



Nutritional Support for Natural Energy Production and Overall Well-Being.*

Whether he's *Surfing the Net* or *Shredding on His Board*, a young man needs the power and energy that only a high-quality, high-potency supplement can provide.

Armed with an explosion of Wild Berry flavor, **POWER TEEN® for Him** is the ultimate young men's high-potency multivitamin supplement. Amino Acids, including aspartic acid, as well as the essential minerals zinc and magnesium, promote superior muscular growth, strength and endurance. Meanwhile, BlemiShield's cranberry extract and probiotics support natural defenses.*

VEGETARIAN • HYPO-ALLERGENIC. Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement for young men, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

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 physician or poison control center immediately.

***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.**

Supplement Facts			
Serving Size 2 Chewable Tablets		Servings Per Container 30	
	Amount Per Serving	% DV	
Calories	5		
Total Carbohydrate	3g	1% **	
Xylitol	3g		†
Vitamin A (as beta carotene)	5,000 IU	100%	
Vitamin C (as ascorbic acid)	60 mg	100%	
Vitamin D3 (as cholecalciferol from lichen)	500 IU	125%	
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%	
Vitamin K2 (as menaquinone-7)	80 mcg	100%	
Thiamin (vitamin B1) (as thiamine HCl)	1.9 mg	125%	
Riboflavin (vitamin B2)	2.1 mg	125%	
Niacin (as niacinamide)	25 mg	125%	
Vitamin B6 (as pyridoxine HCl)	2.5 mg	125%	
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg	100%	
Vitamin B12 (as methylcobalamin)	7.5 mcg	125%	
Biotin	63 mcg	21%	
Pantothenic Acid (as calcium pantothenate)	12.5 mg	125%	
Calcium (as di-calcium phosphate; citrate)	50 mg	5%	
Iron (as fumarate; gluconate)	4.5 mg	25%	
Magnesium (as citrate, oxide)	10 mg	3%	
Zinc (as aspartate, oxide)	15 mg	100%	
Selenium (as selenomethionine)	35 mcg	50%	
Manganese (as gluconate)	1 mg	50%	
Chromium (as picolinate)	60 mcg	50%	
Molybdenum (as sodium molybdate)	37.5 mcg	50%	
Potassium (as citrate)	1.4 mg	<1%	
Essential Amino Acid-Rich Complex (from spirulina, chlorella and non-GMO rice protein) . . . 100 mg †			
Cysteine 1.7 mg	Leucine 8.5 mg	Threonine 3.5 mg	
Arginine 8.36 mg	Lysine 3.5 mg	Tryptophan 0.9 mg	
Histidine 2.4 mg	Methionine 3.5 mg	Tyrosine 5.3 mg	
Isoleucine 4.3 mg	Phenylalanine 5.4 mg	Valine 6 mg	
Lemon Bioflavonoid Complex (from <i>Citrus limon</i> fruit) 40 mg †			
BlemiShield™ Complex – Cranberry (<i>Vaccinium macrocarpon</i>), <i>Streptococcus thermophilus</i> (1 billion viable cells at time of manufacture) 35 mg †			

** Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Natural flavors, stearic acid (from *Elaeis guineensis*), citric acid, magnesium stearate, guar gum, natural color (beet), stevia (rebaudioside A, stevioside), choline bitartrate, inositol, rose hips (*Rosa canina* fruit), non-GMO rice protein, papaya fruit, carrot, mango fruit, spinach, broccoli and West Indian cherry (*Malpighia glabra* fruit).

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