



for **Teens**

Multi

Vitamins & Minerals

DIETARY SUPPLEMENT

Supports Healthy Growth and Development*

90 Small Tablets

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Vitamin A (as beta carotene)	5000 IU	100%
Vitamin C (from calcium ascorbate)	120 mg	200%
Vitamin D3 (as cholecalciferol)	600 IU	150%
Vitamin E (as d-alpha tocopheryl succinate from soy)	60 IU	200%
Thiamin (Vitamin B-1)(from thiamin HCl)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	2 mg	100%
Folate (folic acid)	400 mcg	100%

	Amount Per Tablet	% DV
Vitamin B-12 (as cyanocobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (from d-calcium pantothenate)	10 mg	100%
Calcium (from calcium ascorbate, dicalcium phosphate and d-calcium pantothenate)	22 mg	2%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	40 mg	10%
Zinc (from zinc citrate)	15 mg	100%
Selenium (from selenomethionine)	35 mcg	50%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese sulfate)	2 mg	100%
Chromium (from Cr nicotinate glycinate)	60 mcg	50%

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid (veg.), silicon dioxide, food glaze, magnesium stearate (veg.), ethylcellulose, hydroxypropylcellulose.

This formula is prepared to disintegrate over a period of up to 1 hour. Tablet color variations naturally occur.

Directions: Teens take 1 tablet daily **at mealtime.**

✓ **Gluten-free** ✓ **Preservative-free** ✓ **Sugar-free**

POTENCY & QUALITY GUARANTEED

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