

PL464

Coated Tablet, Easier To Swallow

Longs
WELLNESS

Compare to Centrum®
with Lycopene

ADVANCED FORMULA

Central Vite®

Multivitamin/Multimineral

Complete with
Antioxidant Nutrients

Dietary Supplement

130 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.	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 30 I.U.	100%	Manganese 2 mg	100%
Vitamin K 25 mcg	31%	Chromium 120 mcg	100%
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 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%		

*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, Potassium Iodide, Sodium Molybdate, Ascorbyl Palmitate, Sodium Ascorbate, dl-Alpha Tocopherol, Sodium Selenate, Sodium Metasilicate, Phytonadione, Biotin, Sodium Metavanadate, Nickelous Sulfate, Stannous Chloride, Tricalcium Phosphate, Ergocalciferol, Dyanocobalamin. Contains: Fish (Cod).

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.

LNG5308RRA06

FRESHNESS AND POTENCY GUARANTEED THROUGH:



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

ACTUAL SIZE

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

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