

At Vitamin World we ensure the quality of all of our premium nutritional products, every step of the way. Strict quality analysis at world-class facilities guarantees that all Vitamin World® products are at the highest standard of potency and purity.



NUTRITION FROM THE SOURCE

# MEGA VITAMIN

PREMIUM PERFORMANCE FORMULA

FOCUSED NUTRITION

Energy Metabolism\*\* • Strong Bones\*  
Antioxidant Support\*

TEENS  
MULTIVITAMIN

120 EASY TO SWALLOW COATED CAPLETS

DIETARY SUPPLEMENT

**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.

**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical or surgical 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 you have 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.

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Product No. 10072  
810070 09F

DIRECTIONS: For teenagers, take three (3) caplets daily, preferably with a meal.

## Supplement Facts

Serving Size 3 Caplets  
Servings Per Container 40

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

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Titanium Dioxide, Color, Silica, Vegetable Magnesium Stearate.

TO REORDER PROD. #10072  
www.vitaminworld.com  
800-228-4533  
Holbrook, NY 11741 U.S.A.  
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Vitamin C (as Ascorbic Acid)	350 mg 583%
Vitamin D (as 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 ***

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\* Daily Value not established.

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Titanium Dioxide Color, Silica, Vegetable Magnesium Stearate.



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DIRECTIONS: For teenagers, take three (3) caplets daily, preferably with a meal.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Fish.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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www.vitaminworld.com  
1-800-228-4533

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Vitamin World, Inc.  
Holbrook, NY 11741 U.S.A.  
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With time at a premium, today's teens can't always put nutrition at the top of their priority list.

In fact, it's estimated that up to one third of all meals eaten by teenagers are consumed away from home. Sometimes that translates into fast food convenience at the expense of proper nutrition.

To ensure that you're getting the recommended intake of nutrients, we have developed **MEGA VITAMIN® FOR TEENS**, a comprehensive multivitamin/multimineral supplement designed to fill some of the nutritional gaps you may have in your diet. **MEGA VITAMIN® FOR TEENS** contains:

At least 100% of the daily value for **vitamins A, C, and E**, three potent antioxidants that play a role in fighting cell-damaging free radicals in the body.\*

**Vitamin D**, which supports Calcium absorption and the immune system.\*

**B-Vitamins** for energy metabolism, cell growth and nervous system health.\*

**Folic Acid**, often found in green leafy vegetables, which helps maintain cardiovascular health.\*

**Iron**, which plays a role in delivering oxygen to the cells, including muscle cells.\*

Plus a variety of other nutrients to help in maintaining good health.\*