

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Lemon Bioflavonoid Complex 75 mg *		Organic Whole Food Blend 30 mg *	
Rutin (Sapora japonica)..... 45 mg		(organic spinach, organic	
Choline (bitartrate)..... 30 mg		blueberry organic carrots)	
Inositol 30 mg		Spirulina 5 mg	
		Chlorella 5 mg	

* Daily Value not established.

OTHER INGREDIENTS: CELLULOSE, SILICA, MODIFIED CELLULOSE GUM, STEARIC ACID (VEGETABLE SOURCE), MAGNESIUM STEARATE (VEGETABLE SOURCE), GLYCERIN, NATURAL CINNAMON OIL.

SUGGESTED USE: Take one tablet daily.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Teens have unique nutritional needs for growth and development. Our **Teen Multi Once Daily** contains the proper amount of vitamins and minerals for this age group with additional organic vegetable powders and green foods to ensure balanced nutrition.†

We Guarantee Our Supplements for Potency and Purity

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.

To report a serious adverse event, call 1-888-710-0006

† 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.

FOOD RICH TEEN MULTI ONCE DAILY

Daily Nutrition with Whole Foods

Dietary Supplement



60 VEGETARIAN TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (80% as palmitate; 20% as beta-carotene).....	5,000 IU 100%
Vitamin C (as ascorbic acid).....	120 mg 200%
Vitamin D3 (as cholecalciferol).....	400 IU 100%
Vitamin E (as d-alpha tocopheryl succinate).....	30 IU 100%
Thiamin (as thiamin mononitrate).....	30 mg 2000%
Riboflavin.....	30 mg 1766%
Niacin (as niacinamide).....	30 mg 150%
Vitamin B6 (as pyridoxine hydrochloride).....	30 mg 1500%
Folic Acid.....	400 mcg 100%
Vitamin B12 (as cyanocobalamin).....	30 mcg 500%
Biotin.....	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate).....	10 mg 100%
Calcium (from calcium carbonate, dibasic calcium	
phosphate and calcium pantothenate).....	100 mg 10%
Iron (from ferrous fumarate).....	9 mg 50%
Iodine (from potassium iodide).....	150 mcg 100%
Magnesium (from magnesium oxide).....	100 mg 25%
Zinc (from zinc oxide).....	15 mg 100%
Selenium (from sodium selenate).....	70 mcg 100%
Copper (from cupric oxide).....	2 mg 100%
Manganese (from manganous gluconate).....	2 mg 100%
Chromium (from chromium chloride).....	120 mcg 100%
Molybdenum (from molybdenum amino acid chelate).....	75 mcg 100%

KEEP OUT OF REACH OF CHILDREN. VVL 550-60D

