

CODE 141511

Directions: As a dietary supplement, chew two wafers daily followed by a liquid.

**Supplement Facts**Serving Size Two Wafers  
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	15
Total Carbohydrates	3 g 1%
Sugars	3 g *
Vitamin A (100% as beta-Carotene)	5000 IU 100%
Vitamin C (as Ascorbic Acid)	350 mg 583%
Vitamin D (as Cholecalciferol D-3)	400 IU 100%
Vitamin E (as Natural d-alpha Tocopherol Succinate)	30 IU 100%
Vitamin K (as Phytadione)	10 mcg 13%
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	45 mcg 15%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg 100%
Calcium (as Calcium Citrate and Dicalcium Phosphate)	100 mg 10%
Iron (as Carbonyl Iron)	18 mg 100%
Phosphorus (as Dicalcium Phosphate)	20 mg 2%
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)	5 mcg 7%
Copper (as Copper Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Yeast)	20 mcg 17%
Molybdenum (as Molybdenum Yeast)	20 mcg 27%
Potassium (as Potassium Chloride)	25 mg 1%
Choline (as Choline Bitartrate)	50 mcg *
Inositol	50 mcg *

† Percent Daily Values are based on a 2000 calorie diet.

\* Daily Value not established.

Other Ingredients: Fructose, Sorbitol, Cellulose, Natural and Artificial Flavors, Carmine Color.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Potencies verified by GNC procedure #5015. Conforms to USP &lt;2091&gt; for weight. No Aspartame, No Artificial Colors, No Preservatives, No Wheat, No Gluten, No Dairy.

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

multivitamin for teens

**Chewable  
Mega Teen®**

## DIETARY SUPPLEMENT

- bone-building support
- immune support
- energy production
- aspartame-free



60 WAFERS

NATURAL &amp; ARTIFICIAL

ACTUAL SIZE

For more information:  
1-888-462-2548

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Made in the USA**GNC QUALITY COMMITMENT**

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

**GNC GUARANTEE**

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

Mega Teen® is a multiple vitamin and mineral formula designed specifically for today's active teens. Busy schedules can result in sporadic and inconsistent eating habits. One third of all teenagers' meals are consumed out of the house, and most eat foods that are high in calories but low in nutritional value. Mega Teen supplies important nutrients to safeguard your active teen's diet.

**Bone Health:**

- Offers bone-strengthening ingredients like calcium, magnesium and vitamins C and D.\* These nutrients are necessary for strong teeth and healthy bones.\*

**Immune & Antioxidant Support**

- Contains vitamins C and E that help to support natural resistance and provide antioxidant support by protecting the body from excess free radicals that can destroy healthy cells.\* Vitamin C also plays a role in neurotransmitter production and function and is found in high concentrations in the brain.\*

- Provides essential minerals including selenium and zinc. Selenium helps to support antioxidant activity.\* Zinc helps to support natural resistance and metabolism.\*

**Energy Production & Metabolism:**

- Features B-vitamins that are essential for energy production and carbohydrate metabolism.\*
- Fortified with iron. Important for growing teens, iron plays a vital role in the formation of healthy red blood cells and energy production.\* The need for iron increases in females during menstruation and in males as they develop lean body mass.
- Supplies key minerals such as zinc and chromium that are involved in carbohydrate metabolism and glucose utilization.\*

\*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.