

\*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.

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.

For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

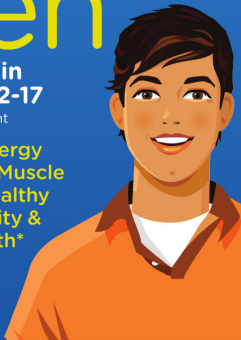
**GNC**  
milestones®

teen

**Multivitamin  
For Boys 12-17**

Dietary Supplement

**Supports Energy  
Production, Muscle  
Function, Healthy  
Skin, Immunity &  
Overall Health\***



No Dairy

120 CAPLETS

CODE 200812

Directions: As a dietary supplement, take two caplets daily with food.

FQG

## Supplement Facts

Serving Size Two Caplets  
Servings Per Container 60

| Amount Per Serving                                      | % Daily Value    |
|---------------------------------------------------------|------------------|
| Vitamin A (as beta-Carotene).....                       | 5000 IU.... 100% |
| Vitamin C.....                                          | 120 mg.... 200%  |
| (as Ascorbic Acid & Calcium Ascorbate)                  |                  |
| Vitamin D (as Cholecalciferol D-3).....                 | 400 IU.... 100%  |
| Vitamin E (as d-alpha Tocopheryl Succinate).....        | 30 IU.... 100%   |
| Vitamin K (as Phytonadione).....                        | 80 mcg.... 100%  |
| Thiamin (Vitamin B-1).....                              | 4.5 mg.... 300%  |
| (as Thiamin Mononitrate)                                |                  |
| 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.....                                             | 300 mcg.... 100% |
| Pantothenic Acid (as Calcium d-Pantothenate) ..         | 10 mg.... 100%   |
| Calcium (as Calcium Carbonate, Dicalcium ..             | 200 mg.... 20%   |
| Phosphate, Calcium Ascorbate, & Calcium d-Pantothenate) |                  |
| Iron (as Hydrolyzed Protein Chelate).....               | 11 mg.... 61%    |

| Amount Per Serving                       | % Daily Value    |
|------------------------------------------|------------------|
| Phosphorus (as Dicalcium Phosphate)..... | 50 mg.... 5%     |
| 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).....        | 70 mcg.... 100%  |
| Copper (as Cupric Sulfate).....          | 2 mg.... 100%    |
| Manganese (as Manganese Sulfate).....    | 2 mg.... 100%    |
| Chromium (as Chromium Yeast).....        | 120 mcg.... 100% |
| Molybdenum (as Molybdenum Yeast).....    | 20 mcg.... 27%   |
| Chloride.....                            | 47 mg.... 1%     |
| Potassium.....                           | 50 mg.... 1%     |

Flax Seed Hulls (*Linum usitatissimum*)..... 50 mg.....\*

### Brain Health Blend

Choline (Choline Bitartrate)..... 50 mg.....\*  
Inositol..... 50 mg.....\*

**Fruit Antioxidant Blend**..... 100 mg.....\*

Whole Apple Fruit Extract (*Malus pumila*), Blueberry  
Puree Fruit Powder (*Vaccinium corymbosum*),  
Cranberry Juice Extract (*Vaccinium macrocarpon*), Lycopene

### Skin Protection Blend

Lutein..... 1 mg.....\*  
Zeaxanthin..... 200 mcg.....\*

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

**CONTAINS: Soybeans.**

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

**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 control center immediately.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.  
No Artificial Colors, No Wheat, No Dairy.

Lot No./Best By:

