

ITEM #10072
B10070 08H



ACTUAL
SIZE



ULTRA TEEN

20+ Vitamins and Minerals
for Teens

Dietary Supplement

120 TABLETS



Supplement Facts

Serving Size 3 Tablets
Servings Per Container 40

Amount Per Serving	%Daily Value	
Vitamin A (100% as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	350 mg	583%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytoladione)	10 mcg	13%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	4.5 mg	300%
Riboflavin (Vitamin B-2)	5.1 mg	300%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6 mg	300%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	18 mcg	300%
Biotin (as d-Biotin)	45 mcg	15%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Citrate and Dicalcium Phosphate)	100 mg	10%
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Selenium Yeast)	5 mcg	7%
Copper (as Copper Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Yeast)	20 mcg	17%
Molybdenum (as Molybdenum Yeast)	20 mcg	27%
Sodium	5 mg	<1%
Choline (as Choline Bitartrate)	50 mcg	**
Inositol	50 mcg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

No Gluten, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Fish, No Sugar, No Preservatives, No Artificial Flavor.

Directions: For teenagers, take three (3) tablets daily, preferably with a meal.

Midterm exams, after-school jobs, soccer practices, all-night internet sessions and...proper nutrition? With time at a premium, it's no wonder that today's teens cannot always put nutrition at the head of their priority list. In fact, it is estimated that up to one third of all meals eaten by teenagers are consumed away from home. Ultra Teen, a comprehensive multivitamin/multimineral supplement, is designed to fill some of the holes in your teen's nutritional diet. It contains the vitamins and minerals teens need for immune system health, bone health, cell growth and much more.*

Vitamins A, C and E, three powerful antioxidants, provide at least 100% of the daily value required for fighting cell-damaging free radicals.* Vitamin D supports Calcium absorption and the immune system.* B-Vitamins help support energy metabolism, cell growth and nervous system health.* Folic Acid, often found in green leafy vegetables, helps maintain cardiovascular health.* Iron plays a role in delivering oxygen to the cells, including muscle cells.*

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. **THIS PRODUCT IS INTENDED FOR USE BY CHILDREN UNDER ADULT SUPERVISION.** Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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

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