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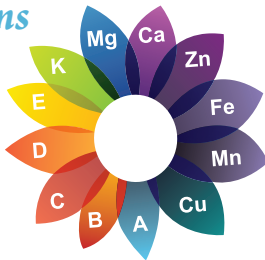


MEGA VITAMIN

For Teens

Vitamins and
minerals for
teens

90 tablets



Dietary-supplement with vitamins and minerals for teens

Supplement Facts:

Serving size 3 tablets	amount per serving	%NRV	Serving size 3 tablets	amount per serving	%NRV
Vitamin A	5000 NE-1500µgRE	188%	Vitamin K1	30µg	40%
Vitamin B1	4,5mg	405%	Pantotenic acid	10mg	167%
Vitamin B2	5,1mg	364%	Zinc	7,5mg	75%
Vitamin B6	6mg	429%	Iodine	150µg	100%
Vitamin C	350mg	438%	Calcium	125mg	18%
Citrus bioflavonoid	50mg	**%	Chromium	20µg	50%
Vitamin D3	1000NE-25µg	500%	Magnesium	63mg	17%
Vitamin E	45NE-30,12mgTE	276%	Manganese	2mg	100%
Folic acid	400µg	200%	Molybdene	20µg	40%
Vitamin B12	18 µg	720%	Copper	0,99mg	99%
Inositol	50µg	**%	Selenium	15µg	27%
Choline	50µg	**%	Iron	9mg	64%
Biotin	45 µg	90%			
Niacinamide	20mg	126%			

**%: Nutrient Reference Values not established

%NRV: Nutrient Reference Values Ingredients

Ingredients: Emulsifiers: microcrystalline cellulose, hydroxypropyl-methylcellulose, croscarmellose sodium, tricalcium phosphate, sodium carboxymethyl cellulose; dicalcium phosphate, ascorbic acid, magnesium oxide, Vitamin E preparation: D-alpha-tocopheryl-acetate, modified starch, anti-caking agent: silicon dioxide; citrus bioflavonoids. Mineral preparation: maltodextrin, manganese sulphate, sodium molybdate, copper oxide, potassium iodide, sodium selenite, chromium(III) picolinate, ferrous fumarate, maltodextrin, anti-caking agents: silicon dioxide, magnesium salts of the fatty acids; Vitamin A preparation: emulsifier: acacia, retinyl acetate, corn starch, sugar, antioxidants: sodium ascorbate, d-alpha tocopheryl acetate, anti-caking agent: silicon dioxide; niacinamide, calcium-D-pantothenate, Vitamin D3 preparation: modified starch, maltodextrin, MCT oil, sugar, antioxidants: sodium ascorbate, d-alpha tocopherol; anti-caking agent: silicon dioxide, colecalciferol; stabilizer: hydroxypropyl-methylcellulose, zinc oxide, glazing agent: polyvinyl alcohol, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, corn starch, phytanadione, folic acid, antioxidant: L-tartaric acid, choline bitartrate, biotin, inositol, cyanocobalamin.

Net weight: 63,5g (90pcs)

Store in a cool, dry place, and avoid excessive heat! Keep out of reach of children!

Recommended daily amount: Take three tablets daily, preferably with a meal and water.

Expiration date see on the right side of the label (dd/mm/yyyy)

Don't exceed the recommended daily amount! The product doesn't replace a balanced diet and healthy lifestyle.

Manufacturer: Vitaking Kft.
Lőszergyári út 5. Veszprém, H-8200 Hungary

