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WF-TEEN-GUY-60-U-2011

Suggested Use: Take two (2) capsules daily with a meal and a full glass of water. For best results, take 1 capsule with breakfast and 1 capsule with dinner.

Does NOT contain GMOs, soy, gluten, milk, eggs, fish, shellfish, tree nuts, peanuts, or preservatives. Suitable for vegans and vegetarians.

Caution: As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before using this product. Store in a cool, dry place. Do not use if safety seal under the lid is broken or missing.

Aquamin® is a registered trademark of Marigot Ltd.
Albion™ is a trademark of Albion Laboratories, Inc.

*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.

Formulated and distributed by:
NATURELO Premium Supplements
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www.naturelo.com



NO GMOs



NO SOY



NO GLUTEN



VEGAN FRIENDLY

NO COLORING,
PRESERVATIVES
OR FLAVORING

NATURELO®
PREMIUM SUPPLEMENTS

WHOLE FOOD MULTIVITAMIN

FOR TEEN GUYS

60
VEGETARIAN
CAPSULES

DIETARY SUPPLEMENT

FORMULATED TO HELP SUPPORT
SKIN HEALTH, IMMUNE FUNCTION & MENTAL ENERGY*



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving

Vitamin A (as Natural Beta Carotene from <i>Blakeslea trispora</i>)	675 mcg RAE	75%
Vitamin C (as L-Ascorbate and Acerola Cherry Extract)	75 mg	83%
Vitamin D3 (as Plant-based Cholecalciferol from Wild-harvested Lichen)	15 mcg (600 IU)	75%
Vitamin E (as d-Alpha Tocopheryl from Sunflower)	12 mg alpha tocopherol	80%
Vitamin B1 (from Thiamine HCl)	1.2 mg	100%
Vitamin B2 (as Riboflavin)	1.3 mg	100%
Vitamin B3 (as Niacinamide)	12 mg NE	75%
Vitamin B6 (from Pyridoxal-5-Phosphate)	1.7 mg	100%
Folate (as Active L-5-Methylfolate)	300 mcg DFE	75%
Vitamin B12 (as Methylcobalamin)	2.4 mcg	100%
Biotin (as D-Biotin)	25 mcg	83%
Vitamin B5 (from d-Calcium Pantothenate)	5 mg	100%
Calcium (as Aquamin® from Marine Algae and Dicalcium Phosphate)	105 mg	8%
Phosphorous (from Dicalcium Phosphate)	50 mg	4%
Iodine (from Wild Hand-harvested Kelp)	120 mcg	80%

Amount Per Serving

Magnesium (as Aquamin® Magnesium from Marine Algae)	105 mg	25%
Zinc (from Zinc Amino Acid Chelate)	8 mg	73%
Selenium (as Selenium Glycinate) (Albion™)	40 mcg	73%
Copper (as Copper Amino Acid Chelate)	0.5 mg	56%
Manganese (as Manganese Sulfate)	1.5 mg	65%
Chromium (from Chromium Polynicotinate)	24 mcg	69%
Molybdenum (as Molybdenum Krebs Complex)	34 mcg	76%
Potassium (from Potassium Chloride)	5 mg	<1%
Organic Fruit & Vegetable Blend	30 mg	**
Organic Blueberry (Berry), Organic Carrot (Root), Organic Kale (Whole Plant), Organic Pomegranate (Whole Fruit Juice), Organic Raspberry (Fruit), Organic Spinach (Whole Plant)		
Rutin (from <i>Sophora japonica</i>)(Bud)	5 mg	**
Lutein (from Marigold Flowers)	500 mcg	**
Lycopene	180 mcg	**
Zeaxanthin (from Marigold Flowers)	100 mcg	**
Vitamin K2 (as Menaquinone MK-7)	75 mcg	**

**Daily Value (DV) not established.

Best Before: See date on bottom ▼

Other Ingredients: Vegetarian Capsule, Rice Concentrate, Plant-based Maltodextrin.