

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*

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

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.

*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.

TO REORDER PROD. # **7193**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
 Vitamin World, Inc.
 Ronkonkoma, NY 11779 U.S.A.
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 **VITAMIN WORLD**
get healthy.

**Iron
Free**

ABC *plus* Senior

**Comprehensive Formula for
 Energy Metabolism & Heart Health***

240 COATED
 CAPLETS

MULTI-VITAMIN &
 MULTI-MINERAL FORMULA
 DIETARY SUPPLEMENT

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

Supplement Facts

Amount Per Serving		%Daily Value
Serving Size 1 Caplet		
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	500 IU	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	50 IU	167%
Vitamin K (as Phytonadione)	30 mcg	38%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg	22%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	55 mcg	79%
Copper (as Cupric Sulfate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	2.3 mg	115%
Chromium (as Chromium Picolinate)	45 mcg	38%
Molybdenum (as Sodium Molybdate)	45 mcg	60%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Boric Acid and Sodium Borate)	150 mcg	**
Nickel (as Nickel Sulfate)	5 mcg	**
Silicon (as Silicon Dioxide)	2 mg	**
Vanadium (as Sodium Metavanadate)	10 mcg	**
Lutigold™ Lutein	250 mcg	**
Lycopene	300 mcg	**

**Daily Value not established.

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

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