

Other Ingredients: Vegetable Cellulose, Gelatin. **Contains** <2% of: Crospovidone, FD&C Blue #2 Lake, FD&C Red #40 Lake, FD&C Yellow #5 Lake, Maltodextrin, Medium Chain Triglycerides, Polydextrose, Talc, Titanium Dioxide, 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, have any medical condition, planning any medical or surgical procedure, 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER ITEM # 7190
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[®]
SENIOR
MULTI

IRON FREE FORMULA

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

**DIETARY
SUPPLEMENT**

**60
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)	12.5 mcg (500 IU) 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%
Folate (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%	Silicon (as Silicon Dioxide)	2 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Vanadium (as Sodium Metavanadate)	10 mcg *
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg 17%	Lutein	250 mcg *
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	Lycopene	300 mcg *

*Daily Value not established.