

Nutrients to support
healthy heart, eyes
and bones*

21ST
CENTURY®

Adults
50+

Sentry SENIOR

Multivitamin & Multimineral
Supplement

Compare Active Ingredients to
Centrum® SILVER†

220 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate and 40% as Beta Carotene)	2,500 I.U. 50%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Zinc (as Zinc Oxide)	11 mg 73%
Vitamin D ₃ (as Cholecalciferol)	500 I.U. 125%	Selenium (as Sodium Selenate)	55 mcg 79%
Vitamin E (dl-alpha Tocopheryl Acetate)	50 I.U. 167%	Copper (as Copper Sulfate)	0.5 mg 25%
Vitamin K (as Phyltonadione)	30 mcg 38%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Thiamin (as Thiamin Mononitrate, B1)	1.5 mg 100%	Chromium (as Chromium Picolinate)	45 mcg 38%
Riboflavin (Vitamin B2)	1.7 mg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 60%
Niacin (as Niacinamide)	20 mg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Vitamin B6 (as Pyridoxine HCl)	3 mg 150%	Potassium (as Potassium Chloride)	80 mg 2%
Folic Acid	400 mcg 100%	Boron (as Borates)	150 mcg **
Vitamin B12 (as Cyanocobalamin)	25 mcg 417%	Nickel (as Nickelous Sulfate)	5 mcg **
Biotin	30 mcg 10%	Silicon (as Silicon Dioxide)	2 mg **
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg 100%	Vanadium (as Sodium Metavanadate)	10 mcg **
Calcium (as Dicalcium Phosphate & Carbonate)	220 mg 22%	Lycopene	300 mcg **
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	Lutein	250 mcg **
Iodine (as Potassium Iodide)	150 mcg 100%		

** Daily Value (DV) not established.

Other Ingredients: Cellulose, Starch, Stearic Acid, Polyvinyl Alcohol, Croscarmellose Sodium, Silicon Dioxide, Titanium Dioxide, PEG, Citric Acid, Talc, Magnesium Stearate, Artificial Colors (FD&C Blue #2, FD&C Red #40, FD&C Yellow #6), BHT.

†Centrum® Silver® 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.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PROUDLY MANUFACTURED BY
21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com



50121-0614

7



6