

Potencies verified by GNC procedure #5015.
Conforms to USP <2091> for weight.
Disintegrates over six hours for timed-release benefit.

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.

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

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!



Please recycle this box.

Whether it's off to baseball practice, a soccer game or other extra curricular activity, your teen could use some extra nutritional insurance! That's where GNC's Mega Teen® Sport comes in to play...Mega Teen Sport Multivitamin provides essential vitamins and minerals for the active teen.

Sport Antioxidant Blend

- Combines alpha-lipoic acid (ALA), citrus bioflavonoids, lutein, lycopene, green tea and acerola with vitamins C & E, zinc and selenium. Antioxidants provide protection from free radical damage that can result from exercise. ALA plays an important role in regenerating these antioxidants and in cell energy metabolism.*

Electrolyte Blend

- Potassium, chloride, magnesium and phosphorus are electrolytes essential for maintaining fluid balance in the body.* This blend will help replenish the electrolytes lost during physical activity.

Energy Production

- Required for carbohydrate metabolism and energy production, the growing teen needs B-vitamins due to their increased energy demands. B-vitamins are essential co-factors for the metabolism of carbohydrates and conversion of macronutrients into energy.

Bone Health

- Offers bone-strengthening ingredients like calcium, magnesium and vitamin D-3. These nutrients are necessary for strong bones and teeth.*

Immune Defense

- Provides essential antioxidants like zinc and vitamin C that support natural resistance and immune defense.*

Athletic teens need adequate nutrition, and that means GNC's Mega Teen Sport...now that's a home run!

*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.

GNC

**Multivitamin for athletic
and active teens**

**Mega
Teen®
SPORT**

DIETARY SUPPLEMENT

- multivitamin specially designed for athletic and active teens
- B-vitamin for energy production and metabolism*
- electrolytes to prevent muscle cramping*
- bone-strengthening calcium with more vitamin D-3

120 CAPLETS

CODE 101712

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

ELG

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 D-3)	400 IU 100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU 100%
Vitamin K (as Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	4.5 mg 300%
Riboflavin (Vitamin B-2)	5.1 mg 300%
Niacin (as Niacinamide)	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 and Dicalcium Phosphate)	200 mg 20%
Iron (as Ferrous Fumarate)	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%
Chloride (as Potassium Chloride)	47 mg 1%
Potassium (as Potassium Chloride)	50 mg 1%
Sports Antioxidant Blend	200 mg *
Acerola Fruit Extract (Malpighia punicifolia), Green Tea Leaf Extract (Camellia sinensis), Citrus Bioflavonoid Complex, alpha-Lipoic Acid, Lutein, Lycopene	
Choline (as Choline Bitartrate)	50 mcg *
Inositol	50 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Medium Chain Triglycerides, Natural Vanilla Flavor, Natural Colors (Riboflavin, Caramel and Carmine), Sucralose.

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.