

ITEM #58

TC #D0550602



DIRECTIONS: Take one tablet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

Protect from heat, light and moisture.

Store at 15-30°C (59-86°F).

DO NOT PURCHASE IF SEAL IS BROKEN.

For more info, visit www.windmillvitamins.com



MADE IN THE U.S.A.

**NEW
FORMULA!**

Milltrium[®] Senior

**NO
COLOR
ADDED**

with Lutein & Lycopene

**Multivitamin & Mineral Formula
For Adults 50 and Over / No Iron**

COMPARE TO CENTRUM SILVER[®]†

**DIETARY SUPPLEMENT
60 TABLETS**

NO sugar, salt, starch, yeast, wheat, milk,
artificial colors, flavors, preservatives

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	%DV
Vitamin A (as retinyl acetate and 40% beta-carotene)	2,500 IU	50
Vitamin C (as ascorbic acid)	60 mg	100
Vitamin D (as cholecalciferol)	500 IU	125
Vitamin E (as dl-alpha-tocopheryl acetate)	50 IU	167
Vitamin K (as phytylphosphonate)	30 mcg	38
Vitamin B1 (as thiamin mononitrate)	1.5 mg	100
Vitamin B2 (as riboflavin)	1.7 mg	100
Niacin (as niacinamide)	20 mg	100
Vitamin B6 (as pyridoxine HCl)	3 mg	150
Folate (as folic acid)	400 mcg	100
Vitamin B12 (as cyanocobalamin)	25 mcg	417
Biotin	30 mcg	10
Pantothenic acid (as D-calcium pantothenate)	10 mg	100
Calcium (as calcium carbonate and dicalcium phosphate)	220 mg	22
Phosphorus (as dicalcium phosphate)	20 mg	2
Iodine (as potassium iodide)	150 mcg	100
Magnesium (as magnesium oxide)	50 mg	13
Zinc (as zinc oxide)	11 mg	73
Selenium (as sodium selenate)	55 mcg	79
Copper (as cupric oxide)	0.5 mg	25
Manganese (as manganese sulfate)	2.3 mg	115
Chromium (as chromium amino acid chelate)	45 mcg	38
Molybdenum (as sodium molybdate)	45 mcg	60
Chloride (as potassium chloride)	72 mg	2
Potassium (as potassium chloride)	80 mg	2
Lycopene	300 mcg	
Lutein (FloroGLO [®])	250 mcg	
Boron (as boron chelate)	150 mcg	
Nickel (as nickelous sulfate)	5 mcg	
Silicon (as sodium metasilicate)	2 mg	
Vanadium (as sodium metavanadate)	10 mcg	

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, and pharmaceutical glaze.

† Centrum is a registered trademark of Whitehall-Robins Healthcare, A Division of American Home Products Corporation, Madison, NJ. Contains fish gelatin (cod, pollack, haddock, hake, cusk, redfish, sole and flounder).

Manufactured by Windmill Health Products™
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