



NATURE'S TRUTH®

VITAMINS

ABC COMPLETE



WOMEN'S



GLUTEN FREE
NON GMO

MULTIVITAMIN
MINERAL
SUPPLEMENT

100 COATED CAPLETS



Supplement Facts

Serving Size: 1 Coated Caplet
Servings Per Container: 100

Amount Per Serving	%Daily Value
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Vitamin A	1,050 mcg	117%
(as Vitamin A Acetate and 29% as Beta-Carotene)		
Vitamin C (as Ascorbic Acid)	75 mg	83%
Vitamin D	25 mcg (1,000 IU)	125%
(as D3 Cholecalciferol)		
Vitamin E	15.8 mg	105%
(as dl-Alpha Tocopheryl Acetate)		
Vitamin K (as Phytonadione)	50 mcg	42%
Thiamin (Vitamin B-1)	1.1 mg	92%
(as Thiamin Mononitrate)		
Riboflavin (Vitamin B-2)	1.1 mg	85%
Niacin (as Niacinamide)	14 mg	88%
Vitamin B-6	2 mg	118%
(as Pyridoxine Hydrochloride)		
Folate 667 mcg DFE (400 mcg Folic Acid)	167%	
Vitamin B-12	6 mcg	250%
(as Cyanocobalamin)		
Biotin (as d-Biotin)	40 mcg	133%

OTHER INGREDIENTS: Cellulose (Plant Origin), Gelatin, Vegetable Stearic Acid, Croscarmellose, Crospovidone, Starch, Hypromellose, Maltodextrin, Acacia, Polydextrose, Titanium Dioxide Color, Vegetable Magnesium Stearate, Silica, Mannitol, Citric Acid, Sodium Lauryl Sulfate, Polyvinylpyrrolidone, Sucrose, Triglycerides, Propylene Glycol, Triacetin, Sodium Ascorbate, FD&C Red No. 40 Lake, Glucose, Tocopherols, FD&C Blue No. 2 Lake, Sodium Benzoate, Sorbic Acid, BHT, Talc.

Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg	15%
Iron (as Ferrous Fumarate)	18 mg	100%
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)	8 mg	73%
Selenium (as Sodium Selenate)	18 mcg	33%
Copper (as Cupric Sulfate)	0.5 mg	56%
Manganese (as Manganese Sulfate)	1.8 mg	78%
Chromium (as Chromium Picolinate)	32 mcg	91%
Molybdenum (as Sodium Molybdate)	50 mcg	111%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%

We've formulated this multivitamin specially for women, offering nutritional support for optimal wellness.† Each serving provides a potent blend of essential vitamins and minerals, all in convenient coated caplets.

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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