

Other ingredients: cellulose, modified cellulose gum, modified cellulose, magnesium stearate, titanium dioxide color, soy lecithin, vegetable glycerin, carnauba wax, and soybean oil.

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GREEN BAY, WI 54311 USA

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

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: Four tablets daily. Can be taken as one or two tablets with each meal.

If pregnant, nursing, taking prescription drugs, have gallstones or bile duct obstruction, consult your healthcare practitioner prior to use.

DIETARY SUPPLEMENT

Doctor's Choice™ Female Teens

Daily multivitamin and mineral formula

- Great for active teen lifestyles!
- Strong nutritional foundation



WOMEN'S HEALTH

120 TABLETS

Supplement Facts

Serving Size 4 tablets		Servings per container 30
Amount per 4 tablets		%DV**
Calories	15	
Total Carbohydrate	3 g	1%**
Dietary fiber	1 g	4%**
Vitamin A (88% as beta carotene and as retinyl acetate)	17,000 IU	340%
Vitamin C (ascorbic acid)	300 mg	500%
Vitamin D (as cholecalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU	667%
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (as thiamin HCl) (vitamin B1)	30 mg	2,000%
Riboflavin (vitamin B2)	30 mg	1,765%
Niacin (as niacin and niacinamide)	45 mg	225%
Vitamin B6 (as pyridoxine HCl)	90 mg	4,500%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	800 mcg	13,333%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium D-pantothenate)	30 mg	300%
Calcium (as calcium carbonate and calcium citrate)	500 mg	50%
Iron (as ferrous succinate)	30 mg	167%
Iodine (as potassium iodide)	300 mcg	200%

Amount per 4 tablets		%DV**
Magnesium (as magnesium aspartate)	200 mg	50%
Zinc (as zinc picolinate)	20 mg	133%
Selenium (as L-selenomethionine)	100 mcg	143%
Copper (as copper gluconate)	1.5 mg	75%
Manganese (as manganese citrate)	2 mg	100%
Chromium (as chromium polynicotinate)	200 mcg	167%
Molybdenum (as sodium molybdate)	25 mcg	33%
Sodium	15 mg	<1%
Potassium (as potassium aspartate)	100 mg	3%
Mixed Bioflavonoids 50% (from citrus fruits)	100 mg	*
Alfalfa (Medicago sativa) Aerial Part Extract 10:1	60 mg	*
Choline Bitartrate	60 mg	*
Ginger (Zingiber officinale) Rhizome Extract	60 mg	*
Inositol	60 mg	*
Licorice (Glycyrrhiza glabra) Root and Rhizome Extract standardized to contain 5% glycyrrhizic acid	30 mg	*
Boron (as sodium borate)	2 mg	*
Silicon (as magnesium trisilicate)	1 mg	*
Vanadium (as vanadyl sulfate)	50 mcg	*

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

*Daily Value not established.



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