

**Nutritional Support for Natural Energy
Production and Overall Well-Being.***

Power-Teen® is a precisely calibrated multi-vitamin and mineral supplement designed as nutritional support for the teenager. Each tablet supplies a complete profile of the essential vitamins, minerals and vegetables. Providing 250 mg of elemental calcium, 50 mg of high-energy B vitamins and a highly specialized combination of concentrated green vegetables, each serving of **Power-Teen** is a state-of-the-art nutritional supplement.

Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement for teenagers, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

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.

*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.

BIOPERINE® is a registered trademark of Sabinsa Corp.

Manufactured with LOVE ♥ by

Natural Organics Laboratories, Inc., makers of **Nature's Plus**

9500 New Horizons Blvd., Amityville, New York 11701, USA

©NATURAL ORGANICS® www.naturesplus.com

PRODUCT NO. 29991



Nature's Plus® The Energy Supplements®

Source of Life®

POWER TEEN®

**SPECIALIZED
MULTINUTRIENT
SUPPLEMENT
FOR TEENAGERS**



90 TABLETS

VEGETARIAN • HYPO-ALLERGENIC



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 45

	Amount Per Serving	%DV
Vitamin A (67% as beta carotene, 33% as palmitate)	15,000 IU	300%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D (as ergocalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine mononitrate)	50 mg	3333%
Riboflavin (vitamin B2)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2500%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	2 mcg	33%
Biotin	75 mcg	25%
Pantothenic Acid (as calcium pantothenate)	7 mg	70%
Calcium (as amino acid chelate/complex)	250 mg	25%
Iron (as amino acid chelate)	4.5 mg	25%
Magnesium (as amino acid chelate/complex)	250 mg	63%
Zinc (as amino acid chelate, gluconate)	20 mg	133%
Selenium (as selenomethionine)	75 mcg	107%
Copper (as amino acid chelate)	1 mg	50%
Manganese (as amino acid chelate)	2 mg	100%
Chromium (as chromium polynicotinate)	50 mcg	42%
Molybdenum (as sodium molybdate)	50 mcg	67%
Potassium (as amino acid complex)	20 mg	<1%

PhytoGreen (broccoli, spinach, carrot, spirulina, chlorella, evening primrose, black currant)	100 mg	†
Bioperine® (patented bioavailability-enhancing thermnutrient) (Piper nigrum fruit, standardized 95% [2.4 mg] 1-piperoylpiperidine)	2.5 mg	†

† Daily Value (DV) not established.

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