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1-888-462-2548
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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
Made in the USA

ACTUAL SIZE

Mega Teen® is a multiple vitamin and mineral formula designed specifically for today's active teens. Busy schedules can result in sporadic and inconsistent eating habits. One third of all teenagers meals are consumed out of the house and most eat foods that may be high in calories, but low in nutritional value. Mega Teen supplies important nutrients to safeguard your active teen's diet.

Bone Health

- Offers bone-strengthening ingredients like calcium, magnesium and vitamins C and D.* These nutrients are necessary for strong teeth and healthy bones.*

Immune and Antioxidant Support

- Contains vitamins C and E that help to support natural resistance and provides antioxidant support by protecting the body from excess free radicals that can destroy healthy cells.* Vitamin C also plays a role in neurotransmitter production and function and is found in high concentrations in the brain.*
- Provides essential minerals including selenium and zinc. Selenium helps supports antioxidant activity.* Zinc helps to support natural resistance and metabolism.*

Energy Production & Metabolism

- Features B-vitamins that are essential for energy production and carbohydrate metabolism.* Helps to counter the strain of poor or inadequate dietary habits, physical activities and mental exhaustion.
- Fortified with Iron. Important for growing teens, iron plays a vital role in the formation of healthy red blood cells and energy production.* The need for iron increases in females during menstruation and in males as they develop lean body mass.
- Supplies key minerals such as zinc and chromium that are involved in carbohydrate metabolism and glucose utilization.*

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

multivitamin for teens

Mega Teen®

DIETARY SUPPLEMENT

- builds strong bones
- immune support
- supports energy production
- easy-to-swallow caplets

120 CAPLETS

CODE 101212

Directions: As a dietary supplement, take two caplets daily.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 60

Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene)	5000 IU 100%
Vitamin C (as Ascorbic Acid)	75 mg 125%
Vitamin D (as Cholecalciferol)	400 IU 100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU 100%
Vitamin K (as Phytomenol)	80 mcg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	4.5 mg 300%
Riboflavin (Vitamin B-2)	5.1 mg 300%
Niacin (as Nicotinamide)	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6 mg 300%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	18 mcg 300%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium D-Pantothenate)	10 mg 100%
Calcium (as Calcium Carbonate)	200 mg 20%
Iron (as Carbonyl Iron)	18 mg 100%
Phosphorus (as Dicalcium Phosphate)	100 mg 10%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Selenium Yeast)	70 mcg 100%
Copper (as Cupric Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Yeast)	120 mcg 100%
Molybdenum (as Molybdenum Yeast)	20 mcg 27%
Choline (as Choline Bitartrate)	50 mcg *
Inositol	50 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Natural Vanilla Flavor, Riboflavin, Sucrose.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Potencies verified by GNC procedure #5015.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

No Artificial Colors, No Artificial Flavors, No Preservatives,
No Wheat, No Gluten, No Dairy.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool dry place.

JHG