

# MEGA VITAMIN<sup>™</sup>

PREMIUM  
PERFORMANCE  
FORMULA

FOCUSED  
NUTRITION

TEENS

Energy Metabolism\*  
Strong Bones\*  
Antioxidant Support\*

MULTIVITAMIN

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 3 Caplets  
Servings Per Container 40

| Amount Per Serving                                      |          | %Daily Value |
|---------------------------------------------------------|----------|--------------|
| Total Carbohydrate                                      | <1 g     | <1%*         |
| Dietary Fiber                                           | <1 g     | 2%*          |
| Vitamin A (100% as Beta-Carotene)                       | 5,000 IU | 100%         |
| Vitamin C (as Ascorbic Acid)                            | 350 mg   | 583%         |
| Vitamin D3 (as Cholecalciferol)                         | 400 IU   | 100%         |
| Vitamin E (as d-Alpha Tocopheryl Succinate)             | 30 IU    | 100%         |
| Vitamin K1 (as Phytonadione)                            | 10 mcg   | 13%          |
| Thiamin (Vitamin B-1) (as Thiamine Mononitrate)         | 4.5mg    | 300%         |
| Riboflavin (Vitamin B-2)                                | 5.1 mg   | 300%         |
| Niacin (as Niacinamide)                                 | 20 mg    | 100%         |
| Vitamin B-6 (as Pyridoxine Hydrochloride)               | 6 mg     | 300%         |
| Folic Acid                                              | 400 mcg  | 100%         |
| Vitamin B-12 (as Cyanocobalamin)                        | 18 mcg   | 300%         |
| Biotin (as d-Biotin)                                    | 45 mcg   | 15%          |
| Pantothenic Acid (as d-Calcium Pantothenate)            | 10 mg    | 100%         |
| Calcium<br>(as Calcium Citrate and Dicalcium Phosphate) | 100 mg   | 10%          |
| Iron (as Ferrous Fumarate)                              | 18 mg    | 100%         |
| Phosphorus (as Dicalcium Phosphate)                     | 20 mg    | 2%           |
| Iodine (as Potassium Iodide)                            | 150 mcg  | 100%         |
| Magnesium (as Magnesium Oxide)                          | 50 mg    | 13%          |
| Zinc (as Zinc Oxide)                                    | 15 mg    | 100%         |
| Selenium (as Selenium Yeast)                            | 5 mcg    | 7%           |
| Copper (as Copper Sulfate)                              | 2 mg     | 100%         |
| Manganese (as Manganese Sulfate)                        | 2 mg     | 100%         |
| Chromium (as Chromium Yeast)                            | 20 mcg   | 17%          |
| Molybdenum (as Molybdenum Yeast)                        | 20 mcg   | 27%          |
| Sodium                                                  | 5 mg     | <1%          |
| Choline (as Choline Bitartrate)                         | 50 mcg   | ***          |
| Inositol                                                | 50 mcg   | ***          |

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

Other Ingredients: Vegetable Cellulose, Croscarmellose Sodium, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silicon Dioxide, Vegetable Glycerin, Sodium Carboxymethylcellulose, Trisodium Citrate, Titanium Dioxide, Vegetable Medium Chain Glycerides.

With time at a premium, today's teens  
can't always put nutrition at the top  
of their priority list.

In fact, it's estimated that up to one third of all meals eaten by teenagers are consumed away from home. Sometimes that translates into fast food convenience at the expense of proper nutrition.

To ensure that you're getting the recommended intake of nutrients, we have developed **MEGA VITA MIN<sup>™</sup> FOR TEENS**, a comprehensive multivitamin/multimineral supplement designed to fill some of the nutritional gaps you may have in your diet. **MEGA VITA MIN<sup>™</sup> FOR TEENS** contains:

At least 100% of the daily value for  
**vitamins A, C, and E,**  
three potent antioxidants that play  
a role in fighting cell-damaging free  
radicals in the body.\*

**Vitamin D,**  
which supports Calcium absorption  
and the immune system.\*

**B-Vitamins**  
for energy metabolism, cell growth  
and nervous system health.\*

**Folic Acid,**  
often found in green leafy  
vegetables, which helps maintain  
cardiovascular health.\*

**Iron,**  
which plays a role in delivering oxygen  
to the cells, including muscle cells.\*

Plus a variety of other nutrients to help in maintaining good health.\*



For over 40 years, Vitamin World has been a trusted provider of premium wellness supplements. Our branded products are formulated using the highest quality ingredients and are manufactured in facilities that adhere to the strictest quality standards.

**DIRECTIONS: For teenagers, take three (3) caplets daily, preferably with a meal.**

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Fish.

**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. **THIS PRODUCT IS INTENDED FOR USE BY CHILDREN UNDER ADULT SUPERVISION.** Store at room temperature. Do not use if seal under cap is broken or missing.

**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.

\*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.

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www.vitaminworld.com  
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