

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 control center immediately.

No Dairy.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com

GNC
milestones®

teen

**Multivitamin
For Boys 12-17**
Dietary Supplement

**Supports Energy
Production, Muscle
Function, Healthy
Skin, Immune Health
& Overall Health***



No Dairy

**120 CAPLETS
60-DAY SUPPLY**

* 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.

CODE 200812

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta-Carotene).....	1500 mcg..... 167%
Vitamin C.....	120 mg..... 133%
(as Ascorbic Acid & Calcium Ascorbate)	
Vitamin D-3 (as Cholecalciferol).....	10 mcg (400 IU)..... 50%
Vitamin E (as d-alpha Tocopheryl Succinate).....	20.1 mg..... 134%
Vitamin K (as Phyttonadione).....	80 mcg..... 67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate).....	4.5 mg..... 375%
Riboflavin (Vitamin B-2).....	5.1 mg..... 392%
Niacin (as Niacinamide).....	20 mg..... 125%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	6 mg..... 353%
Folate.....	680 mcg DFE..... 170%
(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin).....	18 mcg..... 750%
Biotin.....	300 mcg..... 1000%
Pantothenic Acid (as Calcium d-Pantothenate).....	10 mg..... 200%
Choline (as Choline Bitartrate).....	50 mg..... 9%
Calcium (as Calcium Carbonate, Dicalcium.....	200 mg..... 15%
Phosphate, Calcium Ascorbate, Calcium D-Pantothenate)	
Iron (as Hydrolyzed Protein Chelate).....	11 mg..... 61%

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate).....	50 mg..... 4%
Iodine (as Potassium Iodide).....	150 mcg..... 100%
Magnesium (as Magnesium Oxide).....	50 mg..... 12%
Zinc (as Zinc Oxide).....	15 mg..... 136%
Selenium (as Selenium Yeast).....	70 mcg..... 127%
Copper (as Cupric Sulfate).....	2 mg..... 222%
Manganese (as Manganese Sulfate).....	2 mg..... 87%
Chromium (as Chromium Yeast).....	120 mcg..... 343%
Molybdenum (as Molybdenum Yeast).....	20 mcg..... 44%
Chloride (as Potassium Chloride).....	47 mg..... 2%
Potassium (as Potassium Chloride).....	50 mg..... 1%
Cranberry Fruit Concentrate.....	80 mg..... *
(Vaccinium macrocarpon)	
Inositol.....	50 mg..... *
Flax Seed Hulls (Linum usitatissimum).....	50 mg..... *
Apple Fruit Extract (Malus pumila).....	10 mg..... *
Blueberry Fruit Powder (Vaccinium spp.).....	10 mg..... *
Lutein (from Marigold Flower Extract).....	1 mg..... *
(Tagetes erecta)	
Lycopene.....	500 mcg..... *
Zeaxanthin.....	200 mcg..... *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Croscarmellose Sodium, Silicon Dioxide, Hydroxypropyl Methylcellulose, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Ethyl Vanillin, Carnauba Wax, Titanium Dioxide (Mineral Whitener), Caramel Color, Talc.

CONTAINS: Soybeans and Wheat.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

⚠ WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Niacin may cause a temporary flushing reaction. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test.



GVG

Lot No./Best By: