

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 304042

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 Phytylphosphoryl Ester)	100 µg 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)	250 mg 300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 300%
Vitamin B-12 (as Cyanocobalamin)	400 µg 100%
Vitamin B-12 (as Cyanocobalamin)	1.8 mg 100%
Folate	300 µg 100%
Para-Aminobenzoic Acid (as Calcium D-Para-Aminobenzoate)	200 mg 200%
Calcium (as Calcium Gluconate, Dicalcium Phosphate, Calcium Phosphate, Calcium D-Glucosamine)	1500 mg 25%
Phosphorus (as Disodium Phosphate)	500 mg 10%
Calcium (as Potassium Lactate)	1500 mg 25%
Magnesium (as Magnesium Oxide)	500 mg 125%
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)	1200 µg 100%
Selenium (as Selenium Selenite)	200 µg 100%
Chloride (as Potassium Chloride)	407 mg 10%
Potassium (as Potassium Chloride)	500 mg 10%
Iron (as Iron HEP) (as Iron Polysaccharide)	50 mg 10%
Choline (as Choline Chloride)	500 mg 10%
Protein	100 mg 10%
Plant Antioxidant Blend	
Crystalline Fruit Concentrate (Vitamin C-enriched Apple)	100 mg 10%
Red Clover (Vitamin E-enriched), Biotin (Vitamin B-7) (as Biotin)	100 mg 10%
Non-Lipoic Blend	
Vitamin C (as Ascorbic Acid)	500 mg 10%
Vitamin E (as d-Alpha Tocopherol)	100 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)	286.67 IU 45%
Calcium (as Calcium Carbonate)	333 mg 33%
Magnesium (as Magnesium Oxide)	160 mg 42%

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

Potency verified by GNC procedure #4005.

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
Gamma-Linolenic Acid	10
Gamma-Linolenic Acid	10
Gamma-Linolenic Acid	10
Gamma-Linolenic Acid	10
Gamma-Linolenic Acid	10
Gamma-Linolenic Acid	10
Gamma-Linolenic Acid	10
Gamma-Linolenic Acid	10

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

Potency verified by GNC procedure #4123.

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 leucin 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
Vitamin E	10
Calcium from Fish	10
Omega-3 (EPA + DHA)	441 mg 88%
Omega-3 (EPA + DHA)	307 mg 61%
Omega-3 (EPA + DHA)	144 mg 29%

1 Percent Daily Values are based on a 2,000 calorie diet.

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

Potency verified by GNC procedure #5123.

Conforms to USP <209>* for weight.

Meets USP <204>* disintegration.

Meets USP <204>* disintegration.

Meets USP <204>* disintegration.

Meets USP <204>* disintegration.

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

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Zeaxanthin

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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.