

*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.

GNC
milestones™

teen

**Multivitamin
For Boys 12-17**

Dietary Supplement

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



NEW

CODE 100512

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.....	120 mg..... 200%
(as Ascorbic Acid and Calcium Ascorbate)	
Vitamin D (as Cholecalciferol (D-3)).....	400 IU..... 100%
Vitamin E (as d-alpha Tocopheryl Succinate).....	30 IU..... 100%
Vitamin K (as Phylloquinone).....	50 mcg..... 100%
Thiamin (Vitamin B-1).....	4.5 mg..... 300%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	5.1 mg..... 300%
Niacin (as Nicotinamide).....	20 mg..... 100%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	6 mg..... 300%
Folic Acid.....	400 mcg..... 100%
Vitamin B-12 (as Cyanocobalamin).....	18 mcg..... 300%
Biotin.....	300 mcg..... 100%
Pantothenic Acid (as Calcium d-Pantothenate).....	18 mg..... 100%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium Ascorbate, and Calcium D-Phosphosphate).....	200 mg..... 25%
Iron (as Hydrolyzed Protein Chelate).....	11 mg..... 61%

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%
Chloride.....	47 mg..... 1%
Potassium.....	50 mg..... 1%

Flax Seed Hulls (Linum usitatissimum).....	50 mg..... *
Brain Health Blend	
Choline (Choline Bitartrate).....	50 mg..... *
Inositol.....	50 mg..... *
Fruit Antioxidant Blend	100 mg..... *
Whole Apple Fruit Extract (Malus pumila), Blueberry	
Purple Fruit Powder (Vaccinium corymbosum,	
Cranberry Juice Extract (Vaccinium macrocarpon), Lycopene	
Skin Protection Blend	
Lutein.....	1 mg..... *
Zeaxanthin.....	200 mcg..... *

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycides, Caramel Color, Ethyl Vanillin.

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 Wheat, No Gluten, No Dairy.

No Gluten, No Dairy

120 CAPLETS



Lot No./Best By: