

PL465

Coated Tablet, Easier To Swallow

Longs
WELLNESS

Central Vite Select®

Multivitamin/Multimineral
For Mature Adults
Dietary Supplement

100 TABLETS

Compare to Centrum®
Silver with Lycopene†

WITH
LYCOPENE



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%	Magnesium 100 mg	25%
(29% as Beta Carotene)		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>)	
Calcium 200 mg	20%	(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, Ascorbic Acid, Gelatin, dl-Alpha Tocopheryl Acetate, Maltodextrin, Corn Starch, Croscarmellose Sodium, Nicotinamide, Zinc Oxide, Dextrin, Crospovidone, d-Calcium Pantothenate, Titanium Dioxide, Hypromellose, Magnesium Stearate,

Acacia, 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, Lutetin, 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.

Contains: Fish (Cod).



Distributed by Longs Drugs
Walnut Creek, CA 94596
For further information contact
1-800-TO-LONGS or Longs.com

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.

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

LNG5494FR06

FRESHNESS AND POTENCY GUARANTEED THROUGH: