

Doctor's Choice™ Female Teens

- Complete multivitamin and multimineral
- Specially formulated for the active teen lifestyle

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, yeast, wheat, dairy products, artificial flavors or preservatives.

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.

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ENZYMATIC
THERAPY®

Doctor's Choice™ Female Teens

Multivitamin/Multimineral

120 TABLETS • DIETARY SUPPLEMENT

Recommendation: Take 4 tablets daily. Can be taken as 1 or 2 tablets with each meal.

Warning: Do not use this product if pregnant or nursing; or if you have high blood pressure or cardiovascular disease. If you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 4 Tablets / Servings Per Container 30

Amount Per Serving		% DV
Calories	15	
Total Carbohydrate	3 g	1%†
Dietary Fiber	2 g	8%†
Vitamin A	17,000 IU	340%
(88% as beta carotene [15,000 IU], 12% as retinyl acetate [2,000 IU])		
Vitamin C (ascorbic acid)	300 mg	500%
Vitamin D3 (as cholecalciferol)	100 IU	25%
Vitamin E	200 IU	667%
(as d-alpha tocopheryl succinate)		
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (Vitamin B1)	30 mg	2,000%
Riboflavin (Vitamin B2)	30 mg	1,765%
Niacin (as niacin, 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	30 mg	300%
(as d-calcium pantothenate)		
Calcium (as calcium carbonate, citrate)	500 mg	50%

Amount Per Serving		% DV
Iron (as ferrous succinate)	30 mg	167%
Iodine (as potassium iodide)	300 mcg	200%
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%
Molybdenum (as sodium molybdate)	25 mcg	33%
Sodium	10 mg	<1%
Potassium (as potassium aspartate)	100 mg	3%
Hesperidin 50% (from bitter orange)	100 mg	**
Alfalfa Aerial Part Extract	60 mg	**
Choline Bitartrate	60 mg	**
Ginger Rhizome Extract	60 mg	**
Inositol	60 mg	**
Licorice Root and Rhizome Extract standardized to 5% glycyrrhizic acid (1.5 mg)	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.

Other ingredients: cellulose, sodium croscarmellose, hypromellose, magnesium stearate, titanium dioxide color, glycerin, soy lecithin, carnauba wax

Contains soy.

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Questions? 1-800-783-2286 / enzy.com