

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.
No Artificial Colors, No Dairy.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



GNC
milestones®

teen

Multivitamin
For Boys 12-17

Dietary Supplement

Supports Energy
Production, Muscle
Function, Healthy
Skin, Immunity &
Overall Health*



No Dairy

120 CAPLETS

CODE 200812

Directions: As a dietary supplement, take two caplets daily with food.

DSG

Supplement Facts

Serving Size Two Caplets
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta-Carotene).....	1500 mcg..... 167%
Vitamin C..... (as Ascorbic Acid & Calcium Ascorbate)	120 mg..... 133%
Vitamin D-3 (as Cholecalciferol).....	10 mcg (400 IU)..... 50%
Vitamin E (as d-alpha Tocopheryl Succinate).....	24.79 mg..... 165%
Vitamin K (as Phytonadione).....	80 mcg..... 67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate).....	4.5 mg..... 375%
Riboflavin (Vitamin B-2).....	5.1 mg..... 392%
Niacin (as Niacinamide).....	20 mg..... 125%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	6 mg..... 353%
Folate..... (400 mcg Folic Acid)	667 mcg DFE..... 167%
Vitamin B-12 (as Cyanocobalamin).....	18 mcg..... 750%
Biotin.....	300 mcg..... 1000%
Pantothenic Acid (as Calcium d-Pantothenate).....	10 mg..... 200%
Choline (as Choline Bitartrate).....	50 mg..... 9%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium Ascorbate, Calcium D-Pantothenate).....	200 mg..... 15%
Iron (as Hydrolyzed Protein Chelate).....	11 mg..... 61%

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate).....	50 mg..... 4%
Iodine (as Potassium Iodide).....	150 mcg..... 100%
Magnesium (as Magnesium Oxide).....	50 mg..... 12%
Zinc (as Zinc Oxide).....	15 mg..... 136%
Selenium (as Selenium Yeast).....	70 mcg..... 127%
Copper (as Cupric Sulfate).....	2 mg..... 222%
Manganese (as Manganese Sulfate).....	2 mg..... 87%
Chromium (as Chromium Yeast).....	120 mcg..... 343%
Molybdenum (as Molybdenum Yeast).....	20 mcg..... 44%
Chloride (as Potassium Chloride).....	47 mg..... 2%
Potassium (as Potassium Chloride).....	50 mg..... 1%
Cranberry Fruit Concentrate..... (<i>Vaccinium macrocarpon</i>)	80 mg..... *
Inositol.....	50 mg..... *
Flax Seed Hulls (<i>Linum usitatissimum</i>).....	50 mg..... *
Apple Fruit Extract (<i>Malus pumila</i>).....	10 mg..... *
Blueberry Fruit Powder..... (<i>Vaccinium corymbosum</i>)	10 mg..... *
Lutein.....	1 mg..... *
Lycopene.....	500 mcg..... *
Zeaxanthin.....	200 mcg..... *

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Stearic Acid Vegetable Source, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Caramel Color, Ethyl Vanillin.

CONTAINS: Soybeans and Wheat.

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.

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.