

LifePak® Teen is a comprehensive multivitamin, mineral, and antioxidant micronutrient supplement formulated to address the nutritional demands of healthy, active young men and women by targeting typical nutritional deficiencies and providing ingredients essential for healthy growth and development.

DIRECTIONS FOR USE: As a dietary supplement, take 2 tablets 2 times daily with a meal.

Do not use if safety seal is broken or missing. Store in a cool, dry place.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

QUALITY GUARANTEE

GUARANTEE: No added sugar, salt, wheat, yeast, or dairy products.

Chelated minerals are manufactured under one or more of the following U.S. Patents: #5, 614, 553



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PROVO, UT 84601
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LifePak® Teen

Optimally formulated
for adolescents
age 9–18

DIETARY SUPPLEMENT
120 TABLETS



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as Vitamin A Acetate, 50% as Beta Carotene (from Blakeslea trispora))	5000 IU 100%
Vitamin C (as Calcium Ascorbate)	100 mg 167%
Vitamin D (as Cholecalciferol)	200 IU 50%
Vitamin E (as Mixed Natural Tocopherols)	50 IU 167%
Vitamin K (as Phytonadione)	20 mcg 25%
Thiamin (as Thiamine Mononitrate)	1.5 mg 100%
Riboflavin (as Riboflavin)	1.7 mg 100%
Niacin (as Niacin, Nicotinamide)	20 mg 100%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	5 mg 250%
Folate (as Folic Acid)	200 mcg 50%
Vitamin B ₁₂ (as Cyanocobalamin)	15 mcg 250%
Biotin (as Biotin)	150 mcg 50%
Pantothenic Acid (as D-Calcium Pantothenate)	15 mg 150%
Calcium (as Calcium Lithothamnion, Calcium Ascorbate)	250 mg 25%
Iron (as Iron Glycinate)	4.5 mg 25%
Iodine (as Potassium Iodide)	37.5 mcg 25%
Magnesium (as Magnesium Oxide, Magnesium Bisglycinate, Lithothamnion)	80 mg 20%
Zinc (as Zinc Bisglycinate)	7.5 mg 50%
Selenium (as L-Selenomethionine, Sodium Selenite)	35 mcg 50%
Copper (as Copper Bisglycinate)	1 mg 50%
Manganese (as Manganese Bisglycinate)	2 mg 100%
Chromium (as Chromium Nicotinate Glycinate)	60 mcg 50%
Molybdenum (as Molybdenum Glycinate)	37.5 mcg 50%
Boron (as Boron Citrate)	1.5 mg *
Vanadium (as Vanadyl Sulfate)	10 mcg *

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Coating (Hydroxypropyl Methylcellulose, Polydextrose, Titanium Dioxide, Talc, Maltodextrin, Medium Chain Triglycerides, Riboflavin [color]), Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide.

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