

100%
QUALITYSATISFACTION
GUARANTEE

NATURE'S TRUTH®

VITAMINS

ABC
COMPLETE

MEN'S

COMPARE
& SAVE!MULTIVITAMIN
MINERAL
SUPPLEMENT100 COATED
CAPLETS

Supplement Facts

Serving Size: 1 Coated Caplet
Servings Per Container: 100

Amount Per Serving %Daily Value

Vitamin A	1,050 mcg	117%
(as Vitamin A Acetate and 29% as Beta-Carotene)		
Vitamin C (as Ascorbic Acid)	90 mg	100%
Vitamin D	25 mcg (1,000 IU)	125%
(as D3 Cholecalciferol)		
Vitamin E	20.3 mg	135%
(as dl-Alpha Tocopheryl Acetate)		
Vitamin K (as Phytonadione)	60 mcg	50%
Thiamin (Vitamin B-1)	1.2 mg	100%
(as Thiamin Mononitrate)		
Riboflavin (Vitamin B-2)	1.3 mg	100%
Niacin (as Niacinamide)	16 mg	100%
Vitamin B-6	2 mg	118%
(as Pyridoxine Hydrochloride)		
Folate	333 mcg DFE	83%
(200 mcg Folic Acid)		
Vitamin B-12	6 mcg	250%
(as Cyanocobalamin)		
Biotin (as d-Biotin)	40 mcg	133%
Pantothenic Acid	15 mg	300%
(as d-Calcium Pantothenate)		

OTHER INGREDIENTS: Gelatin, Cellulose (Plant Origin), Croscarmellose, Talc, Vegetable Stearic Acid, Crospovidone, Starch, Acacia, Maltodextrin, Hypromellose, Polydextrose, Titanium Dioxide Color, Citric Acid, Vegetable Magnesium Stearate, Silica, Mannitol, Sucrose, Polyvinylpyrrolidone, Sodium Lauryl Sulfate, Triglycerides, Propylene Glycol, Triacetin, Sodium Ascorbate, Tocopherols, Glucose, Sodium Benzoate, Ascorbyl Palmitate, FD&C Yellow No. 6 Lake, Sorbic Acid, BHT, Tricalcium Phosphate.

Calcium	210 mg	16%
(as Calcium Carbonate and Dicalcium Phosphate)		
Iron (as Ferrous Fumarate)	8 mg	44%
Phosphorus	20 mg	2%
(as Dicalcium Phosphate)		
Iodine	150 mcg	100%
(as Potassium Iodide)		
Magnesium	100 mg	24%
(as Magnesium Oxide)		
Zinc (as Zinc Oxide)	11 mg	100%
Selenium	100 mcg	182%
(as Sodium Selenate)		
Copper (as Cupric Sulfate)	0.9 mg	100%
Manganese	2.3 mg	100%
(as Manganese Sulfate)		
Chromium	35 mcg	100%
(as Chromium Picolinate)		
Molybdenum	50 mcg	111%
(as Sodium Molybdate)		
Chloride	72 mg	3%
(as Potassium Chloride)		
Potassium	80 mg	2%
(as Potassium Chloride)		
Lycopene	600 mcg	*

*Daily Value not established.

Experience complete multivitamin and mineral support in the convenience of just one caplet a day with ABC Complete Men's! Specially formulated to meet a man's nutritional needs, this multi delivers the essential nutrition you need most every day for overall wellness.†

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

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Store in a cool, dry place.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NO Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Flavor, Artificial Sweetener.

NON-GMO

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