

Over 30 key nutrients
for complete nutrition*

21ST
CENTURY®

Adults

VALUE
SIZE

Sentry

Multivitamin & Multimineral Supplement

Compare Active Ingredients to
Centrum®†

500 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 ₃ (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 ₂)	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 ₆ (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 ₁₂ (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).

†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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