100%		

*Daily Value (DV) not established.

Other Ingredients: Cellulose, Starch, Stearic Acid, Croscarmellose Sodium, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide, PEG, Magnesium Stearate, Citric Acid, Talc, Artificial Colors (FD&C Yellow #6, FD&C Blue #2), Dextrin, BHT, Dextrose, Lecithin, Sodium Citrate.

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.

No added Sugar, Yeast or Artificial Flavors.

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.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Centrum® is a registered trademark of Wyeth Consumer Healthcare, Madison, NJ 07940

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