

equaline™

compare to
Centrum® Silver®
with Lycopene†

central-vite select® dietary supplement

with
Lycopene

for mature adults

Multivitamin/Multimineral

100 tablets



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USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size: 1 Tablet

Each Tablet Contains:	% DV	Each Tablet Contains:	% DV
Vitamin A 3500 I.U. (29% as Beta Carotene)	70%	Zinc 15 mg	100%
Vitamin C 60 mg	100%	Selenium 20 mcg	29%
Vitamin D 400 I.U.	100%	Copper 2 mg	100%
Vitamin E 45 I.U.	150%	Manganese 2 mg	100%
Vitamin K 10 mcg	13%	Chromium 150 mcg	125%
Thiamin (Vit. B1) 1.5 mg	100%	Molybdenum 75 mcg	100%
Riboflavin (Vit. B2) 1.7 mg	100%	Chloride 72 mg	2%
Niacin 20 mg	100%	Potassium 80 mg	2%
Vitamin B6 3 mg	150%	Boron 150 mcg	*
Folic Acid 400 mcg	100%	Nickel 5 mcg	*
Vitamin B12 25 mcg	417%	Silicon 2 mg	*
Biotin 30 mcg	10%	Vanadium 10 mcg	*
Pantothenic Acid 10 mg	100%	Lutein (<i>Tagetes erecta</i>) (flower) 250 mcg	*
Calcium 200 mg	20%	Lycopene 300 mcg	*
Phosphorus 48 mg	5%		
Iodine 150 mcg	100%		
Magnesium 100 mg	25%		

INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Cellulose, Magnesium Oxide, Potassium Chloride, Corn Starch, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Croscarmellose Sodium, Gelatin, Niacinamide, Zinc Oxide, Dextrin, Crospovidone, d-Calcium Pantothenate, Titanium Dioxide, Hypromellose, Magnesium Stearate, Acacia, Maltodextrin, Calcium Silicate, Silicon Dioxide, Manganese Sulfate, Polyethylene Glycol, Pyridoxine Hydrochloride, Resin, Cupric Oxide, Thiamine Mononitrate, Sucrose, Riboflavin, Soy Lecithin, Sodium Borate, Vitamin A Acetate, Glucose, Chromium Chloride, Beta Carotene, Folic Acid, Blue 2 Lake, Lycopene, Lutein (Cod), Potassium Iodide, Sodium Molybdate, Ascorbyl Palmitate, Red 40 Lake, Sodium Ascorbate, dl-Alpha Tocopherol, Sodium Selenate, Sodium Metasilicate, Yellow 6 Lake, Biotin, Cyanocobalamin, Sodium Metavanadate, Nickelous Sulfate, Phytanadione, Ergocalciferol, Tricalcium Phosphate.

Distributed by Albertsons, Inc.
Boise, Idaho 83726

Oil- and Water-soluble Vitamins with Minerals Tablets USP.

Suggested use: Take one tablet daily with a full glass of water, preferably after a meal.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (other than from beta carotene) may weaken the bones in older adults. Consult your physician before taking another vitamin A-containing supplement with this product.

Keep out of the reach of children.
Keep in a cool dry place.

†This product is not manufactured or distributed by Wyeth Holdings Corporation, owner of the registered trademarks Centrum® and Silver®.

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