

Other Ingredients: Vegetable Cellulose, Gelatin. 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.

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

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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 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.

TO REORDER ITEM # 21486

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

30
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%
Folic Acid (400 mcg folic acid)	666 mcg DFE	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%

Amount Per Serving		%Daily Value
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	**
Nickel (as Nickel Sulfate)	5 mcg	**
Silicon (as Silicon Dioxide)	2 mg	**
Vanadium (as Sodium Metavanadate)	10 mcg	**
Lutein	250 mcg	**
Lycopene	300 mcg	**

**Daily Value not established.