



ABC PLUS[®] MULTI

**Multi-Vitamin/Multi-Mineral
Formula**

DIETARY
SUPPLEMENT

**100
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 29% as Beta-Carotene)	3,500 IU 70%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Vitamin D (as D3 Cholecalciferol)	1000 IU 250%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin K (as Phytonadione)	25 mcg 31%	Zinc (as Zinc Oxide)	11 mg 73%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%	Selenium (as Sodium Selenate)	55 mcg 79%
Riboflavin (Vitamin B-2)	1.7 mg 100%	Copper (as Cupric Sulfate)	0.5 mg 25%
Niacin (as Niacinamide)	20 mg 100%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%	Chromium (as Chromium Picolinate)	35 mcg 29%
Folic Acid	400 mcg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 60%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Biotin (as d-Biotin)	30 mcg 10%	Potassium (as Potassium Chloride)	80 mg 2%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Nickel (as Nickelous Sulfate)	5 mcg *
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%	Silicon (as Silicon Dioxide)	2 mg *
		Vanadium (as Sodium Metavanadate)	10 mcg *

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Croscopovidone, FD&C Yellow #6 Lake, Gelatin, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.

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

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

Puritan's Pride[®] supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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

TO REORDER ITEM # 70
www.puritan.com
1-800-645-1030

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