



WF-TEEN-60-U-2010



Suggested Use: Take 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.

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.

Caution: As with any dietary supplement, consult your healthcare practitioner 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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NO COLORING,
PRESERVATIVES
OR FLAVORING

NATURELO®

PREMIUM SUPPLEMENTS

WHOLE FOOD MULTIVITAMIN

FOR TEENS

60
VEGETARIAN
CAPSULES

DIETARY SUPPLEMENT

FORMULATED TO SUPPORT
CLEAR SKIN, MENTAL FOCUS, & IMMUNE HEALTH*



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 K2 (as Menaquinone MK-7)	75 mcg	63%
Vitamin B1 (from Thiamine HCl)	1.2 mg	100%
Vitamin B2 (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%
Iron (from Ferrous Fumarate)	4 mg	22%
Phosphorous (from Dicalcium Phosphate)	50 mg	4%

Amount Per Serving		
Iodine (from Wild, Hand-harvested Kelp)	120 mcg	80%
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 Aminoamin)	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 (Berry), Organic Spinach (Leaf/Stalk)		
Rutin (from <i>Sophora japonica</i>)(Bud)	5 mg	**
Lutein (from Marigold Flowers)	500 mcg	**
Lycopene	180 mcg	**
Zeaxanthin (from Marigold Flowers)	100 mcg	**

Best Before: See date on bottom ▼

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