

Full spectrum of nutrients
to support healthy heart,
eyes and bones*

21ST
CENTURY®

Women's
50+

Sentry SENIOR

Multivitamin & Multimineral
Supplement

Compare Active Ingredients to

Centrum® SILVER®
Women 50+[†]

200 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (43% as Beta-Carotene)	3,500 I.U. 70%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	100 mg 167%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin D ₃ (as Cholecalciferol)	800 I.U. 200%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin E (dl-alpha Tocopheryl Acetate)	35 I.U. 117%	Selenium (as Sodium Selenate)	55 mcg 79%
Vitamin K (as Phytonadione)	50 mcg 63%	Copper (as Copper Sulfate)	0.5 mg 25%
Thiamin (as Thiamin Mononitrate, B1)	1.1 mg 73%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Riboflavin (Vitamin B2)	1.1 mg 65%	Chromium (as Chromium Picolinate)	50 mcg 42%
Niacin (as Nicotinamide)	14 mg 70%	Molybdenum (as Sodium Molybdate)	50 mcg 67%
Vitamin B6 (as Pyridoxine HCl)	5 mg 250%	Chloride (as Potassium Chloride)	72 mg 2%
Folic Acid	400 mcg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B12 (as Cyanocobalamin)	50 mcg 833%		
Biotin	30 mcg 10%	Boron (as Sodium Borates)	150 mcg *
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 50%	Nickel (as Nickelous Sulfate)	5 mcg *
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	500 mg 50%	Silicon (as Silicon Dioxide)	2 mg *
Iron (as Ferrous Fumarate)	8 mg 44%	Vanadium (as Sodium Metavanadate)	10 mcg *
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	Lutein	300 mcg

*Daily Value (DV) not established.

Other Ingredients: Cellulose, Starch, Stearic Acid, Croscarmellose Sodium, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, PEG, Talc, Citric Acid, Artificial Colors (FD&C Red #40 and 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.**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

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