

EVIDENCE-BASED



integrative
THERAPEUTICS, INC.

CLINICAL NUTRIENTS[™] FOR FEMALE TEENS

Comprehensive daily multiple for female teens

120 TABLETS

Dietary Supplement

Clinical Nutrients[™] for Female Teens multivitamin offers a strong nutritional foundation for active teen lifestyles. This comprehensive daily multiple includes calcium, silica, vitamin B6, and iron. Calcium supports and maintains optimum bone health.* Silica is one of calcium's key cofactors. Vitamin B6 is involved in some of the hormonal processes of the menstrual cycle.* In addition, rising estrogen levels in teenage girls change the way their bodies handle vitamin B6, which increases their requirement for it.* Iron deficiency can be a problem for teenage girls because they lose iron every month during their menstrual cycles.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call your physician or a Poison Control Center immediately.

Recommendations: Take 4 tablets daily. Can be taken as one or two tablets with each meal, or as recommended by your healthcare practitioner.

If pregnant, nursing, taking prescription drugs, have gallstones or bile duct obstruction, consult your healthcare practitioner prior to use.

Contains no sugar, yeast, wheat, gluten, corn, dairy products, artificial flavoring, or preservatives. All colors used are from natural sources.

MANUFACTURED BY AN FDA-REGISTERED DRUG ESTABLISHMENT FOR
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*THIS STATEMENT HAS 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 4 tablets

Servings per container 30

Amount per 4 tablets	%DV***	Amount per 4 tablets	%DV***
Calories	15	Selenium (as L-selenomethionine)	100 mcg 143%
Total Carbohydrate	3 g 1%***	Copper (as copper gluconate)	1.5 mg 75%
Dietary Fiber	1 g 4%***	Manganese (as manganese citrate)	2 mg 100%
Vitamin A (88% as beta carotene and as retinyl acetate)	17,000 IU 340%	Chromium (as chromium polynicotinate)	200 mcg 167%
Vitamin C (ascorbic acid)	300 mg 500%	Molybdenum (as sodium molybdate)	25 mcg 33%
Vitamin D (as cholecalciferol)	100 IU 25%	Sodium	15 mg <1%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU 667%	Potassium (as potassium aspartate)	100 mg 3%
Vitamin K (as phytonadione)	60 mcg 75%	Mixed Bioflavonoids 50% (from citrus fruits)	100 mg **
Thiamin (as thiamin HCl) (vitamin B1)	30 mg 2,000%	Choline Bitartrate	60 mg **
Riboflavin (vitamin B2)	30 mg 1,765%	Alfalfa (Medicago sativa) Aerial Part	60 mg **
Niacin (as niacin and niacinamide)	45 mg 225%	Dandelion (Taraxacum officinale) Root Extract 4:1	60 mg **
Vitamin B6 (as pyridoxine HCl)	90 mg 4,500%	Ginger (Zingiber officinale) Rhizome Extract	60 mg **
Folic Acid	800 mcg 200%	Inositol	60 mg **
Vitamin B12 (as cyanocobalamin)	800 mcg 13,333%	Licorice (Glycyrrhiza glabra) Root and Rhizome Extract standardized to contain 5% glycyrrhizic acid	30 mg **
Biotin	300 mcg 100%	Boron (as sodium borate)	2 mg **
Pantothenic Acid (as calcium D-pantothenate)	30 mg 300%	Silicon (as magnesium trisilicate)	1 mg **
Calcium (as calcium carbonate and calcium citrate)	500 mg 50%	Vanadium (as vanadyl sulfate)	50 mcg **
Iron (as ferrous succinate)	30 mg 167%	***Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Iodine (as potassium iodide)	300 mcg 200%	**Daily Value not established	
Magnesium (as magnesium aspartate)	200 mg 50%	Other ingredients: cellulose, modified cellulose gum, modified cellulose, magnesium stearate, titanium dioxide color, soy lecithin, vegetable glycerin, carnauba wax, and soybean oil.	
Zinc (as zinc picolinate)	20 mg 133%		