



## Product Detail Sheet

# TEEN SUPERIOR®

**Teen's Superior®** is a well balanced, complete vitamin mineral supplement for older children and young adults.

**Teen's Superior®** delivers 33 nutrients that are often inadequately supplied in a young adult's diet.

### Important features include:

- **A balanced B Complex** to promote optimal health and help the body to better manage stress.\*
- **Calcium** is provided in the citrate, carbonate and ascorbate forms for more efficient assimilation.\*
- **Calcium (200 mg) and Magnesium (100 mg)** are provided in a 2:1 ratio.
- **Citrus Bioflavonoids and Hesperidin** to increase the effectiveness of Vitamin C by 50%.\*
- **Folic Acid, Iron and Copper** which are blood building factors that help support red blood cell health and oxygen utilization.\*
- **Lipotropic factors** such as Choline, Lecithin and Inositol to help balance fat metabolism in the body, support mental energy and help keep nerves healthy and functioning.\*
- **Minerals** in forms that are in balanced ratios and in easily absorbable forms.
- **Vitamin A and Beta carotene** for immune system and skin support.\*
- **Vitamin C** in the Ascorbate form for immediate assimilation and to prevent stomach irritation.\*
- **Vitamin E** in the natural d-alpha form for better bioavailability.\*

### Teen's Superior® is:

- A cherry-vanilla flavored chewable wafer
- Yeast free
- Free of preservatives and artificial flavors

### Supplement Facts

#### Serving Size: 1 Wafer

#### Amount per serving:

Vitamin A (333 IU as fish liver oil and 833 IU as beta-carotene)	1167 IU
Vitamin C	167 mg
Vitamin D3	33 IU
Vitamin E (as d-alpha tocopheryl succinate)	10 IU
Thiamin	6.7 mg
Riboflavin	6.7 mg
Niacin (as niacinamide)	6.7 mg
Vitamin B6	6.7 mg
Folic Acid	50 mcg
Vitamin B12	2.5 mcg
Biotin	33 mcg

Pantothenic Acid	6.7 mg
Calcium	67 mg
Iron	1.7 mg
Phosphorus	13.3 mg
Iodine (from kelp)	13.3 mcg
Magnesium	33 mg
Zinc	1.7 mg
Selenium	5 mcg
Copper	0.008 mg
Manganese	0.8 mg
Chromium (as Cr Polynicotinate)†	5 mcg
Molybdenum	5 mcg
Potassium	15 mg
RNA (ribonucleic acid)	1.7 mg
Soy Lecithin	33.3 mg
Choline	3.3 mg
Inositol	3.3 mg
PABA (para-aminobenzoic acid)	3.3 mg
Mixed Citrus Bioflavonoids	33.3 mg
Hesperidin	6.7 mg
Pectin	6.7 mg

†ChromeMate® brand niacin-bound chromium.

Other ingredients: sorbitol, fructose, calcium ascorbate, calcium pyrophosphate, calcium citrate, calcium carbonate, magnesium citrate, magnesium oxide, cellulose, potassium gluconate, natural flavors, calcium pantothenate, stearic acid, vegetable stearate, silica, zinc gluconate, manganese gluconate, ferrous aspartate, ferrous glycinate, ferrous fumarate, amino acid chelates (selenium, molybdenum), cupric gluconate, chromium polynicotinate.

- **Contains: Fish (cod, halibut and salmon) and soy.**

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

- **Suggested Use:** As a dietary supplement, take one wafer with each meal.

ChromeMate® is a registered trademark of InterHealth N.I.

**CHROMEMATE®**

0600181.090 (90 Chewable Wafers)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat cure or prevent any disease

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