

PL456

Oil- and Water-soluble
Vitamins Tablets USP.Coated Tablet
Easier To Swallow

ACTUAL SIZE

Longs
WELLNESSCompare to
One A Day® Essential†**IRON FREE**

One Daily™ Essential

Multiple Vitamins

Dietary Supplement

365 TABLETSUSP 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	% Daily Value
Vitamin A 3000 I.U. (17% as Beta Carotene)	60%
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 Tocopheryl Acetate,Niacinamide, Cellulose, d-Calcium Pan-
tothenate, 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 Diox-
ide, Soy Lecithin, Folic Acid, Beta Caro-
tene, Blue 2 Lake, Ergocalciferol, Cyano-
cobalamin.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.**KEEP OUT OF THE REACH OF CHILDREN.**
KEEP IN A COOL DRY PLACE,
TIGHTLY CLOSED.†One A Day® is a registered trade-
mark of Bayer Healthcare LLC, Pitts-
burgh, PA 15205 which does not
manufacture, distribute or license
this product.

LNG5805EA06

FRESHNESS AND POTENCY GUARANTEED THROUGH: