

Over 30 key nutrients  
for complete  
nutrition\*

21<sup>ST</sup>  
CENTURY®

Adults

# Sentry

## Multivitamin & Multimineral Supplement

Compare Active Ingredients to  
**Centrum®†**

### 130 Tablets

### Supplement Facts

Serving Size: 1 Tablet

| Amount Per Serving                                 | % DV           | Amount Per Serving                        | % DV         |
|----------------------------------------------------|----------------|-------------------------------------------|--------------|
| Vitamin A<br>(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<br>(as d-Calcium Pantothenate)    | 10 mg 100%     | Tin (as Stannous Chloride)                | 10 mcg **    |
| Calcium<br>(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).

†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, 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.

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