



# One A Day Teen for Her Gummies

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

<b>Supplement Facts</b>		
Serving Size: 2 gummies		
Servings Per Container: (Net Qty Contents/ Serving Size [# gummies])		
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	15	
Total Carbohydrate	3 g	1%*
Total Sugars	3 g	**
Includes 3g Added Sugars		6%*
Vitamin A	750 mcg	83%
Vitamin C	65 mg	72%
Vitamin D	15 mcg (600 IU)	75%
Vitamin E	13.5 mg	90%
Vitamin K	75 mcg	63%
Niacin	14 mg	88%
Vitamin B <sub>6</sub>	1.2 mg	71%
Folate	330 mcg DFE (200 mcg folic acid)	83%
Vitamin B <sub>12</sub>	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 B<sub>12</sub> (Cyanocobalamin), Vitamin D<sub>3</sub> (Cholecalciferol), Vitamin K<sub>1</sub> (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**