

* 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.

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

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC
milestones™

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**Multivitamin
For Girls 12-17**

Dietary Supplement

**Supports Energy
Production, Healthy
Skin, Bone Health,
Immunity & Overall
Health***

NEW



No Gluten, No Dairy

120 CAPLETS

CODE 102612

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).....	5000 IU... 100%
Vitamin C (as Ascorbic Acid).....	120 mg... 200%
Vitamin D (as Cholecalciferol D-3).....	800 IU... 200%
Vitamin E (as d-alpha Tocopheryl Succinate) ..	30 IU... 100%
Vitamin K (as Phytonadione).....	80 mcg... 100%
Thiamin (Vitamin B-1).....	3 mg... 200%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	3 mg... 176%
Niacin (as Niacinamide).....	20 mg... 100%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	5 mg... 250%
Folic Acid.....	400 mcg... 100%
Vitamin B-12 (as Cyanocobalamin).....	18 mcg... 300%
Biotin.....	300 mcg... 100%
Pantothenic Acid.....	10 mg... 100%
(as Calcium d-Pantothenate)	
Calcium.....	300 mg... 30%
(as Calcium Carbonate and Dicalcium Phosphate)	
Iron (as Hydrolyzed Protein Chelate).....	18 mg... 100%

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate).....	50 mg... 5%
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).....	70 mcg... 100%
Copper (as Cupric Sulfate).....	2 mg... 100%
Manganese (as Manganese Sulfate).....	2 mg... 100%
Chromium (as Chromium Yeast).....	120 mcg... 100%
Molybdenum (as Molybdenum Yeast).....	20 mcg... 27%
Flax Seed Hulls (<i>Linum usitatissimum</i>).....	50 mg... *
Brain Health Blend	
Choline (Choline Bitartrate).....	50 mg... *
Inositol.....	50 mg... *
Fruit Antioxidant Blend	100 mg... *
Whole Apple Fruit Extract (<i>Malus pumila</i>), Blueberry Puree	
Fruit Powder (<i>Vaccinium corymbosum</i>), Cranberry Juice	
Extract (<i>Vaccinium macrocarpon</i>), Lycopene	
Beauty Blend	
Collagen Hydrolysate.....	5 mg... *
Lutein.....	1 mg... *
Zeaxanthin.....	200 mcg... *
Silica.....	1 mg... *

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Hydrolyzed Soy Protein, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Riboflavin (Color).

CONTAINS: Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

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.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.
No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten, No Dairy.

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