

TEEN GUY FORMULA

120 GUMMIES

Directions: For teenage boys, take four (4) gummies daily. May be taken with or without food.

Supplement Facts

Serving Size 4 Gummies
Servings Per Container 30

Amount per 4 Gummy Serving		% Daily Value
Calories	35	
Total Fat	0.5 g	< 1%
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	7 g	3%†
Sugars	5 g	**
Includes 5 g Added Sugars		11%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	450 mcg	50%
Vitamin C (as ascorbic acid USP)	75 mg	83%
Vitamin D (D-3 as cholecalciferol USP)	20 mcg (800 IU)	100%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	15 mg	100%
Vitamin K (K-1 as phylloquinone)	24 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.12 mg	10%
Riboflavin (Vitamin B-2 USP)	0.13 mg	10%
Niacin (Vitamin B-3 as inositol niacinate)	16 mg	100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2.6 mg	153%
Folate (as L-methylfolate, glucosamine salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	3.2 mcg	133%
Biotin USP	25 mcg	83%
Choline (as choline bitartrate USP)	55 mg	10%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate USP)	11 mg	100%
Selenium (as sodium selenite)	27.5 mcg	50%
Manganese (as manganese amino acid chelate)	1.1 mg	48%
Chromium (as chromium picolinate USP)	17.5 mcg	50%
Molybdenum (as molybdenum amino acid chelate FCC)	22.5 mcg	50%
Sodium	20 mg	1%
Fish Oil	300 mg	**
Total Omega-3 Fatty Acids	111 mg	**
EPA and DHA	55 mg	**
Lutemax® 2020 Marigold Flower Extract	24 mg	**
Lutein	6 mg	**
Zeaxanthin	1.2 mg	**
Inositol (as inositol niacinate)	4 mg	**
Vitamin K-2 (as menaquinone-7 FCC)	12 mcg	**

† Percent Daily Value based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Pectin, Gelatin, Citric Acid, Natural Flavors, Colors Added (Organic Black Carrot Juice Concentrate, Organic Turmeric).

Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only