



**FORMULATED FOR
TEENAGERS**

**TWICE DAILY
DIETARY SUPPLEMENT**

60 Tablets

Teenplex[®] Multivitamin

SINCE 1932

Thompson

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

Directions: Use only as directed. Take two tablets daily with food. Store in a cool, dry place.

Supplement Facts

**Serving Size 2 Tablets
Servings Per Container 30**

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g	<1%†
Dietary Fiber	<1 g	<1%†
Vitamin A (as retinyl palmitate)	10,000 IU	200%
Vitamin C (as ascorbic acid)	400 mg	667%
Vitamin D (as cholecalciferol) (D-3)	400 IU	100%
Vitamin E (as natural source d-alpha-tocopheryl succinate/acetate)	100 IU	333%
Thiamine (as thiamine HCl) (B-1)	42 mg	2,800%
Riboflavin (B-2)	50 mg	2,941%
Niacin (as niacinamide) (B-3)	100 mg	500%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,500%
Folic Acid	400 mcg	1,000%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium pantothenate)	100 mg	1,000%
Calcium (as calcium phosphate)	200 mg	20%
Iron (as ferrous fumarate)	9 mg	50%
Phosphorus (as calcium phosphate)	150 mg	15%
Iodine (as potassium iodide)	107 mcg	71%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc gluconate)	22 mg	147%
Manganese (as manganese gluconate)	3 mg	150%
Potassium (as potassium gluconate)	90 mg	3%
Choline Bitartrate	100 mg	*
PABA (para-aminobenzoic acid)	30 mg	*
Inositol	10 mg	*

*Percent Daily Value based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Cellulose, stearic acid and silica.

Mfd. by NutraPure, Inc.

www.nutra-coucal.com

Comments or Questions:

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