



NATURE'S TRUTH®

VITAMINS

ABC COMPLETE

50+

SENIOR WOMEN'S



GLUTEN FREE
NON GMO

MULTIVITAMIN
MINERAL
SUPPLEMENT

100 COATED CAPLETS

COMPARE
& SAVE!



Supplement Facts

Serving Size: 1 Coated Caplet
Servings Per Container: 100

Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and 29% as Beta-Carotene)	1,050 mcg 117%
Vitamin C (as Ascorbic Acid)	100 mg 111%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU) 125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15.8 mg 105%
Vitamin K (as Phytonadione)	50 mcg 42%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.1 mg 92%
Riboflavin (Vitamin B-2)	1.1 mg 85%
Niacin (as Niacinamide)	14 mg 88%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 294%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 2,083%
Biotin (as d-Biotin)	30 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 100%

OTHER INGREDIENTS: Cellulose (Plant Origin), Gelatin, Croscarmellose, Vegetable Stearic Acid, Acacia, Maltodextrin, Crospovidone, Starch, Hypromellose, Polydextrose, Titanium Dioxide Color, Vegetable Magnesium Stearate, Silica, Mannitol, Sucrose, Citric Acid, Polyvinylpyrrolidone, Propylene Glycol, Triacetin, Talc, Sodium Lauryl Sulfate, Triglycerides, Sodium Ascorbate, FD&C Blue #2 Lake, Tocopherols, Sodium Benzoate, Glucose, FD&C Red #40 Lake, Sorbic Acid, BHT.

Calcium (as Calcium Carbonate and Dicalcium Phosphate)	300 mg	23%
Iron (as Ferrous Fumarate)	8 mg	44%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	15 mg	136%
Selenium (as Sodium Selenate)	22 mcg	40%
Copper (as Cupric Sulfate)	0.5 mg	56%
Manganese (as Manganese Sulfate)	2.3 mg	100%
Chromium (as Chromium Picolinate)	52 mcg	149%
Molybdenum (as Sodium Molybdate)	50 mcg	111%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Lutein	300 mcg	*

*Daily Value not established.

Women require specialized nutritional support for overall wellness, and that is especially true as we age.[†] This formula is specially designed to provide the essential vitamins and minerals needed most by women over the age of 50.

DIRECTIONS: For adult women, take one (1) coated caplet 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 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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