

DIRECTIONS: For teenagers, two tablets once daily.

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 physician or poison control center immediately.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **NaturesPlus**
9500 New Horizons Blvd.
Amityville, New York 11701, USA
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PRODUCT NO. 29991



LBL.1141624

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NaturesPlus®

POWER TEEN®

Specialized Multinutrient
for Teenagers



90 Tablets | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (67% as beta carotene, 33% as palmitate)	4500 mcg RAE (15,000 IU) ... 500%
Vitamin C (as ascorbic acid)	100 mg ... 111%
Vitamin D3 (as vegan cholecalciferol)	2.5 mcg (100 IU) ... 13%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg (100 IU) ... 447%
Thiamin (vitamin B1) (as thiamine mononitrate)	50 mg ... 4167%
Riboflavin (vitamin B2)	50 mg ... 3846%
Niacin (as niacinamide)	50 mg NE ... 313%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg ... 2941%
Folate (as calcium-L-5-methyl-tetrahydrofolate)	667 mcg DFE (400 mcg L-methylfolate) ... 167%
Vitamin B12 (as methylcobalamin)	10 mcg ... 417%
Biotin	75 mcg ... 250%
Pantothenic Acid (as calcium pantothenate)	7 mg ... 140%
Calcium (as amino acid chelate/complex)	250 mg ... 19%
Iron (as amino acid chelate)	4.5 mg ... 25%
Magnesium (as amino acid chelate/complex)	250 mg ... 60%
Zinc (as amino acid chelate, gluconate)	20 mg ... 182%
Selenium (as selenomethionine)	75 mcg ... 136%
Copper (as amino acid chelate)	1 mg ... 111%
Manganese (as amino acid chelate)	2 mg ... 87%
Chromium (as chromium polynicotinate)	50 mcg ... 143%
Molybdenum (as sodium molybdate)	50 mcg ... 111%

Amount Per Serving

% Daily Value

PhytoGreen (carrot, spinach, broccoli, spirulina, chlorella, black currant, evening primrose)	100 mg	†
Bioperine® (<i>Piper nigrum</i> fruit extract)	2.5 mg	†

† Daily Value not established.

Other ingredients: Calcium carbonate, microcrystalline cellulose, magnesium oxide, potassium aminoate, di-calcium phosphate, stearic acid, magnesium stearate, vegetable cellulose, silica and pharmaceutical glaze.