

teen

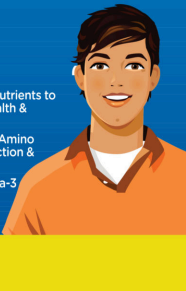
Vitapak® For Boys 12-17

Dietary Supplement

- Features Essential Vitamins, Minerals & Nutrients to Support Energy Production, Immune Health & Muscle Function for Active Teen Boys*
- Helps Fuel Muscle Cells with Specialized Amino Acid Complex Necessary for Muscle Function & Recovery*
- Promotes Skin & Brain Health with Omega-3 Fatty Acids EPA & DHA*



30 PACKS



GNC milestones® Teen Vitapak® for Boys

GNC milestones® Teen Vitapak® for Boys is a complete daily program designed to help active teenage boys meet their nutritional needs.* Each convenient daily pack contains essential vitamins, minerals and other key ingredients to support overall health and wellness, along with specialized formulas to help fuel muscles and support skin and eye health.*

Teen Multivitamin for Boys – Specially designed to meet the increased nutritional needs of growing teen boys. This premium formula provides B vitamins to help fuel carbohydrate metabolism and energy production, nutrients such as vitamin C and zinc to support natural resistance, vitamin E and selenium for antioxidant protection against harmful free radicals and bone-strengthening ingredients such as calcium, vitamin D-3 and magnesium.* It also includes a Skin Support Blend with lutein for additional antioxidant support.*

Muscle Function Complex – Provides a specialized blend of branched chain amino acids (BCAA), the building blocks of protein.* BCAA help fuel skeletal muscles during sports and in daily activity, preserving muscle glycogen stores and helping reduce muscle breakdown.* BCAA are important for the growth and repair process of muscle tissue.*

Concentrated Mini Fish Oil – This high-potency, 5 times purified fish oil provides 501 mg of omega-3 fatty acids EPA and DHA, which promote skin and joint health and support the body's natural anti-inflammatory response.* DHA is found in eye and brain cell membranes and is important for vision and brain cell function.*

*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.

FDA

CODE 00442

Directions: For optimal benefits, as a dietary supplement, take the contents of one pack daily. Each pack contains:

Teen Multivitamin for Boys

Supplement Facts

Serving Size: Two (2) White Capsules	
Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5000 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	120 mg 200%
Vitamin D-3 (as Cholecalciferol)	400 IU 100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%
Vitamin K (as Phylloquinone)	80 mcg 100%
Thiamine (Vitamin B-1) (as Thiamine Mononitrate)	4.5 mg 300%
Riboflavin (Vitamin B-2)	5.5 mg 300%
Niacin (as Nicotinamide)	30 mg 300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6 mg 300%
Vit. Acid	400 mg 100%
Vitamin B-12 (as Cyanocobalamin)	18 mcg 300%
Folate	300 mcg 100%
Pantothenic Acid (as Calcium D-Pantothenate)	10 mg 100%
Calcium (as Calcium Carbonate, Sodium Phosphate, Calcium Ascorbate, Calcium D-Pantothenate)	200 mg 20%
Phosphorus (as Sodium Phosphate)	50 mg 1%
Vitamin (as Potassium Iodide)	150 mcg 300%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Oxide)	15 mg 100%
Copper (as Cupric Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Picolinate)	120 mcg 100%
Molybdenum (as Molybdenum Chloride)	40 mcg 20%
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