

GNC
milestones™

teen SPORT

Multivitamin For Girls 12-17

Dietary Supplement

Features B-complex vitamins to
fuel energy production & nutrient
metabolism in active teen girls*

Provides important ingredients such
as calcium, magnesium & vitamin D-3
to support strong, healthy bones*



No Artificial Colors
Natural Acai-Grape Flavor

60 SOFT CHEWS

NEW
CHEW

CODE 102655

Directions: As a dietary supplement, take two soft chews daily. For maximum benefits, take as directed every day. Close bag tightly after opening.

Supplement Facts

Serving Size Two Soft Chews
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	30
Calories from Fat	5
Total Fat	0.5 g <1%
Total Carbohydrate	8 g 3%†
Sugars	0 g *
Vitamin A (as beta-Carotene)	5000 IU 100%
Vitamin C (as Ascorbic Acid)	120 mg 200%
Calcium (as Dicalcium Phosphate)	300 mg 30%
Vitamin D-3 (as Cholecalciferol)	800 IU 200%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%
Vitamin B-1 (as Thiamine Mononitrate)	3 mg 200%
Vitamin B-2 (as Riboflavin)	3 mg 177%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	18 mcg 300%
Biotin	300 mcg 100%
Pantothenic Acid (as D-Panthenol)	10 mg 100%
Phosphorous	250 mg 25%
(as Dicalcium Phosphate and Magnesium Phosphate)	
Magnesium (as Magnesium Phosphate)	50 mg 13%
Zinc (as Zinc Citrate)	15 mg 100%
Selenium (as Selenium Chelate)	70 mcg 100%
Chromium (as Chromium Picolinate)	120 mcg 100%
Essential Fatty Acid Blend	50 mg *
Flax Seed Oil, Safflower Oil, Borage Oil	
Choline	50 mg *
Inositol	50 mg *
Fruit Antioxidant Blend	100 mg *
Whole Apple, Blueberry Powder, Cranberry Powder	
Beauty Blend	8.5 mg *
Collagen, Silica (as Silicon Dioxide), Lutemax 2020™ Lutein, Lycopene, Zeaxanthin (as Zeaxanthin Isomers)	

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

Other Ingredients: Maltitol Syrup, Isomalt, Corn Syrup Solids*, Natural Flavors, Modified Potato Starch, Sunflower Lecithin, Trehalose*, Fruit and Vegetable Juice for Color*, Sunflower Oil, Palm Oil, Glycerin, Citric Acid, Malic Acid, Sucralose, Citrus Bioflavonoid.

*Adds a dietarily insignificant amount of sugar.

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

Teen girls have increased nutritional needs, and meeting these needs is difficult through diet alone. GNC milestones™ Teen Sport Soft Chews are scientifically designed to provide teen girls the nutritional support they require to keep up with their energetic, active lifestyles.

These delicious, convenient soft chews are loaded with a B-vitamin complex to help fuel energy production and carbohydrate metabolism and support proper red blood cell formation.* Important ingredients such as calcium, magnesium, vitamin D-3 and zinc provide support for healthy, growing bones.* In addition, each serving provides a variety of essential vitamins, minerals and potent antioxidants such as lutein and lycopene to support immunity and overall wellness, as well as collagen and silica to support skin health.*

Individually wrapped, great-tasting Teen Sport Soft Chews are easy to take on the go in your purse, backpack or gym bag.

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

- Triple Strength Fish Oil Mini
- Ultra Probiotic Complex 25
- 100% Whey Protein

GNC QUALITY COMMITMENT For more than 77 years, 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.

*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.

Lutemax 2020
Lutein and Zeaxanthin
Health Technologies.



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LEARN MORE

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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