



NATURE'S BOUNTY®

ABC Plus® Senior



**MULTIVITAMIN -
MULTIMINERAL SUPPLEMENT**

IRON FREE FORMULA

SUPPORTS HEART HEALTH*

COMPARE AND SAVE

100 TABLETS

**FOR
ADULTS
50+**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

%Daily Value

Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	500 IU	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	50 IU	167%
Vitamin K (as Phytomenadione)	30 mcg	38%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg	22%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%

Amount Per Serving

%Daily Value

Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	55 mcg	79%
Copper (as Cupric Sulfate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	2.3 mg	115%
Chromium (as Chromium Picolinate)	45 mcg	38%
Molybdenum (as Sodium Molybdate)	45 mcg	60%
Chloride (as Potassium Chloride)	72 mg	2%
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.

Other Ingredients: Vegetable Cellulose. 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.

Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

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

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, 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.

No Artificial Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

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