

Amount Per Serving	% Daily Value	
Lemon Bioflavonoid Complex	75 mg	*
Rutin (<i>Saphora japonica</i>)	45 mg	*
Choline (bifluoride)	30 mg	*
Inositol	30 mg	*
Organic Whole Food Blend	30 mg	*
Organic spinach, Organic blueberry		
Organic carrots		
Spirulina	5 mg	*
Chlorella	5 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, silica, modified cellulose gum, stearic acid (vegetable source), magnesium stearate (vegetable source), glycerin, natural cinnamon oil.

SUGGESTED USE: Take one tablet daily.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Teens require more nutrient amounts than younger children, but not the mega-doses of many adult multivitamins. Our **Teen Multi Once Daily** contains the proper amount of vitamins and minerals for this age group with additional organic vegetable powders and green foods to ensure balanced nutrition.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

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 center immediately.

FOOD RICH TEEN MULTI ONCE DAILY

Daily Nutrition With Whole Foods
Dietary Supplement
60 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (80% as palmitate; 20% as beta carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (as thiamin mononitrate)	30 mg	2000%
Riboflavin	30 mg	1760%
Niacin (as niacinamide)	30 mg	150%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	1500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (from calcium carbonate, dibasic calcium phosphate and calcium pantothenate)	100 mg	10%
Iron (from ferrous fumarate)	8 mg	50%
Phosphorus (from dibasic calcium phosphate)	7 mg	8%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	15 mg	100%
Selenium (from sodium selenate)	70 mcg	100%
Copper (from cupric oxide)	2 mg	100%
Manganese (from manganous gluconate)	2 mg	100%
Chromium (from chromium chloride)	120 mcg	100%
Molybdenum (from molybdenum amino acid chelate)	75 mcg	100%

KEEP OUT OF REACH OF CHILDREN.

VL 550-600

