

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



Item No. 7190

Puritan's Pride
PREMIUM

ABC PLUS[®] SENIOR MULTI

IRON FREE FORMULA

Multi-Vitamin/Multi-Mineral
Formulated for Adults 50+

COMPARE TO CENTRUM[®] SILVER[®] ADULTS 50+*

60

COATED
CAPLETSDIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene) $\uparrow$	2,500 IU 50%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as D3 Cholecalciferol)	500 IU 125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	50 IU 167%
Vitamin K (as Phytonadione)	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 $\uparrow$ 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) $\uparrow$	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 Δ	250 mcg **
Lycopene	300 mcg **

**Daily Value not established.

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

TO REORDER ITEM # 7190

www.puritan.com

1-800-645-1030

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