

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

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

If taking prescription drugs, have gallstones or bile duct obstruction, consult your healthcare practitioner prior to use. Not intended for use by pregnant or nursing women.

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

DIETARY SUPPLEMENT

Doctor's Choice™ Male Teens

Iron-Free Multivitamin

- Strong nutritional foundation
- Great for active teen lifestyles!



MEN'S HEALTH

120 TABLETS



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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 (86% as beta carotene and as retinyl acetate)	17,500 IU	350%
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)	30 mg	1,500%
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)	400 mg	40%

Amount per 4 tablets		%DV**
Iodine (as potassium iodide)	300 mcg	200%
Magnesium (as magnesium aspartate)	200 mg	50%
Zinc (as zinc picolinate)	30 mg	200%
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	20 mg	<1%
Potassium (as potassium aspartate)	100 mg	3%
Mixed Bioflavonoids 50% (from citrus fruits)	100 mg	*
Alfalfa (Medicago sativa) Aerial Part	60 mg	*
Ginger (Zingiber officinale) Rhizome Extract	60 mg	*
Sarsaparilla Root Extract 4:1	60 mg	*
Choline Bitartrate	30 mg	*
Inositol	30 mg	*
Boron (as sodium borate)	2 mg	*
Vanadium (as vanadyl sulfate)	50 mcg	*

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

*Daily Value not established.