



NATURE'S BOUNTY®

ABC Plus®

**MULTI-VITAMIN AND
MULTI-MINERAL FORMULA**

DIETARY SUPPLEMENT

PROMOTES HEART HEALTH*

COMPARE AND SAVE

100 TABLETS

**WITH LUTEIN &
LYCOPENE**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving %Daily Value

Vitamin A (as Retinyl Acetate and Beta-Carotene)	3,500 IU	70%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	25 mcg	31%
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)	2 mg	100%

Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	162 mg	16%
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	109 mg	11%
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)	120 mcg	100%
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	**
Tin (as Tin Chloride)	10 mcg	**
Vanadium (as Sodium Metavanadate)	10 mcg	**
Lutein	250 mcg	**
Lycopene	300 mcg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Titanium Dioxide Color, FD&C Yellow No. 6 Lake.

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 in a cool, dry place. 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 Preservatives, No Sugar, No Milk, No Lactose, No Soy, 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

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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