

## Clinical Nutrients for Female Teens



<b>Supplement Facts</b>			
Serving Size 4 tablets		Servings per container 30	
Amount per 4 tablets	%DV**	Amount per 4 tablets	%DV**
Vitamin A (88% as beta carotene and as retinyl acetate)	17,000 IU 340%	Manganese (as manganese citrate)	2 mg 100%
Vitamin C (ascorbic acid)	300 mg 500%	Chromium (as chromium polynicotinate)	200 mcg 167%
Vitamin D (as cholecalciferol)	100 IU 25%	Molybdenum (as sodium molybdate)	25 mcg 33%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU 667%	Sodium	15 mg <1%
Vitamin K (as phytonadione)	60 mcg 75%	Potassium (as potassium aspartate)	100 mg 3%
Thiamin (as thiamin HCl) (vitamin B1)	30 mg 2,000%	Mixed Bioflavonoids 50% (from citrus fruits)	100 mg **
Riboflavin (vitamin B2)	30 mg 1,765%	Choline Bitartrate	60 mg **
Niacin (as niacin and niacinamide)	45 mg 225%	Alfalfa ( <i>Medicago sativa</i> ) Aerial Part Extract 10:1	60 mg **
Vitamin B6 (as pyridoxine HCl)	90 mg 4,500%	Dandelion ( <i>Taraxacum officinale</i> ) Root Extract 4:1	60 mg **
Folic Acid	800 mcg 200%	Ginger ( <i>Zingiber officinale</i> ) Rhizome Extract	60 mg **
Vitamin B12 (as cyanocobalamin)	800 mcg 13,333%	Inositol	60 mg **
Biotin	300 mcg 100%	Licorice ( <i>Glycyrrhiza glabra</i> ) Root and Rhizome Extract standardized to contain 5% glycyrrhizic acid	30 mg **
Pantothenic Acid (as calcium D-pantothenate)	30 mg 300%	Boron (as sodium borate)	2 mg **
Calcium (as calcium carbonate and calcium citrate)	500 mg 50%	Silicon (as magnesium trisilicate)	1 mg **
Iron (as ferrous succinate)	30 mg 167%	Vanadium (as vanadyl sulfate)	50 mcg **
Iodine (as potassium iodide)	300 mcg 200%	<b>**Daily Value (DV) not established.</b>	
Magnesium (as magnesium aspartate)	200 mg 50%	Other ingredients: cellulose, modified cellulose, modified cellulose gum, magnesium stearate, titanium dioxide color, soy lecithin, carnauba wax, and soybean oil.	
Zinc (as zinc picolinate)	20 mg 133%		
Selenium (as L-selenomethionine)	100 mcg 143%		
Copper (as copper gluconate)	1.5 mg 75%		

## Questions?

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Clinical Nutrients™ for Female Teens offers a strong nutritional foundation for active teen lifestyles. This comprehensive daily multiple includes calcium, silica, vitamin B6, and iron. Calcium supports and maintains optimum bone health.\* Silica is one of calcium's key cofactors. Vitamin B6 is involved in some of the hormonal processes of the menstrual cycle.\* In addition, rising estrogen levels in teenage girls change the way their bodies handle vitamin B6, which increases their requirement for it.\* Iron deficiency can be a problem for teenage girls because they lose iron every month during their menstrual cycles.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call your physician or a Poison Control Center immediately.

**Recommendations:** Take 4 tablets daily. Can be taken as one or two tablets with each meal.

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

Contains no sugar, yeast, wheat, gluten, corn, dairy products, artificial flavoring, or preservatives. All colors used are from natural sources.

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