



One A Day Teen for Him

Directions: Teens: **Fully chew** two gummies daily.

Supplement Facts

Serving Size: 2 gummies

Servings Per Container: (Net Qty Contents/ Serving Size [# gummies])

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	3 g	1%*
Total Sugars	3 g	**
Includes 3g Added Sugars		6%*
Vitamin A	750 mcg	83%
Vitamin C	75 mg	83%
Vitamin D	15 mcg (600 IU)	75%
Vitamin E	13.5 mg	90%
Vitamin K	75 mcg	63%
Niacin	16 mg	100%
Vitamin B ₆	1.3 mg	76%
Folate	330 mcg DFE (200 mcg folic acid)	83%
Vitamin B ₁₂	2.4 mcg	100%
Biotin	30 mcg	100%
Calcium	100 mg	8%
Phosphorus	40 mg	3%

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients: Glucose Syrup, Sugar, Tricalcium Phosphate, Gelatin, Water, Ascorbic Acid; Less than 2% of: Biotin, Calcium Citrate, Calcium Lactate, Citric Acid, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1, FD&C Red #40, FD&C Yellow #5 (tartrazine), Folic Acid, Lactic Acid, Malic Acid, Natural and Artificial Flavor, Niacinamide, Pyridoxine Hydrochloride, Vitamin A Acetate, Vitamin B₁₂ (Cyanocobalamin), Vitamin D₃ (Cholecalciferol), Vitamin K₁ (Phytomenadione).

Contains: Wheat.

Not for children under 12 years of age

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not exceed recommended intake