



NATURE'S BOUNTY®

ABC Plus®

Senior

MULTIVITAMIN •
MULTIMINERAL SUPPLEMENT

IRON FREE FORMULA

SUPPORTS HEART HEALTH*



COMPARE AND SAVE

60 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin A	2,500 IU	50%
(as Vitamin A Acetate and 40% as Beta-Carotene)		
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	500 IU	125%
Vitamin E	50 IU	167%
(as dl-Alpha Tocopheryl Acetate)		
Vitamin K (as Phytonadione)	30 mcg	38%
Thiamin	1.5 mg	100%
(Vitamin B-1) (as Thiamin Mononitrate)		
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6	3 mg	150%
(as Pyridoxine Hydrochloride)		
Folic Acid	400 mcg	100%
Vitamin B-12	25 mcg	417%
(as Cyanocobalamin)		
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid	10 mg	100%
(as d-Calcium Pantothenate)		
Calcium	220 mg	22%
(as Calcium Carbonate and Dicalcium Phosphate)		
Phosphorus	20 mg	2%
(as Dicalcium Phosphate)		
Iodine (as Potassium Iodide)	150 mcg	100%

Amount Per Serving		%Daily Value
Magnesium	50 mg	13%
(as Magnesium Oxide)		
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	55 mcg	79%
Copper (as Cupric Sulfate)	0.5 mg	25%
Manganese	2.3 mg	115%
(as Manganese Sulfate)		
Chromium	45 mcg	38%
(as Chromium Picolinate)		
Molybdenum	45 mcg	60%
(as Sodium Molybdate)		
Chloride (as Potassium Chloride)	72 mg	2%
Potassium	80 mg	2%
(as Potassium Chloride)		
Boron	150 mcg	**
(as Boric Acid and Sodium Borate)		
Nickel (as Nickel Sulfate)	5 mcg	**
Silicon (as Silicon Dioxide)	2 mg	**
Vanadium	10 mcg	**
(as Sodium Metavanadate)		
Lutein	250 mcg	**
Cyclopene	300 mcg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Croscopolone, FD&C Blue #2 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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