

PL463

Coated Tablet,
Easier To Swallow**Longs**
WELLNESS**Compare to Centrum®
with Lycopenet****ADVANCED FORMULA****Central
Vite®****Multivitamin/Multimineral
Complete with
Antioxidant Nutrients
Dietary Supplement****300 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 30 I.U.	100%	Copper 2 mg	100%
Vitamin K 25 mcg	31%	Manganese 2 mg	100%
Thiamin (Vit. B1) 1.5 mg	100%	Chromium 120 mcg	100%
Riboflavin (Vit. B2) 1.7 mg	100%	Molybdenum 75 mcg	100%
Niacin 20 mg	100%	Chloride 72 mg	2%
Vitamin B6 2 mg	100%	Potassium 80 mg	2%
Folic Acid 400 mcg	100%	Boron 150 mcg	*
Vitamin B12 6 mcg	100%	Nickel 5 mcg	*
Biotin 30 mcg	10%	Silicon 2 mg	*
Pantothenic Acid 10 mg	100%	Tin 10 mcg	*
Calcium 162 mg	16%	Vanadium 10 mcg	*
Iron 18 mg	100%	Lutein (<i>Tagetes erecta</i>) (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, Hypro-

mellose, 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, Cyanocobalamin.

Contains: Fish (Cod).Distributed by Longs Drugs
Walnut Creek, CA 94596For 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.**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.

FRESHNESS AND POTENCY GUARANTEED THROUGH:

LNG5309RB06

ACTUAL SIZE

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®.