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equaline[®]

compare to
Centrum[®] Silver[®]
with Lycopene[†]

central-vite select[®] dietary supplement for mature adults multivitamin/multimineral

with
Lycopene

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

*Daily Value (DV) not established.

INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Cellulose, Magnesium Oxide, Potassium Chloride, Corn Starch, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Croscarmellose Sodium, Gelatin, Nicotinamide, Zinc Oxide, Dextrin, Crospovidone, d-Calcium Pantothenate, Titanium Dioxide, Hypromellose, Magnesium Stearate, Acacia, Malto-

dextrin, 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, Tricalcium Phosphate, Sodium Metasilicate, Yellow 6 Lake, Biotin, Cyanocobalamin, Sodium Metavanadate, Nickelous Sulfate, Ergocalciferol, Phytonadione.

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.

Keep out of the reach of children.
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 trademarks Centrum[®] and Silver[®].

FRESHNESS AND POTENCY GUARANTEED THROUGHOUT

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