



# One A Day Teens Multi + Immunity Defense

**Directions:** Adults and Teens 12 years of age and older: **Fully chew** two gummies daily.

<b>Supplement Facts</b>		
Serving Size: 2 Gummies		
Servings Per Container: (Net Qty Contents/Serving Size- refer to servings per container field)		
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	15	
Total Carbohydrate	3 g	1%*
Total Sugars	2 g	**
Includes 2g Added Sugars		4%*
Vitamin A (as retinyl acetate)	600 mcg	67%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as dl-alpha-tocopheryl acetate)	13.5 mg	90%
Niacin (as niacinamide)	16 mg	100%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	1.7 mg	100%
Folate	400 mcg DFE (240 mcg folic acid)	100%
Vitamin B <sub>12</sub> (as cyanocobalamin)	1.2 mcg	50%
Biotin (as D-biotin)	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	2 mg	40%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc sulfate)	5 mg	45%
Selenium (as sodium selenate)	55 mcg	100%
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

**Other Ingredients:** Glucose Syrup, Sugar, Water, Gelatin; Less than 2% of: Carnuba Wax, Citric Acid, FD&C Blue #1, FD&C Red #40, FD&C Yellow #6, Maltodextrin, Natural Flavor, Vegetable Oil (Palm), White Beeswax.

**Contains:** Wheat.

**KEEP OUT OF REACH OF CHILDREN**

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

**Not for children under 12 years of age**

**Do not exceed recommended intake**

**CHILD RESISTANT CAP**