

- Vitamins C & B-6 support immune health*
- Vitamin D supports healthy teeth & bones*
- Vitamin A supports healthy eyes*
- B vitamins support energy production*
- With key nutrients to support healthy hair, skin & nails*

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

GNC
milestones®

teen

**Gummy Multivitamin
For Teens 12-17
Dietary Supplement**

**Immune Support,
Energy Production
+ Overall Health***



**Gluten Free, No Dairy
Natural Assorted Fruit Flavors**

**120 GUMMIES
60 SERVINGS**

CODE 102623

DIRECTIONS: As a dietary supplement, take two gummies daily. Chew thoroughly before swallowing.

FTG

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 60

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	15	Folate	400 mcg DFE 100% (240 mcg Folic Acid)
Total Carbohydrate	3 g 1%†	Vitamin B-12 (as Cyanocobalamin)	4.8 mcg 200%
Total Sugars	3 g *	Biotin	30 mcg 100%
Includes 3 g Added Sugars	6%†	Pantothenic Acid (as Calcium d-Pantothenate)	3 mg 60%
Vitamin A (as Retinyl Palmitate)	450 mcg RAE 50%	Chromium (as Chromium Picolinate)	35 mcg 100%
Vitamin C (as Ascorbic Acid & Sodium Ascorbate)	36 mg 40%	Molybdenum (as Molybdenum Citrate)	11 mcg 24%
Vitamin D (as Cholecalciferol D-3)	25 mcg (1000 IU) 125%	Sodium	5 mg <1%
Vitamin E (as dl-alpha-Tocopheryl Acetate)	15 mg 100%	Inositol (as Inositol Niacinate)	1.5 mg *
Niacin (as Inositol Niacinate)	8 mg NE 50%	Boron (as Boron Citrate)	150 mcg *
Vitamin B-6 (as Pyridoxine HCl)	1.7 mg 100%		

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

OTHER INGREDIENTS: Glucose Syrup, Sugar, Water, Gelatin; Less than 2% of: Blend of Oils (Coconut and/or Palm) with Beeswax and/or Carnauba Wax, Citric Acid, Colors (Annatto Extract, Blueberry and Carrot Concentrates), Lactic Acid, Natural Flavors.

CONTAINS: Tree Nuts (Coconut).

WARNING: Take only as directed. Do not exceed suggested dosage. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Do not use if inner seal is broken or missing. Do not expose to excessive heat or moisture. Colors will darken over time. This does not alter the potency of the product. Inform your physician of this product's biotin content before any lab test.

**Manufactured in a facility that also produces products that contain soy.
KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

*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.



**GLUTEN
FREE**

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