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.

0 74312 17193 2

TO REORDER ITEM # 7193
www.puritan.com
1-800-645-1030

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Puritan's Pride

ABC PLUS® SENIOR MULTI

IRON FREE FORMULA

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

DIETARY SUPPLEMENT

240 COATED CAPLETS

Supplement Facts

Serving Size 1 Caplet

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

*Daily Value not established.