

Other Ingredients: Vegetable Cellulose, Starch. **Contains <2% of:** Crospovidone, Gelatin (Porcine), 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 or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER ITEM # 70
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

ABC PLUS MULTI

**Multi-Vitamin/Multi-Mineral
Formula**

DIETARY
SUPPLEMENT

100
COATED
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and Beta-Carotene)	1,050 mcg 117%	Phosphorus (as Dicalcium Phosphate)	109 mg 9%
Vitamin C (as Ascorbic Acid)	90 mg 100%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as D3 Cholecalciferol)	10 mcg (400 IU) 50%	Magnesium (as Magnesium Oxide)	100 mg 24%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg 90%	Zinc (as Zinc Oxide)	11 mg 100%
Vitamin K (as Phytonadione)	25 mcg 21%	Selenium (as Sodium Selenate)	55 mcg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 125%	Copper (as Cupric Sulfate)	0.9 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Manganese (as Manganese Sulfate)	2.3 mg 100%
Niacin (as Niacinamide)	20 mg 125%	Chromium (as Chromium Picolinate)	35 mcg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 118%	Molybdenum (as Sodium Molybdate)	45 mcg 100%
Folate (500 mcg folic acid)	833 mcg DFE 208%	Chloride (as Potassium Chloride)	72 mg 3%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%	Potassium (as Potassium Chloride)	80 mg 2%
Biotin (as d-Biotin)	30 mcg 100%	Silicon (as Silicon Dioxide)	2 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Lycopene	300 mcg *
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg 15%	Lutein	250 mcg *
Iron (as Ferrous Fumarate)	18 mg 100%	Boron (as Boric Acid)	150 mcg *
		Vanadium (as Sodium Metavanadate)	10 mcg *

*Daily Value not established.