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equaline™

compare to
Centrum®
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dietary supplement

complete antioxidant group
multivitamin/multimineral supplement

with
Lycopene

130 tablets



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.	70%	Zinc 15 mg	100%
(29% as Beta Carotene)		Selenium 20 mcg	29%
Vitamin C 60 mg	100%	Copper 2 mg	100%
Vitamin D 400 I.U.	100%	Manganese 2 mg	100%
Vitamin E 30 I.U.	100%	Chromium 120 mcg	100%
Vitamin K 25 mcg	31%	Molybdenum 75 mcg	100%
Thiamin (Vit. B1) 1.5 mg	100%	Chloride 72 mg	2%
Riboflavin (Vit. B2) 1.7 mg	100%	Potassium 80 mg	2%
Niacin 20 mg	100%		
Vitamin B6 2 mg	100%	Boron 150 mcg	*
Folic Acid 400 mcg	100%	Nickel 5 mcg	*
Vitamin B12 6 mcg	100%	Silicon 2 mg	*
Biotin 30 mcg	10%	Tin 10 mcg	*
Pantothenic Acid 10 mg	100%	Vanadium 10 mcg	*
Calcium 162 mg	16%	Lutein (<i>Tagetes erecta</i>)	
Iron 18 mg	100%	(flower) 250 mcg	*
Phosphorus 109 mg	11%	Lycopene 300 mcg	*
Iodine 150 mcg	100%		
Magnesium 100 mg	25%		

*Daily Value (DV) not established.

INGREDIENTS: Dicalcium Phosphate, Magnesium Oxide, Potassium Chloride, Cellulose, Ascorbic Acid, Ferrous Fumarate, Calcium Carbonate, Corn Starch, dl-Alpha Tocopheryl Acetate, Niacinamide, Gelatin, Zinc Oxide, Croscarmellose Sodium, Dextrin, Titanium Dioxide, Hypromellose, d-Calcium Pantothenate, Crospovidone, Magnesium Stearate, Calcium Silicate, Silicon Dioxide, Manganese Sulfate, Polyethylene Glycol, Pyridoxine Hydrochloride, Cupric Oxide, Glucose, Acacia, Thiamine Mononitrate, Sucrose, Soy Lecithin, Riboflavin,

Maltodextrin, Sodium Borate, Vitamin A Acetate, Beta Carotene, Resin, Yellow 6 Lake, Chromium Chloride, Folic Acid, Lycopene, Lutein (Cod), Potassium Iodide, Sodium Molybdate, Ascorbyl Palmitate, Sodium Ascorbate, dl-Alpha Tocopherol, Sodium Selenate, Sodium Metasilicate, Phytanadione, Biotin, Sodium Metavanadate, Nickelous Sulfate, Stannous Chloride, Tricalcium Phosphate, Ergocalciferol, Cyanocobalamin.

Distributed by Albertsons, Inc.
Boise, Idaho 83726

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.

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.

Keep in a cool dry place, tightly closed. Oil- and Water-soluble Vitamins with Minerals Tablets USP.

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

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FRESHNESS AND POTENCY GUARANTEED THROUGH:



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