GNC milestones®

teen

Vitapak® For Girls 12-17

Dietary Supplement

- Features essential vitamins, minerals & nutrients to support energy production, immune health & strong, healthy bones for active teen girls*
- Provides beauty ingredients to promote smooth, healthy-looking skin & hormonal balance with GLA*
- Promotes skin & brain health with omega-3 fatty acids EPA & DHA*

30 PACKS

GNC milestones® Teen Vitapak® for Girls

GNC milestones® Teen Vitapak® for Girls is a complete daily program designed to help growing teenage girls 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 strengthen bones and support skin and eye health.*

Teen Multivitamin for Girls – Specially designed to meet the increased nutritional needs of growing teen girls. 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.*

Bone Support Complex – Provides a specialized blend of nutrients to support the development of strong teeth and bones including calcium, vitamin D-3 and magnesium.* Calcium is an important structural component of bone that helps maintain a healthy bone matrix.* Vitamin D-3 enhances calcium absorption, and both vitamin D-3 and magnesium provide support to help maintain healthy bones.*

GLA – An omega-6 fatty acid that helps maintain smooth, healthy-looking skin and supports healthy joint function.* In addition, GLA acts as a precursor to prostaglandins, hormone-like substances that help to regulate the body's processes, including hormonal balance.*

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.

CODE 204512 FQG

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

Each pack contains:

Teen Multivitamin for Girls

Supplement Facts

Serving Size Two Beige Caplets

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 Phytonadione)	80 mcg	100%
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	300 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium Ascorbate, Calcium d-Pantothenate)	200 mg	20%
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 (as Potassium Chloride)	47 mg	1%
Potassium (as Potassium Chloride)	50 mg	1%
Flax Seed Hulls (*Linum usitatissimum*)	50 mg	*
Choline (as Choline Bitartrate)	50 mg	*
Inositol	50 mg	*
Fruit Antioxidant Blend		
Cranberry Fruit Concentrate (*Vaccinium macrocarpon*), Apple Fruit Extract (*Malus pumila*), Blueberry Fruit Powder (*Vaccinium corymbosum*)	100 mg	*
Lycopene	500 mcg	*
Skin Support Blend		
Lutemax® 2020 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.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Bone Support Complex

Supplement Facts

Serving Size One White Caplet

Amount Per Serving		% Daily Value
Vitamin D-3 (as Cholecalciferol)	266.67 IU	67%
Calcium (as Calcium Carbonate)	333 mg	33%
Magnesium (as Magnesium Oxide)	166 mg	42%

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

Potency verified by GNC procedure #4000.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

GLA

Supplement Facts

Serving Size One Amber Softgel Capsule

Amount Per Serving		% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	<1 g	<2%†
GLA (gamma Linolenic Acid)(from Safflower Oil)	250 mg	*

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Mixed Tocopherols, Rosemary Extract (*Rosmarinus officinalis*).

Potency verified by GNC procedure #5123.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Concentrated Mini Fish Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving		% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	<1 g	<2%†
EPA (Eicosapentaenoic Acid)(Omega-3)	357 mg	*
DHA (Docosahexaenoic Acid)(Omega-3)	144 mg	*

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

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

Potency verified by GNC procedure #5123.

Conforms to USP <2091> for weight.

To ensure a complete nutritional program, take daily with these GNC products:

- GNC Protein
- Ultra Probiotic Complex 25
- SuperFoods Supreme

DID YOU KNOW?

Teen girls need higher amounts of certain vitamins & minerals essential for healthy skin, energy production & general health. And, nutrition surveys reveal that most aren't getting what they need via diet alone.

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.

No Artificial Colors, No Wheat, No Dairy.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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General Nutrition Corporation
Pittsburgh, PA 15222

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GNC QUALITY COMMITMENT

Since 1935, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.