Free of gluten · soy · nuts · eggs · fish · shellfish · veast · sugar · artificial additives.

## 100% Recycled, 100% Recyclable, BPA-Free Bottle

Please remove label to recycle bottle. To open, press along perforation.

## 

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, coating (hydroxypropyl cellulose, pharmaceutical glaze).

Contains: Milk traces from fermentation media

Complete nutrition for teens and adults, with special support for brain health and memory – delivering a calm and focused state of mind without stimulants.\*

Easy-to-swallow mini tabs help make up for gaps in teens' diets – when nutrient intake may not meet the demands of rapid growth – while supporting brain health and nervous system function.\*

SUGGESTED USAGE: Take 1 to 3 mini-tabs daily.

Can be taken on an empty stomach.

Consult your healthcare professional prior to use if you are taking medication or have a medical condition.

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 dotor 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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## Brain & Focus™ for Teens & Adults

Multivitamin

Supports energy, mental focus & memory\* Provides immune & stress support\* Easy to digest with probiotics & enzymes

> Gluten-Free | Vegetarian 90 Mini-Tabs | Dietary Supplement

	Amount Per Serving	% D\
Vitamin A (as retinyl palmitate)	2250 mcg	2509
Vitamin C (as ascorbic acid)	150 mg	1679
Vitamin D3 (as cholecalciferol)	19 mcg	959
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	1339
Vitamin K (as phytonadione)	75 mcg	63°
Thiamin (as thiamin mononitrate)	23 mg	19179
Riboflavin (vitamin B2)	23 mg	1769
Niacin (as niacinamide)	23 mg	1449
Vitamin B6 (as pyridoxine hydrochloride)	23 mg	13539
Folate (as folic acid)	1000 mcg DFE (600 mcg folic acid)	250°
Vitamin B12 (as cyanocobalamin)	30 mcg	1250°
Biotin	75 mcg	250°
Pantothenic Acid (as calcium pantothenate)	23 mg	460°
Choline (as choline bitartrate)	30 mg	59
Calcium (as calcium carbonate)	300 mg	239
Iron (as iron chelate)	9 mg	50°
Magnesium (as magnesium oxide)	150 mg	36°
Zinc (as zinc chelate)	9 mg	829
Selenium (as selenomethionine)	38 mcg	69°
Copper (as copper chelate)	0.8 mg	839
Manganese (as manganese chelate)	2.3 mg	1009
Chromium (as chromium amino nicotinate)	150 mcg	4299
Molybdenum (as molybdenum chelate)	75 mcg	1679
Brain Support Blend	546 mg	
American ginseng (root) extract, bacopa (f extract, ginkgo (leaf) extract, rhodiola (roo		
L-theanine	75 mg	
Organic Spirulina	45 mg	
Vegetable Juice Extracts	30 mg	