



**ADVANCED FORMULA**  
**Milltrium®**

**High Potency Multivitamin  
& Mineral Formula**

**COMPARE TO CENTRUM®†**

**NO  
COLOR  
ADDED**

**DIETARY SUPPLEMENT  
130 TABLETS**

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

**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 15-30C (59-86F).

**DO NOT USE IF SEAL IS BROKEN.**

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

**MADE IN THE U.S.A.**

For more info, visit us  
at [www.windmillvitamins.com](http://www.windmillvitamins.com)



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Manufactured by Windmill™ Health Products,  
6 Henderson Drive, West Caldwell, NJ 07006

**Supplement Facts**

Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate & 29% as beta-carotene)	3,500 IU	70%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU	100%
Vitamin K (as phytonadione)	25 mcg	31%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	50%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as dicalcium phosphate & calcium carbonate)	200 mg	20%
Iron (as ferrous fumarate) ‡	18 mg	100%
Phosphorus (as dicalcium phosphate)	20 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	90 mg	12%
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 chloride)	35 mcg	29%
Molybdenum (as sodium molybdate)	45 mcg	60%
Chloride (as potassium chloride)	72 mg	2%
Potassium (as potassium chloride)	90 mg	2%
Vanadium (as sodium metavanadate)	10 mcg	*
Boron (as boron chelate)	75 mcg	*
Tin (as stannous chloride)	10 mcg	*
Silicon (as sodium metasilicate)	2 mg	*
Nickel (as nickelous sulfate)	5 mcg	*

\*Daily value not established.

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

†WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

ITEM #60

TC #D0541302