

**Other Ingredients:** Vegetable Cellulose, Gelatin. **Contains** <2% of: Carnauba Wax, Croscovidone, Vegetable Glycerin, Vegetable Magnesium Stearate.

Contains ingredients that may result in a variation of color and appearance over time.

**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.



**TO REORDER ITEM # 7193**

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**PURITAN'S PRIDE, INC.**  
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Puritan's Pride

# ABC PLUS<sup>®</sup> SENIOR MULTI

**IRON FREE FORMULA**

**DIFFERENT  
COLOR  
CAPLETS**

**Multi-Vitamin/Multi-Mineral**

**Formulated for Adults 50+**

**DIETARY  
SUPPLEMENT**

**240  
COATED  
CAPLETS**

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and Beta Carotene)	750 mcg 83%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin D (as D3 Cholecalciferol)	12.5 mcg (500 IU) 63%	Zinc (as Zinc Oxide)	11 mg 100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	22.5 mg 150%	Selenium (as Sodium Selenate)	55 mcg 100%
Vitamin K (as Phytonadione)	30 mcg 28%	Copper (as Cupric Sulfate)	0.9 mg 98%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 125%	Manganese (as Manganese Sulfate)	2.3 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Chromium (as Chromium Picolinate)	45 mcg 100%
Niacin (as Nicotinamide)	20 mg 125%	Molybdenum (as Sodium Molybdate)	45 mcg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg 177%	Chloride (as Potassium Chloride)	73 mg 2%
Folate (400 mcg folic acid)	685 mcg DFE 167%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,042%	Silicon (as Silicon Dioxide)	3 mg *
Biotin (as d-Biotin)	30 mcg 100%	Lycopene	300 mcg *
Pantoic Acid (as d-Calcium Pantothenate)	10 mg 200%	Lutein	250 mcg *
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg 17%	Boron (as Boric Acid and Sodium Borate)	150 mcg *
Asophos (as Dicalcium Phosphate)	20 mg 2%	Vanadium (as Sodium Metavanadate)	10 mcg *

\*Daily Value not established.