

Prod. No. 7190



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NATURE'S BOUNTY®

FOR ADULTS 50+

# ABC Plus SENIOR™

**IRON FREE FORMULA**

**MULTI-VITAMIN**

**MULTI-MINERAL FORMULA**

**Dietary Supplement**

**COMPARE AND SAVE**

**60 TABLETS**

**NOW WITH LUTEIN**  
SUPPORTS HEALTHY EYES\*

## Supplement Facts

Serving Size 1 tablet

Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Acetate and 20% Beta Carotene)	5,000 I.U. 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as Cholecalciferol)	400 I.U. 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	45 I.U. 150%
Vitamin K (as Phytoladione)	10 mcg 13%
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 Dicalcium Phosphate and Calcium Carbonate)	200 mg 20%
Phosphorus (as Dicalcium Phosphate)	48 mg 5%

Amount Per Serving	%Daily Value
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Sodium Selenate)	20 mcg 29%
Copper (as Cupric Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Chloride)	150 mcg 125%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%
Boron (as Sodium Borate)	150 mcg *
Nickel (as Nickel Sulfate)	5 mcg *
Silica (as Silicon Dioxide)	2 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *
Lutein	250 mcg *

\*Daily Value not established.

**Other Ingredients:** Cellulose (Plant Origin), Croscarmellose, Vegetable Stearic Acid, Mannitol, Vegetable Magnesium Stearate, Cellulose Coating, Starch, FD&C Blue No. 2 Lake, Titanium Dioxide Color, FD&C Yellow No. 6 Lake, FD&C Red No. 4 Lake.

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

**\*\*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.**

**Diabetics/Hypoglycemics:** Use only under a doctor's supervision because this product contains chromium which may enhance insulin sensitivity and may affect your blood glucose levels.

**TAMPER RESISTANT:** Do not use if imprinted seal under cap is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

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

Visit us on the Web [www.NaturesBounty.com](http://www.NaturesBounty.com)

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