



Complete Essentials for Teens



Give your teens the best defense against the challenges of their growth processes! This special formulation ensures the proper balance of essential nutrients that may be skipped due to their hectic schedules. Key elements also contribute to a clearer and more radiant complexion!

Recommended For: Teens.

When to Use: Morning and evening with meals.

Usage: 2 tablets daily.

Nutrient

Vitamin A
Vitamin C
Vitamin D
Vitamin E
Thiamin
Riboflavin
Niacin
Vitamin B6
Folate
Vitamin B12
Biotin
Pantothenic acid
Calcium
Iron
Magnesium
Zinc
Selenium
Copper
Manganese
Chromium
Molybdenum
Eleutherococcus

Source

beta carotene, retinyl palmitate
ascorbic acid
ergocalciferol
d-alpha tocopheryl acetate, mixed tocopherols
thiamine mononitrate
riboflavin
niacin
pyridoxine hydrochloride
folic acid
cyanocobalamin
biotin
calcium pantothenate
calcium carbonate
ferrous fumarate
oxide
sulfate
proteinate
sulfate
sulfate
proteinate, amino acid chelate
proteinate
Siberian ginseng root

2 tablets contain:

Nutrients

Vitamin A
(50% as Beta Carotene)
Vitamin C
Vitamin D
Vitamin E
Thiamin
Riboflavin
Niacin
Vitamin B6
Folate
Vitamin B12
Biotin
Pantothenic acid
Calcium
Iron
Magnesium
Zinc
Selenium
Copper
Manganese
Chromium
Molybdenum
Eleutherococcus

Amount

10,000 IU
300 mg
200 IU
60 IU
1.5 mg
1.7 mg
20 mg
5 mg
400 mcg
9 mcg
300 mcg
10 mg
400 mg
18 mg
200 mg
22.5 mg
50 mcg
2 mg
2 mg
150 mcg
50 mcg
50 mg

% Daily Value

200
500
50
200
100
100
100
250
100
150
100
100
40
100
50
150
70
100
100
125
66
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*Daily Value not established