

**Directions:** As a dietary supplement for teens and adults, take 1-3 capsules daily after a meal or as directed by a health-care professional.

Do not use if you are pregnant or nursing. Protect from light.

**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.

Adequate nutrition throughout the teen years can lay down a solid foundation for a healthy adult life. M.V. Teen™ is designed to meet the high nutritional needs of growing teens, and is provided in easy-to-swallow capsules to reduce a teenager's inherent aversion to swallowing large, over-sized pills.

\* 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.

\*Ferrochel® is a registered trademark of Albion Laboratories, Inc. and is protected by patent 4,599,152, international patents and patents pending.

Manufactured by **futurebiotics**®  
  
 0 49479 00678 6

Hauppauge, NY 11788  
 www.futurebiotics.com  
 800-FOR-LIFE  
 800-367-5433  
 100% Satisfaction  
 Guaranteed

  
**futurebiotics**  
 health. nature. life.

100% DV for Many Nutrients

**M.V.**  
**TEEN**™

Multi-Vitamin and Mineral Formula for Teens

Easy-to-Swallow Capsules

180 Capsules

Dietary Supplement

**Supplement Facts**

Serving Size: 3 Capsules  
 Servings Per Container: 60

Amount Per Serving		% Daily Value
Vitamin A (as beta-carotene)	1500 mcg RAE	167%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (Vitamin B1) (as thiamine mononitrate)	2 mg	167%
Riboflavin (Vitamin B2)	2 mg	154%
Niacin (as niacinamide)	20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	118%
Folate (400 mcg Folic Acid)	666 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Calcium (as calcium carbonate)	100 mg	8%
Iron (as ferrous bisglycinate chelate Ferrochel®)	10 mg	56%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	12%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (as selenium amino acid complex)	100 mcg	182%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese glycinate chelate)	4 mg	174%
Chromium (as chromium nicotinate glycinate chelate)	100 mcg	286%

**Other Ingredients:** Microcrystalline cellulose, gelatin, magnesium stearate, silicon dioxide, peppermint oil.  
**Contains: Soy**