

Natures Plus®



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

Whether she's *Surfing the Net* or *Carving* real *Waves* on her *ShortBoard*, a young woman 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 Her** is the ultimate young women's high-potency multivitamin supplement. Its unique Feminine Complex includes cranberry, fenugreek and yam extracts to promote urinary tract health, breast health and healthy hormone balance. 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 women, 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)	120 mg	12%
Iron (as fumarate; gluconate)	9 mg	50%
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%

Feminine Complex with BlemiShield™ – Cranberry (*Vaccinium macrocarpon*), Fenugreek (*Trigonella foenum-graecum* seed extract) (standardized galactomannan), Yam (*Dioscorea villosa* root), *Streptococcus thermophilus* (1 billion viable cells at time of manufacture)
Lemon Bioflavonoid Complex (from *Citrus limon* fruit) 40 mg †

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

Other ingredients: Natural flavors, natural raspberry flavor, natural cherry flavor, citric acid, magnesium stearate, guar gum, natural color (beet), stevia (rebaudioside A, stevioside), rose hips (*Rosa canina* fruit), non-GMO rice protein, papaya, carrot, mango fruit, spinach, broccoli, spirulina (naturally rich in essential nutrients), West Indian cherry (*Malpighia glabra* fruit), inositol, choline, potassium citrate.

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9500 New Horizons Blvd.
Amityville, New York 11701, USA
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PRODUCT NO. 30004



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