

21ST
CENTURY®

Energy

Sentry Energy

Multivitamin & Multimineral Supplement

Compare Active Ingredients to
Centrum SPECIALIST® Energy†

100 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate & 29% as Beta-Carotene)	3,500 I.U. 70%	Magnesium (as Magnesium Oxide)	40 mg 10%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Zinc (as Zinc Oxide)	11 mg 73%
Vitamin D ₃ (as Cholecalciferol)	400 I.U. 100%	Selenium (as Sodium Selenate)	70 mcg 100%
Vitamin E (as d-alpha Tocopheryl Acetate)	60 I.U. 200%	Copper (as Cupric Oxide)	0.9 mg 45%
Vitamin K (as Phytonadione)	25 mcg 31%	Manganese (as Manganese Sulfate)	4 mg 200%
Thiamin (as Thiamin Mononitrate, B1)	4.5 mg 300%	Chromium (as Chromium Picolinate)	120 mcg 100%
Riboflavin (as Vitamin B2)	5.1 mg 300%	Molybdenum (as Sodium Molybdate)	75 mcg 100%
Niacin (as Niacinamide)	40 mg 200%	Chloride (as Potassium Chloride)	72 mg 2%
Vitamin B6 (as Pyridoxine HCl)	6 mg 300%	Potassium (as Potassium Chloride)	80 mg 2%
Folic Acid	400 mcg 100%		
Vitamin B12 (as Cyanocobalamin)	18 mcg 300%	Ginseng Extract (Panax ginseng) (root)	50 mg **
Biotin	50 mcg 17%	Boron (as Borates)	60 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	12 mg 120%	Nickel (as Nickelous Sulfate)	5 mcg **
Calcium (as Dicalcium Phosphate & Carbonate)	100 mg 10%	Tin (as Stannous Chloride)	10 mcg **
Iron (as Ferrous Fumarate)	18 mg 100%	Vanadium (as Sodium Metavanadate)	10 mcg **
Phosphorus (as Dicalcium Phosphate)	48 mg 5%		
Iodine (as Potassium Iodide)	150 mcg 100%		

**Daily Value (DV) not established.

Other Ingredients: Cellulose, Stearic Acid, Starch, Croscarmellose Sodium, Silicon Dioxide, Polydextrose, Magnesium Stearate, Titanium Dioxide, Artificial Colors (FD&C Yellow #6, FD&C Red #40), PEG.

†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.

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.

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