

\*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

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

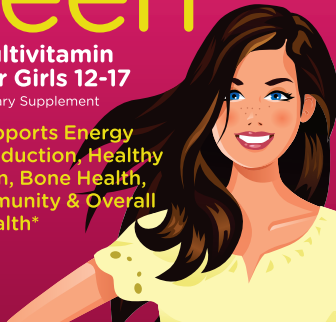
**GNC**  
milestones®

teen

**Multivitamin  
For Girls 12-17**

Dietary Supplement

**Supports Energy  
Production, Healthy  
Skin, Bone Health,  
Immunity & Overall  
Health\***



**Gluten Free, No Dairy**

**120 CAPLETS**

CODE 102612

ARG

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

**Supplement  
Facts**

Serving Size Two Caplets  
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta-Carotene).....	5000 IU... 100%
Vitamin C (as Ascorbic Acid).....	120 mg... 200%
Vitamin D (as Cholecalciferol D-3).....	800 IU... 200%
Vitamin E (as d-alpha Tocopheryl Succinate) ..	30 IU... 100%
Vitamin K (as Phyttonadione).....	.80 mcg... 100%
Thiamin (Vitamin B-1).....	3 mg... 200%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2) .....	3 mg... 176%
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 .....	10 mg... 100%
(as Calcium d-Pantothenate)	
Calcium .....	300 mg... 30%
(as Calcium Carbonate and Dicalcium Phosphate)	
Iron (as Hydrolyzed Protein Chelate).....	18 mg... 100%

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate).....	50 mg... 5%
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) .....	70 mcg... 100%
Copper (as Cupric Sulfate) .....	2 mg... 100%
Manganese (as Manganese Sulfate).....	2 mg... 100%
Chromium (as Chromium Yeast).....	120 mcg... 100%
Molybdenum (as Molybdenum Yeast) .....	20 mcg... 27%
Flax Seed Hulls ( <i>Linum usitatissimum</i> ).....	50 mg.....*
<b>Brain Health Blend</b>	
Choline (Choline Bitartrate) .....	50 mg.....*
Inositol.....	50 mg.....*
<b>Fruit Antioxidant Blend</b> .....	100 mg.....*
Whole Apple Fruit Extract ( <i>Malus pumila</i> ), Blueberry Puree Fruit Powder ( <i>Vaccinium corymbosum</i> ), Cranberry Juice Extract ( <i>Vaccinium macrocarpon</i> ), Lycopene	
<b>Beauty Blend</b>	
Collagen Hydrolysate .....	5 mg.....*
Lutein .....	1 mg.....*
Zeaxanthin.....	200 mcg.....*
Silica .....	1 mg.....*

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Hydrolyzed Soy Protein, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Riboflavin (Color).

**CONTAINS: Soybeans.**

**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.**

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