

Over 30 key nutrients  
for complete  
nutrition\*

21<sup>ST</sup>  
CENTURY®

Adults

# Sentry

## Multivitamin & Multimineral Supplement

Compare Active Ingredients to  
**Centrum®†**

### 100 Tablets

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate and 29% as Beta Carotene)	3,500 I.U. 70%	Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D <sub>3</sub> (as Cholecalciferol)	400 I.U. 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin E (dl-alpha Tocopheryl Acetate)	30 I.U. 100%	Zinc (as Zinc Oxide)	11 mg 73%
Vitamin K (as Phytonadione)	25 mcg 31%	Selenium (as Sodium Selenate)	55 mcg 79%
Thiamin (as Thiamin Mononitrate)	1.5 mg 100%	Copper (as Copper Sulfate)	0.5 mg 25%
Riboflavin (Vitamin B <sub>2</sub> )	1.7 mg 100%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Niacin (as Niacinamide)	20 mg 100%	Chromium (as Chromium Picolinate)	35 mcg 29%
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	2 mg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 60%
Folic Acid	400 mcg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Vitamin B <sub>12</sub> (as Cyanocobalamin)	6 mcg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Biotin	30 mcg 10%	Boron (as Borates)	75 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Tin (as Stannous Chloride)	10 mcg **
Calcium (as Dicalcium Phosphate & Carbonate)	200 mg 20%	Nickel (as Nickelous Sulfate)	5 mcg **
Iron (as Ferrous Fumarate)	18 mg 100%	Silicon (as Silicon Dioxide)	2 mg **
		Vanadium (as Sodium Metavanadate)	10 mcg **

\*\* Daily Value (DV) not established.

Other Ingredients: Cellulose, Starch, Stearic Acid, Polyvinyl Alcohol, Titanium Dioxide, Croscarmellose Sodium, PEG, Silicon Dioxide, Talc, Magnesium Stearate, Citric Acid, Artificial Color (FD&C Yellow #6).

**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, Preservatives 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.

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

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