

TEENS MULTI



Extra B vitamins for stress and mood management

Vitamin A for healthier skin and acne prevention

Great-tasting chewables tablets

A well-balanced diet that provides the range of vitamins, minerals, and nutrients is important at any age, but is critical for children and teenagers during their growing years in order to reach their physical, mental, and intellectual potential. Studies show that 25% of the calorie intake among Canadian children and teenagers comes from food with a low nutritional value such as unhealthy snacks, sugars, and unhealthy fats. This can lead to nutrient deficiencies associated with obesity and a variety of mental and physical health conditions.

Teens Multi is specially created with the full range of vitamins and minerals to help bridge nutritional gaps, prevent various health concerns, and provide extra nutrients to help keep up with the increased demands during physical and mental development.

Product Highlights

- Enhanced with extra B vitamins for mood and stress management
- Vitamin A for better-looking skin and acne prevention
- Extra Ester-C® vitamin C and zinc for advanced immune support
- Ester-C® is less acidic and has superior digestibility, bioavailability, and retention than other forms of vitamin C
- Adequate intake of essential vitamins and minerals supports mental health (mood and learning) as well as physical health (performance and recovery)
- Natural wild cherry flavour and all-natural sweeteners

EACH TABLET CONTAINS:

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| Beta carotene | 1,200 mcg equivalent to 2,000 IU beta carotene |
| Thiamine (thiamine mononitrate) | 2 mg |
| Riboflavin | 3 mg |
| Niacinamide | 5 mg |
| D-pantothenic acid (calcium D-pantothenate) | 15 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 10 mg |
| Vitamin B12 (cyanocobalamin) | 30 mcg |
| Folic acid (folate) | 200 mcg |
| Biotin | 30 mcg |
| Vitamin C | 150 mg (calcium ascorbate, sodium ascorbate)(Ester-C® brand) |
| Vitamin D3 (cholecalciferol) | 10 mcg equivalent to 400 IU vitamin D activity |
| Vitamin E (d-alpha-tocopheryl succinate) | 13.4 mg AT (equivalent to 20 IU vitamin E activity) |
| Calcium | 150 mg (calcium phosphate, tribasic, calcium ascorbate) |
| Magnesium (magnesium oxide) | 50 mg |
| Zinc (zinc citrate) | 5 mg |
| Copper (copper [II] citrate) | 500 mcg |
| Iodine (potassium iodide) | 50 mcg |
| Phosphorus (calcium phosphate, tribasic) | 70 mg |

Non-medicinal ingredients: D-fructose, citric acid, natural berry flavour (raspberry, black raspberry), *Stevia rebaudiana* leaf, *Prunus avium* (sweet cherry) fruit extract, natural cherry flavour, dextrose, silicon dioxide, stearic acid (vegetable), magnesium stearate (vegetable), microcrystalline cellulose.

Contains no dairy or peanuts.

Adolescent dosage (9 – 13 years): Chew 1 tablet per day or as directed by a health care practitioner. **Adolescent dosage (14 – 18 years):** Chew 1 tablet 2 times per day or as directed by a health care practitioner.

Take a few hours before or after taking other medications. Take with food.

Available in: 90 CHEWABLE TABS

*Ester-C and Ester-C logo are reg. TMs of the Ester C Company.