

PL467
Coated Tablet,
Easier To Swallow

Longs
WELLNESS

**Compare to Centrum®
Silver® with Lycopene†**

Central Vite Select®

Multivitamin/Multimineral
For Mature Adults
Dietary Supplement

240 TABLETS

**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. (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, 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, 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, Phytanadione.

Contains: Fish (Cod) and Soy.

 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.

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FRESHNESS AND POTENCY GUARANTEED THROUGH: