

Amount Per Serving	% Daily Value	
Lemon Bioflavonoid Complex	75 mg	*
Rutin (<i>Saphora japonica</i>)	45 mg	*
Choline (bifluoride)	30 mg	*
Inositol	30 mg	*
Organic Whole Food Blend	30 mg	*
Organic spinach, Organic blueberry		
Organic carrots		
Spirulina	5 mg	*
Chlorella	5 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, silica, modified cellulose gum, stearic acid (vegetable source), magnesium stearate (vegetable source), glycerin, natural cinnamon oil.

SUGGESTED USE: Take one tablet daily.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Teens require more nutrient amounts than younger children, but not the mega-doses of many adult multivitamins. Our Teen Multi Once Daily contains the proper amount of vitamins and minerals for this age group with additional organic vegetable powders and green foods to ensure balanced nutrition.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

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 center immediately.

FOOD RICH TEEN MULTI ONCE DAILY

Daily Nutrition With Whole Foods
Dietary Supplement
60 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (80% as palmitate; 20% as beta carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (as thiamin mononitrate)	30 mg	2000%
Riboflavin	30 mg	1760%
Niacin (as niacinamide)	30 mg	150%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	1500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (from calcium carbonate, dibasic calcium phosphate and calcium pantothenate)	100 mg	10%
Iron (from ferrous fumarate)	8 mg	50%
Phosphorus (from dibasic calcium phosphate)	7 mg	8%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	15 mg	100%
Selenium (from sodium selenate)	70 mcg	100%
Copper (from cupric oxide)	2 mg	100%
Manganese (from manganous gluconate)	2 mg	100%
Chromium (from chromium chloride)	120 mcg	100%
Molybdenum (from molybdenum amino acid chelate)	75 mcg	100%

KEEP OUT OF REACH OF CHILDREN.

550-600

