

teen for her advanced multivitamin/multimineral supplement

complete♦ multivitamin
supports skin health*
supports immune system health*



*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.

80 TABLETS SHOWN ACTUAL SIZE ABOVE

Suggested Use: Teens, take one tablet daily with food.

♦21 Nutrients

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%	Vitamin B12	9 mcg	150%
Vitamin C	120 mg	200%	Biotin	300 mcg	100%
Vitamin D	800 IU	200%	Pantothenic Acid	10 mg	100%
Vitamin E	30 IU	100%	Calcium (elemental)	300 mg	30%
Vitamin K	25 mcg	31%	Iron	18 mg	100%
Thiamin (B1)	2.3 mg	153%	Magnesium	50 mg	13%
Riboflavin (B2)	2.6 mg	153%	Zinc	15 mg	100%
Niacin	30 mg	150%	Selenium	20 mcg	29%
Vitamin B6	3 mg	150%	Copper	2 mg	100%
Folic Acid	400 mcg	100%	Manganese	2 mg	100%
			Chromium	120 mcg	100%

INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Ascorbic Acid, Microcrystalline Cellulose, Magnesium Oxide, Ferrous Fumarate, dl-Alpha Tocopheryl Acetate, Niacinamide, Croscarmellose Sodium, Polyvinyl Alcohol, Zinc Oxide, Stearic Acid, Calcium Pantothenate, Titanium Dioxide, Polyethylene Glycol, Magnesium Stearate, Silicon Dioxide, Talc, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Cupric Oxide, FD&C Red #40 Lake, Vitamin A Acetate, Folic Acid, Chromium Chloride, Beta-Carotene, Biotin, Sodium Selenate, Phytonadione, Cholecalciferol, Cyanocobalamin.

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.

If you are pregnant or nursing a baby, ask a doctor before using this product.

KEEP OUT OF REACH OF CHILDREN
CHILD RESISTANT CAP

Store in a dry place at room temperature (59°-86°F).

GLUTEN FREE

Do not use if printed seal under cap is broken or missing

Questions? Call 1-800-910-6874

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