

Nutrients to support  
healthy heart, eyes  
and bones\*

21<sup>ST</sup>  
CENTURY®

Men's  
50+

# Sentry SENIOR

**Multivitamin & Multimineral  
Supplement**

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

**200 Tablets**

## Supplement Facts

Serving Size: 1 Tablet

| Amount Per Serving                                        | % DV           | Amount Per Serving                | % DV         |
|-----------------------------------------------------------|----------------|-----------------------------------|--------------|
| Vitamin A (25% 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 <sub>3</sub> (as Cholecalciferol)               | 600 I.U. 150%  | Selenium (as Sodium Selenate)     | 100 mcg 143% |
| Vitamin E (dl-alpha Tocopheryl Acetate)                   | 60 I.U. 200%   | Copper (as Copper Sulfate)        | 0.7 mg 35%   |
| Vitamin K (as Phyltonadione)                              | 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 Niacinamide)                                   | 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<br>(as d-Calcium Pantothenate)           | 10 mg 100%     | Vanadium (as Sodium Metavanadate) | 10 mcg *     |
| Calcium<br>(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.

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

**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.

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