

Compare & Save Naturals

DIRECTIONS: Take 1 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 in a cool, dry place.

DO NOT PURCHASE IF SEAL IS BROKEN.

MADE IN THE U.S.A.

ITEM 049 TC #D05512N2

Comparables™

BY WINDMILL™

**MILLTRIUM SENIOR
WITH LUTEIN**

**MULTIVITAMIN & MINERAL FORMULA
FOR ADULTS 50 & OVER / NO IRON**

■ Compare to Centrum Silver® Adults†

120 TABLETS | DIETARY SUPPLEMENT

NO SUGAR, SALT, SOY,
YEAST, WHEAT,
MILK, ARTIFICIAL
COLORS, FLAVORS
OR PRESERVATIVES

– Gluten Free –

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 phytonadione)	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 chloride)	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 (FloraGLO®)	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	*

*Daily Value (DV) not established

†Centrum Silver is a registered trademark of Pfizer, Madison, NJ.

For more information visit us at windmillvitamins.com

Distributed by: Windmill Health Products®
10 Henderson Drive, West Caldwell, NJ 07006

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica and pharmaceutical glaze.
Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, and flounder).

