



Her Daily One™ for Teen Girls

Quest Her Daily One™ for Teen Girls is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of teen girls. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required for healthy skin, bones, and teeth and the maintenance of immune function and overall good health.



PRODUCT CODES: 338282 (90 capsules)
338062 (200 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain healthy skin, bones, teeth, immune function, and overall good health.	Capsules	Adolescents 14 to 18 years: Take 1 capsule daily with your largest meal of the day. Take a few hours before or after taking medication. Avoid taking on an empty stomach.

DESCRIPTION:

Each easy-to-swallow capsule of Quest Her Daily One™ for Teen Girls contains 1005 IU of Beta-carotene, 2000 IU of vitamin A, 10 mg of thiamine, 10 mg of riboflavin, 20 mg of niacinamide, 10 mg of Pantothenic Acid (Vitamin B5), 7.5 mg of vitamin B6 (pyridoxine HCl), 600 mcg of folate (folic acid), 100 mcg of vitamin B12 (cyanocobalamin), 125 mg of vitamin C (ascorbic acid, calcium ascorbate, magnesium ascorbate), 800 IU of vitamin D (cholecalciferol), 50 IU of vitamin E (d-alpha-tocopheryl succinate), 450 mcg of biotin, 20 mcg of iodine (potassium iodide), 225 mg of calcium (ascorbate, carbonate), 1360 mcg of copper (gluconate), 10 mg of iron (carbonyl), 80 mg of magnesium (ascorbate, oxide), and 15 mg of zinc (citrate).

This product does not contain dairy, egg, gluten, shellfish, or sulphites.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Beta Carotene: Orange/red fruits and vegetables such as carrots, winter squash, sweet potatoes, beets, tomatoes, peaches, cantaloupe, and dark green leafy vegetables such as spinach and collards. **Vitamin A:** Liver, eggs, butter, dairy products. **Thiamine (vitamin B1):** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Riboflavin (vitamin B2):** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Vitamin B5:** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Folate (folic acid):** Dark green leafy vegetables, liver, brewer's yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Vitamin C:** Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Biotin:** Egg yolks, liver. **Iodine:** Sea vegetables, fish, shellfish, iodized salt. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds.

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Causes of Deficiency:

Beta Carotene: Lack of fruits and vegetables in the diet. **Vitamin A:** Inadequate dietary intake, bile acid or pancreatic deficiency, liver disease, zinc deficiency. **Thiamine (vitamin B1):** Poor diet, refined grains, high sugar intake, alcoholism. **Riboflavin (vitamin B2):** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Vitamin B5:** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Folate (folic acid):** Diet deficient in vegetables; alcoholism, some drugs. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Vitamin C:** Poor diet. **Vitamin D:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Biotin:** Rare; prolonged consumption of raw egg whites. **Iodine:** Iodine-poor soil, overconsumption of goitrogenic foods (raw cruciferous vegetables, rutabagas, raw spinach). **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, excess protein relative to calcium intake, phosphates from carbonated beverages, excess caffeine, excess sodium. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism.

Symptoms of Deficiency:

Beta Carotene: Oxidative damage such as premature aging, cataracts. **Vitamin A:** Night blindness, dry eyes, eye infection, skin problems, slowed growth, reproductive failure, susceptibility to infection and disease (weak immune system). **Thiamine (vitamin B1):** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Riboflavin (vitamin B2):** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Vitamin B5:** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Folate (folic acid):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Vitamin C:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Iodine:** Goiter, cretinism, intellectual disability, growth retardation, miscarriage, increased infant mortality. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.

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DESCRIPTION: (continued)

Complementary Nutrients:

Beta Carotene: Preformed vitamin A, bioflavonoids, fats in the diet. **Vitamin A:** Zinc, vitamin E. **Thiamine (vitamin B1):** Other B vitamins, magnesium. **Riboflavin (vitamin B2):** Other B vitamins, especially B1. **Niacinamide (vitamin B3):** Other B vitamins, tryptophan. **Vitamin B5:** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Folate (folic acid):** Vitamin B12, vitamin B6, SAM-e, choline. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Vitamin C:** Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Biotin:** A healthful diet. **Iodine:** A healthful diet. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Copper:** A healthful diet. **Iron:** Vitamin C. **Magnesium:** Calcium, phosphorus, vitamin B6. **Zinc:** A healthful diet.

HOW IT WORKS:

Multivitamin and mineral supplements provide a balanced dose of the basic vitamins and minerals in amounts that pose little or no risk of overdosing on any one nutrient. This formula has been designed to meet the unique needs of teen girls, including calcium, magnesium, and vitamin D to help build strong bones and teeth to reduce the risk of osteoporosis later in life; a good balance of B-complex vitamins, which help provide energy; vitamin B12 for red blood cell formation and iron to prevent iron-deficiency anemia, both of which are important in menstruating young women; folic acid to help prevent folate-deficiency anemia; and extra biotin is added for its role in the maintenance of healthy skin, hair, and nails.

Beta-carotene: A precursor to vitamin A and an antioxidant. **Vitamin A:** Plays a role in the immune system and in the formation of healthy epithelial tissue. An antioxidant, it protects against damage to cells that can lead to cancer. **Thiamine (vitamin B1):** Protects against impaired mental function, required for proper energy production in the brain. **Riboflavin (vitamin B2):** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Vitamin B5:** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Folate (folic acid):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Vitamin C:** An antioxidant and immune-enhancing vitamin. **Vitamin D:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Iodine:** Three-quarters of the iodine in the body is found in the thyroid gland, the remainder is found throughout the body, mostly in the fluid that bathes the cells. It is important in the proper functioning of the thyroid gland and is part of the thyroid hormones used to regulate metabolism, influencing physical and mental growth, the functioning of the nervous system and muscles, circulatory activity, and the metabolism of all nutrients. **Calcium:** Besides its role in the formation of bones and teeth, calcium is also involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart. **Copper:** Copper is required for normal infant development, red and white blood cell maturation, iron transport, bone strength, cholesterol metabolism, myocardial contractibility, glucose metabolism, brain development, and immune function. **Iron:** Transports oxygen from the lungs to the body's tissues and carbon dioxide from the tissues to the lungs. It also functions in several key enzymes in energy production and metabolism, including DNA synthesis. **Magnesium:** Besides its role in maintaining healthy



DID YOU KNOW...

Many studies indicate that most diets, even healthful ones, fall well below the Recommended Dietary Allowance for many nutrients.

HOW IT WORKS: (continued)

bones, magnesium is also involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions. Plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report states that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

For people over 14 years of age only.

OTHER CONSIDERATIONS:

Keep out of reach of children.

LABEL:

QUEST
MULTIVITAMINES ET MINÉRAUX
 Pour adolescentes
 Au quotidien pour elleTM
 90 capsules
 Aide au bon maintien de la peau et des fonctions immunitaires
 Sans colorants, arômes ou agents de conservation artificiels

QUEST
MULTIVITAMINS & MINERALS
 For Teen Girls
 Her Daily OneTM
 90 capsules
 Helps maintain healthy skin and immune function
 No artificial colours, flavours or preservatives

Ingredients (French):
 Chaque capsule contient:
 Bêta-carotène.....603 mcg/1005 UI
 Vitamine A (palmitate).....494 mcg 8492/2000 UI
 Thiamine (chlorhydrate de thiamine).....10 mg
 Riboflavine.....10 mg
 Niacinamide.....20 mg
 Vitamine B5 (calcium D-pantothénate).....10 mg
 Vitamine B6 (pyridoxine HCl).....7,5 mg
 Foliate (acide folique).....250 mcg
 Vitamine B12 (cyanocobalamine).....100 mcg
 Vitamine C (acide ascorbique, ascorbate de calcium, ascorbate de magnésium).....125 mg
 Vitamine D (cholecalcérol).....20 mcg/800 UI
 Vitamine E (succinate de D-alpha-tocophérol).....33,5 mg AT/50 UI
 Biotine.....450 mcg
 Iode (iodure de potassium).....20 mcg
 Calcium (ascorbate, carbonate).....225 mg
 Cuivre (glycérol).....1360 mcg
 Fer (carbonate).....10 mg
 Magnésium (ascorbate, oxyde).....80 mg
 Zinc (citrate).....15 mg
 Ingrédients non médicamenteux: stéarate de magnésium, dioxyde de silicium, pectine.

Ingredients (English):
 Each capsule contains:
 Beta-carotene.....603 mcg/1005 IU
 Vitamin A (palmitate).....494 mcg 8492/2000 IU
 Thiamine (thiamine HCl).....10 mg
 Riboflavin.....10 mg
 Niacinamide.....20 mg
 Vitamin B5 (calcium D-pantothenate).....10 mg
 Vitamin B6 (pyridoxine HCl).....7.5 mg
 Folate (folic acid).....250 mcg
 Vitamin B12 (cyanocobalamin).....100 mcg
 Vitamin C (ascorbic acid, calcium ascorbate, magnesium ascorbate).....125 mg
 Vitamin D (cholecalciferol).....20 mcg/800 IU
 Vitamin E (D-alpha-tocopheryl succinate).....33.5 mg AT/50 IU
 Biotin.....450 mcg
 Iodine (potassium iodide).....20 mcg
 Calcium (ascorbate, carbonate).....225 mg
 Copper (glycerol).....1360 mcg
 Iron (carbonate).....10 mg
 Magnesium (ascorbate, oxide).....80 mg
 Zinc (citrate).....15 mg
 Non-medical ingredients: Magnesium stearate, silicon dioxide, pectin.

Warnings:
 • Avertissement: Ce contenant contient assez de fer pouvant causer des troubles chez un enfant.
 • Warning: There is enough iron in this package to seriously harm a child.
 Ce produit ne contient pas d'ingrédients laitiers, œuf, gluten, crustacés ou sulfites.
 This product does not contain dairy, egg, gluten, shellfish or sulfites.
 RANGER DANS UN ENDROIT SEC ET FRAIS.
 TENIR HORS DE PORTÉE DES ENFANTS.
 STORE IN A COOL, DRY PLACE.
 KEEP OUT OF REACH OF CHILDREN.

Additional Text:
 Usage recommandé: Un facteur dans le maintien d'une bonne santé, Aide à maintenir une peau saine, Aide au développement et au maintien des os et des dents.
 Dose recommandée (adolescentes âgées de 14 à 18 ans): Prendre 1 capsule par jour avec le plus gros repas de la journée. Prendre quelques heures avant ou après avoir pris un médicament. Éviter de prendre à jeun.
 Recommended Use: A factor in the maintenance of good health, Helps to maintain healthy skin, Helps in the development and maintenance of bones and teeth.
 Recommended Dose (Adolescents 14 to 18 years): Take 1 capsule daily with your largest meal of the day. Take a few hours before or after taking medication. Avoid taking on an empty stomach.

Logos and Text:
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