

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



CODE: 004042

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 Capsules	
Amount Per Serving	% Daily Value
Vitamin A as beta-Carotene	5000 IU 100%
Vitamin C as Ascorbic Acid & Calcium Ascorbate	1000 mg 200%
Vitamin D-3 as Cholecalciferol	4000 IU 100%
Vitamin E as d-Alpha-Tocopherol Succinate	100 IU 100%
Vitamin K as Phylloquinone	100 mcg 100%
Thiamin (Vitamin B-1) as Thiamine Mononitrate	4.5 mg 300%
Riboflavin (Vitamin B-2) as Riboflavin	5.1 mg 300%
Niacin as Nicotinamide	4.5 mg 300%
Vitamin B-6 as Pyridoxine Hydrochloride	4 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, Calcium Phosphate, Calcium Boranate, Calcium D-Glucuronate	200 mg 20%
Phosphorus as Disodium Phosphate	50 mg 10%
Copper as Potassium Sulfate	1500 mcg 25%
Magnesium as Magnesium Oxide	50 mg 10%
Zinc as Zinc Oxide	75 mg 100%
Copper as Copper Sulfate	2 mg 100%
Manganese as Manganese Sulfate	2 mg 100%
Chromium as Chromium Picolinate	120 mcg 100%
Selenium as Selenium Sulfate	20 mcg 100%
Chloride as Potassium Chloride	407 mg 10%
Potassium as Potassium Chloride	50 mg 10%
Iron as Iron Heme (Iron ascorbate)	50 mg 10%
Choline as Choline Chloride	50 mg 10%
Probiotic	50 mg 10%
Probiotic Blend	
Strawberry Fruit Concentrate (Vitamin C-enriched Apple, Red Raspberries, Watermelon, Strawberry Fruit Powder (Vitamin C-enriched Apple, Strawberry Fruit Powder))	100 mg 10%
Lycopene	
Strawberry Fruit Concentrate (Vitamin C-enriched Apple, Red Raspberries, Watermelon, Strawberry Fruit Powder (Vitamin C-enriched Apple, Strawberry Fruit Powder))	100 mg 10%
Sea Kelp Blend	
Lycopene (2000:1 ratio)	500 mg 10%
Seaweed	300 mg 10%

* Daily value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetate/Succinate, Caranot Color, Ethyl Vanillin.

CONTAINS: Soybeans.

Conforms to USP <209>* for weight.

Meets USP <204>* disintegration.

Bone Support Complex

Supplement Facts

Serving Size: One White Capsule	
Amount Per Serving	% Daily Value
Vitamin D-3 as Cholecalciferol	2000 IU 40%
Calcium as Calcium Carbonate	333 mg 33%
Magnesium as Magnesium Oxide	100 mg 42%

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

Potency verified by GNC procedure #4000.

Conforms to USP <209>* for weight.

Meets USP <204>* disintegration.

GLA

Supplement Facts

Serving Size: One Amber Softgel Capsule	
Amount Per Serving	% Daily Value
Gamma-Linolenic Acid	10
Gamma-Linolenic Acid	10
Total Fat	<1 g <20%
GLA gamma-Linolenic Acid/Softgel Capsule	250 mg

* Percent Daily Value based on a 2,000 calorie diet.

† Your value not established.

Other Ingredients: Gelatin, Glycerin, Mixed Tocopherols, Rosemary Extract (Antioxidant preservative).

Potency verified by GNC procedure #5123.

Conforms to USP <209>* for weight.

Meets USP <204>* disintegration.

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.

Concentrated Mini Fish Oil

Supplement Facts

Serving Size: One Amber Softgel Capsule	
Amount Per Serving	% Daily Value
Omega-3	10
Calcium from Fat	10
Total Fat	<1 g <20%
Omega-3 as EPA and DHA	501 mg
Omega-3 as EPA and DHA	501 mg
Omega-3 as EPA and DHA	501 mg

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.

GNC QUALITY COMMITMENT

Since 1925, 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.

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:
1-888-662-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

Lutemax® 2020
Lutemax® 2020 is a trademark of
Genesee Health Technologies.