

PL460

Coated
Tablet,
Easier To
Swallow

ACTUAL SIZE


Longs
WELLNESS

 Compare to
One A Day® Essential
IRON FREE

One Daily™

Essential

Multiple Vitamins

Dietary Supplement

100 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
Vitamin A 3000 I.U.	60%
(17% as Beta Carotene)	
Vitamin C 60 mg	100%
Vitamin D 400 I.U.	100%
Vitamin E 30 I.U.	100%
Thiamin (Vit. B1) 1.5 mg	100%
Riboflavin (Vit. B2) 1.7 mg ...	100%
Niacin 20 mg	100%
Vitamin B6 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B12 6 mcg	100%
Pantothenic Acid 10 mg	100%

INGREDIENTS: Calcium Carbonate, Ascorbic Acid, Gelatin, dl-Alpha Tocopher-

yl Acetate, Nicotinamide, Cellulose, d-Calcium Pantothenate, Croscarmellose Sodium, Silicon Dioxide, Acacia, Dextrin, Hypromellose, Crospovidone, Corn Starch, Stearic Acid, Pyridoxine Hydrochloride, Polyethylene Glycol, Red 40 Lake, Magnesium Stearate, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Dextrose, Resin, Titanium Dioxide, Soy Lecithin, Folic Acid, Beta Carotene, Blue 2 Lake, Ergocalciferol, Cyanocobalamin.

 Distributed by Longs Drugs
Walnut Creek, CA 94596.

SUGGESTED USE: Take one tablet daily with a full glass of water, preferably after a meal.

KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A COOL DRY PLACE, TIGHTLY CLOSED.

 Oil- and Water-soluble Vitamins
Tablets USP.

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LNG5800EA06**FRESHNESS AND POTENCY GUARANTEED THROUGH:**