

**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 Artificial Flavors, Gluten Free, No Milk.  
**KEEP OUT OF REACH OF CHILDREN.**  
 Store in a cool, dry place.  
 For More Information:  
 1-888-462-2548  
 GNC.com

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 milestones®

# teen

## Multivitamin For Girls 12-17

Dietary Supplement

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



**Gluten Free, 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 102612

**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.....167%
Vitamin C (as Ascorbic Acid).....	120 mg.....133%
Vitamin D (as Cholecalciferol).....	20 mcg.....100%
Vitamin E.....	20.1 mg.....134%
(as d-alpha Tocopheryl Succinate)	
Vitamin K (as Phytonadione).....	80 mcg.....67%
Thiamin (Vitamin B-1).....	3 mg.....250%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	3 mg.....231%
Niacin (as Niacinamide).....	20 mg.....125%
Vitamin B-6 (as Pyridoxine Hydrochloride)...	5 mg.....294%
Folate.....	680 mcg DFE.....170%
(400 mcg Folic Acid)	
Vitamin B-12.....	18 mcg.....750%
(as Cyanocobalamin)	
Biotin.....	300 mcg.....1000%
Pantothenic Acid.....	10 mg.....200%
(as Calcium d-Pantothenate)	
Choline (as Choline Bitartrate).....	50 mg.....9%
Calcium.....	300 mg.....23%
(as Calcium Carbonate and Dicalcium Phosphate)	

Amount Per Serving	% Daily Value
Iron (as Hydrolyzed Protein Chelate).....	18 mg.....100%
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 Selenate).....	70 mcg.....127%
Copper (as Cupric Sulfate).....	2 mg.....222%
Manganese (as Manganese Sulfate).....	2 mg.....87%
Chromium (as Chromium Chloride).....	120 mcg.....343%
Molybdenum (as Sodium Molybdate).....	20 mcg.....44%

<b>Fruit Antioxidant Blend.....</b>	<b>100.5 mg.....*</b>
Whole Apple Fruit Extract ( <i>Malus pumila</i> ), Blueberry Fruit Powder ( <i>Vaccinium corymbosum</i> ), Cranberry Fruit Concentrate ( <i>Vaccinium macrocarpon</i> ), Lycopene	
Inositol.....	50 mg.....*
Flaxseed Hulls Extract.....	50 mg.....*
(Linum usitatissimum)	
<b>Beauty Blend.....</b>	<b>7.2 mg.....*</b>
Hydrolyzed Collagen.....	
Silica.....	1 mg.....*
Lutein (from Marigold Flower Extract).....	
(Tagetes erecta)	
Zeaxanthin (as Zeaxanthin Isomers)...	200 mcg.....*

\*Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydrolyzed Soy Protein, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Carnauba Wax, Riboflavin (Color).

**CONTAINS:** Soybeans.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222

Contains a bioengineered food ingredient.

**WARNING:** Cancer and Reproductive Harm – [www.P65Warnings.ca.gov](http://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.

Lot No./Best By:

BXG