

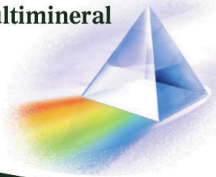


IRON FREE FORMULA

ABC PlusTM Senior

Multivitamin-Multimineral Supplement

FOR ADULTS
50+



FJ 7191
B30274 02A

120 caplets

Supplement Facts

Serving Size 1 Caplet			Amount Per Serving			%Daily Value		
Vitamin A	2,500 IU	50%	Iodine (as Potassium Iodide)	150 mcg	100%			
(as Vitamin A Acetate and 40% as Beta-Carotene)			Magnesium (as Magnesium Oxide)	50 mg	13%			
Vitamin C (as Ascorbic Acid)	60 mg	100%	Zinc (as Zinc Oxide)	11 mg	73%			
Vitamin D (as D3 Cholecalciferol)	500 IU	125%	Selenium (as Sodium Selenate)	55 mcg	79%			
Vitamin E (as dl-Alpha Tocopheryl Acetate)	50 IU	167%	Copper (as Cupric Sulfate)	0.5 mg	25%			
Vitamin K (as Phytonadione)	30 mcg	38%	Manganese (as Manganese Sulfate)	2.3 mg	115%			
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%	Chromium (as Chromium Picolinate)	45 mcg	38%			
Riboflavin (Vitamin B-2)	1.7 mg	100%	Molybdenum (as Sodium Molybdate)	45 mcg	60%			
Niacin (as Niacinamide)	20 mg	100%	Chloride (as Potassium Chloride)	72 mg	2%			
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg	150%	Potassium (as Potassium Chloride)	80 mg	2%			
Folic Acid	400 mcg	100%	Boron (as Boric Acid and Sodium Borate)	150 mcg	*			
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%	Nickel (as Nickel Sulfate)	5 mcg	*			
Biotin (as d-Biotin)	30 mcg	10%	Silicon (as Silicon Dioxide)	2 mg	*			
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%	Vanadium (as Sodium Metavanadate)	10 mcg	*			
Calcium	220 mg	22%	Lutein	250 mcg	*			
(as Calcium Carbonate and Dicalcium Phosphate)			Lycopene	300 mcg	*			
Phosphorus (as Dicalcium Phosphate)	20 mg	2%	*Daily Value not established.					

Other Ingredients: Vegetable Cellulose, Gelatin, Croscovidone, Titanium Dioxide Color, Vegetable Magnesium Stearate, Starch, FD&C Blue #2 Lake, FD&C Yellow #6 Lake, FD&C Red #40 Lake.

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. 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.

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DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.
No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.



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

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