

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.

No Milk.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

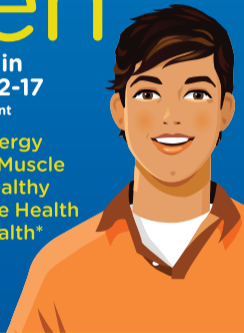
For More Information:
1-888-462-2548
GNC.com

GNC
milestones®

teen

**Multivitamin
For Boys 12-17**
Dietary Supplement

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



No Milk

**120 CAPLETS
60-DAY SUPPLY**



* 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.

CODE 200812

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).....	1500 mcg RAE... 167%
Vitamin C.....	120 mg... 133%
(as Ascorbic Acid & Calcium Ascorbate)	
Vitamin D (as Cholecalciferol).....	10 mcg (400 IU).... 50%
Vitamin E (as d-alpha Tocopheryl Succinate).....	20.1 mg... 134%
Vitamin K (as Phyltonadione).....	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.....	680 mcg DFE... 170%
(400 mcg Folic Acid)	
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 Soy Protein Iron Chelate).....	11 mg... 61%
Phosphorus (as Dicalcium Phosphate).....	50 mg... 4%

Amount Per Serving	% Daily Value
Iodine (as Potassium Iodide).....	150 mcg... 100%
Magnesium (as Magnesium Oxide).....	50 mg... 12%
Zinc (as Zinc Oxide).....	15 mg... 136%
Selenium (as L-Selenomethionine).....	70 mcg... 127%
Copper (as Cupric Sulfate).....	2 mg... 222%
Manganese (as Manganese Sulfate).....	2 mg... 87%
Chromium.....	120 mcg... 343%
(as Chromium Hydrolyzed Yeast Cultured Complex)	
Molybdenum (as Sodium Molybdate).....	20 mcg... 44%
Chloride (as Potassium Chloride).....	47 mg... 2%

Cranberry (Vaccinium macrocarpon).....	80 mg..... *
Berry Extract	
Inositol.....	50 mg..... *
Flax (Linum usitatissimum) Seed Hulls Extract.....	50 mg..... *
Apple (Malus pumila) Fruit Extract.....	10 mg..... *
Blueberry (Vaccinium spp.) Berry Powder.....	10 mg..... *
Lutein (from Marigold [Tagetes erecta]).....	1 mg..... *
Flower Extract)	
Lycopene.....	500 mcg..... *
Zeaxanthin (as Zeaxanthin Isomers.....	200 mcg..... *
from Marigold [Tagetes erecta] Flower Extract)	

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose and Less than 2%: alpha-Carotene, Ascorbyl Palmitate, Brewer's Yeast, Caramel Color, Carnauba Wax, Cellulose, Corn Starch, Croscarmellose Sodium, Cryptoxanthin, Ethyl Vanillin (Artificial Vanilla Flavor), Ethylcellulose, Gelatin (Porcine), Glucose Syrup, Glycerides, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Maltodextrin, Mannitol, Mixed Carotenoids, Mixed Tocopherols, Modified Food Starch, Oleic Acid, Polyethylene Glycol, Polysaccharides, Silicon Dioxide, Sodium Ascorbate, Sodium Hydroxide, Stearic Acid Vegetable Source, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Triacetin, Tricalcium Phosphate. **CONTAINS: Soybeans and Wheat.** Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222

Contains a bioengineered food ingredient.

▲ WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, taking medication or have a medical condition. Niacin may cause a temporary flushing reaction. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test.