



bringing wellness to the world since 1969

# Century Formula without Iron

Multi-Vitamin &  
Mineral Supplement

130 tablets



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.  
• KEEP OUT OF REACH OF CHILDREN.

**SUGGESTED USE:** As a dietary supplement, take one tablet per day with food and water. Women who are pregnant or likely to become pregnant should not exceed recommended dose.

**WARNING:** Contains vitamin K. Consult your healthcare provider before use if you are taking blood-thinning medications or are pregnant or nursing.

## Supplement Facts

Serving Size 1 Tablet

|                                                       | Amount Per<br>Serving | % Daily<br>Value |
|-------------------------------------------------------|-----------------------|------------------|
| Vitamin A USP (as acetate) .....                      | 5,000 IU              | 100%             |
| Vitamin C USP (as ascorbic acid) .....                | 90 mg                 | 150%             |
| Vitamin D USP (from cholecalciferol) .....            | 400 IU                | 100%             |
| Vitamin E USP (as d-alpha tocopheryl succinate) ..... | 30 IU                 | 100%             |
| Vitamin K (as phytonadione) .....                     | 25 mcg                | 31%              |
| Thiamin USP (thiamin mononitrate) (vitamin B-1) ..... | 2.25 mg               | 150%             |
| Riboflavin (vitamin B-2) .....                        | 2.6 mg                | 153%             |
| Niacinamide USP .....                                 | 20 mg                 | 100%             |
| Vitamin B-6 USP (as pyridoxine HCl) .....             | 3 mg                  | 150%             |
| Folic Acid USP .....                                  | 400 mcg               | 100%             |
| Vitamin B-12 USP (as cyanocobalamin) .....            | 9 mcg                 | 150%             |
| Biotin USP .....                                      | 25 mcg                | 8%               |
| Pantothenic Acid (as d-calcium pantothenate) .....    | 10 mg                 | 100%             |
| Calcium (from calcium carbonate) .....                | 162 mg                | 16%              |
| Iodine USP (from potassium iodide) .....              | 150 mcg               | 100%             |
| Magnesium (from magnesium oxide) .....                | 100 mg                | 25%              |
| Zinc (from zinc sulfate) .....                        | 15 mg                 | 100%             |
| Selenium (from sodium selenate) .....                 | 25 mcg                | 36%              |
| Copper (from copper gluconate) .....                  | 2 mg                  | 100%             |
| Manganese (from manganese sulfate) .....              | 5 mg                  | 250%             |
| Chromium (from chromium chloride) .....               | 25 mcg                | 21%              |
| Molybdenum (from sodium molybdate) .....              | 25 mcg                | 33%              |
| Potassium (from potassium chloride) .....             | 57.2 mg               | 2%               |

\*Percent Daily Value based on a 2,000 calorie diet.

Other ingredients: Microcrystalline cellulose (plant fiber), stearic acid, croscarmellose sodium, magnesium stearate, aqueous film-coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), acacia, maltodextrin.

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