

LifePak® Teen is a comprehensive multivitamin, mineral, and antioxidant micronutrient supplement formulated to address the nutritional demands of healthy, active young men and women by targeting typical nutritional deficiencies and providing ingredients essential for healthy growth and development.

DIRECTIONS FOR USE: As a dietary supplement, take 2 tablets 2 times daily with a meal.

Do not use if safety seal is broken or missing. Store in a cool, dry place.

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.



GUARANTEE: No added sugar, salt, wheat, yeast, or dairy products.

Chelated minerals are manufactured under one or more of the following U.S. Patents:



SOLD EXCLUSIVELY BY NU SKIN ENTERPRISES
 AUTHORIZED DISTRIBUTORS
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 PROVO, UT 84601
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LifePak® Teen

Optimally formulated
 for adolescents
 age 9–18

DIETARY SUPPLEMENT
 120 TABLETS



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 60

Amount Per Serving	% Daily Value
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Vitamin A (as Vitamin A Palmitate, 50% as Beta Carotene (from Blakeslea trispora)	1500 mcg RAE	167%
Vitamin C (as Calcium Ascorbate)	100 mg	111%
Vitamin D (as Cholecalciferol)	5 mcg (200 IU)	25%
Vitamin E (as Mixed Natural Tocopherols)	34 mg	227%
Vitamin K (as Phytonadione)	20 mcg	17%
Thiamin (as Thiamine Mononitrate)	1.5 mg	125%
Riboflavin (as Riboflavin)	1.7 mg	131%
Niacin (as Niacin, Niacinamide)	20 mg	125%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	5 mg	294%
Folate	333 mcg DFE	83%
	(200 mcg Folic Acid)	
Vitamin B ₁₂ (as Cyanocobalamin)	15 mcg	625%
Biotin (as Biotin)	150 mcg	500%
Pantothenic Acid (as D-Calcium Pantothenate)	15 mg	300%
Calcium (as Calcium Lithothamnion,	250 mg	19%
Calcium Ascorbate)		
Iron (as Iron Glycinate)	4.5 mg	25%
Iodine (as Potassium Iodide)	37.5 mcg	25%
Magnesium (as Magnesium Oxide, Magnesium Bisglycinate, Lithothamnion)	80 mg	19%
Zinc (as Zinc Bisglycinate)	7.5 mg	68%
Selenium (as L-Selenomethionine, Sodium Selenite)	35 mcg	64%
Copper (as Copper Bisglycinate)	1 mg	111%
Manganese (as Manganese Bisglycinate)	2 mg	87%
Chromium (as Chromium Nicotinate Glycinate)	60 mcg	171%
Molybdenum (as Molybdenum Bisglycinate)	37.5 mcg	83%

Boron (as Boron Citrate)	1.5 mg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Coating (Hydroxypropyl Methylcellulose, Polydextrose, Titanium Dioxide, Talc, Maltodextrin, Medium Chain Triglycerides, Riboflavin [color]), Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide.

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