

Puritan's Pride
ABC PLUS[®]
SENIOR
MULTI
IRON FREE FORMULA

Multi-Vitamin/Multi-Mineral
Formulated for Adults 50+

DIETARY
SUPPLEMENT

120
COATED
CAPLETS

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	750 mcg 83%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin D (as D3 Cholecalciferol) (500 IU)	12.5 mcg 63%	Zinc (as Zinc Oxide)	11 mg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	22.5 mg 150%	Selenium (as Sodium Selenate)	55 mcg 100%
Vitamin K (as Phytonadione)	30 mcg 25%	Copper (as Cupric Sulfate)	0.5 mg 56%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 125%	Manganese (as Manganese Sulfate)	2.3 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Chromium (as Chromium Picolinate)	45 mcg 129%
Niacin (as Niacinamide)	20 mg 125%	Molybdenum (as Sodium Molybdate)	45 mcg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg 176%	Chloride (as Potassium Chloride)	72 mg 3%
Folic Acid (400 mcg folic acid)	666 mcg DFE 167%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,042%	Boron (as Boric Acid and Sodium Borate)	150 mcg *
Biotin (as d-Biotin)	30 mcg 100%	Nickel (as Nickel Sulfate)	5 mcg *
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Silicon (as Silicon Dioxide)	2 mg *
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg 17%	Vanadium (as Sodium Metavanadate)	10 mcg *
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	Lutein	250 mcg *
		Lycopene	300 mcg *

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Gelatin. **Contains <2% of:** Croscovidone, 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) caplet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical 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.

TO REORDER ITEM # 7191
www.puritan.com
1-800-645-1030

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