

SAFETY SEALED. DO
NOT USE IF SEAL
UNDER CAP IS CUT,
TORN, OR MISSING.

IMPORTANT INFORMATION:
Long-term intake of high
levels of Vitamin A
(excluding those sourced
from beta-carotene) may
increase the risk of
osteoporosis in adults.
Do not take this product
if taking other vitamin A
supplements.



compare to
Centrum® Men's
ingredients*

EQUALINE®

**century
men's**
multivitamin/multimineral
supplement

*essential nutrition for men***

120 tablets dietary
supplement

**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.

Suggested Use: Adults - Take one tablet daily with food.

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 3,500 IU (40% as beta-carotene)	70%	Biotin 40 mcg	13%	Chromium 35 mcg	29%
Vitamin C 90 mg	150%	Pantothenic Acid 15 mg	150%	Molybdenum 50 mcg	67%
Vitamin D 600 IU	150%	Calcium 210 mg	21%	Chloride 72 mg	2%
Vitamin E 45 IU	150%	Iron 8 mg	44%	Potassium 80 mg	2%
Vitamin K 60 mcg	75%	Phosphorus 20 mg	2%	Boron 150 mcg	†
Thiamin 1.2 mg	80%	Iodine 150 mcg	100%	Nickel 5 mcg	†
Riboflavin 1.3 mg	76%	Magnesium 100 mg	25%	Silicon 15 mg	†
Niacin 16 mg	80%	Zinc 11 mg	73%	Tin 10 mcg	†
Vitamin B6 2 mg	100%	Selenium 100 mcg	143%	Vanadium 10 mcg	†
Folic Acid 200 mcg	50%	Copper 0.9 mg	45%	Lycopene Complex 600 mcg	†
Vitamin B12 6 mcg	100%	Manganese 2.3 mg	115%		
				†Daily Value (DV) not established.	

INGREDIENTS: Calcium Carbonate, Cellulose, Magnesium Oxide, Potassium Chloride, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Calcium Phosphate, Ferrous Fumarate, Silica, Magnesium Stearate. Less than 2% of: Vitamin A Acetate, Beta Carotene, Biotin, FD&C Blue #2 Lake, Boron (Amino Acid Chelate), Calcium Pantothenate, Cholecalciferol (Vitamin D3), Chromium Chloride, Cupric Oxide, Cyanocobalamin, Folic Acid, Lycopene, Manganese Sulfate, Niacinamide, Nickel Chelate, Phytonadione, Potassium Iodide, Polyethylene Glycol, Polyvinyl Alcohol, Pyridoxine Hydrochloride, Riboflavin, Sodium Ascorbate, Sodium Molybdate, Sodium Selenate, Talc, Thiamin Mononitrate, Tin (Amino Acid Chelate), Titanium Dioxide, Vanadyl Sulfate, Zinc Oxide.

DISTRIBUTED BY SUPERVALU INC., EDEN PRAIRIE, MN 55344 USA

GLUTEN FREE

Product formulated without Yeast, Starch, Lactose or Artificial Flavors.

WARNING: If you are taking any medications, or have any medical condition, consult your doctor before use.

Keep out of reach of children.

Store in a cool, dry place tightly closed.

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.

*This product is not manufactured or distributed by Wyeth Holdings LLC, owner of the registered trademark Centrum®.

**Contact us at 1-877-932-7948, or
www.supervalu-ourownbrands.com**